

Checklist: Planning for In-Person Classes

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html#planning-in-person-classes>

Actions to take and points to consider	Notes
<ul style="list-style-type: none"> <input type="checkbox"/> Check in with your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher, they should not go to school. <input type="checkbox"/> Make sure your child does not have a sore throat or other signs of illness, like a cough, diarrhea, severe headache, vomiting, or body aches. <input type="checkbox"/> If your child has had close contact to a COVID-19 case, they should not go to school. Follow guidance on what to do when someone has known exposure. 	<p>Parents must answer five questions on CrisisGo app each morning before drop-off. Students will not be allowed in classrooms without the daily health update from parents. (School will send link to app before re-opening. QR codes and paper copies will be available on-site.)</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Identify your school point person(s) to contact if your child gets sick. 	<p><i>Name of school point person(s):</i> Laura Shain</p> <p><i>Contact information:</i> Lshain@Lagunitas.org or 415-260-5914</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Be familiar with local COVID-19 testing sites in the event you or your child develops symptoms. These may include sites with free testing available. 	<p><i>My local testing options:</i> See information at this link: https://coronavirus.marinhhs.org/</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Make sure your child is up-to-date with all recommended vaccines, including for flu. All school-aged children should get an influenza flu vaccine every season, with rare exceptions. This is especially important this year because we do not yet know if being sick with COVID-19 at the same time as the flu will result in more severe illness. 	<p><i>Date of flu vaccination:</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Review and practice proper hand hygiene at home, especially before and after eating, sneezing, coughing, and adjusting a mask. Make handwashing fun and explain to your child why it's important. 	
<ul style="list-style-type: none"> <input type="checkbox"/> Be familiar with how your school will make water available during the day. Consider packing a water bottle. 	<p>Water bottles from home are recommended. Classrooms will have paper cups for students who do not bring a water bottle.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Develop daily routines before and after school—for example, things to pack for school in the morning (like hand sanitizer and an additional (back up) mask) and things to do when you return home (like washing hands immediately and washing masks). 	<p>Send a back-up mask with student each day. Include a bag to place mask while eating.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Talk to your child about precautions to take at school. Children may be advised to: <ul style="list-style-type: none"> ◦ Wash and sanitize their hands more often. ◦ Keep physical distance from other students. ◦ Wear a mask. ◦ Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books. ◦ Use hand sanitizer (that contains at least 60% alcohol.) Make sure you're using a safe product. FDA recalled products that contain toxic methanol. Monitor how they feel and tell an adult if they are not feeling well. 	



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<input type="checkbox"/> Develop a plan as a family to protect household members who are at increased risk for severe illness .	
<input type="checkbox"/> Make sure your information is current at school, including emergency contacts and individuals authorized to pick up your child(ren) from school. If that list includes anyone who is at increased risk for severe illness from COVID-19, consider identifying an alternate person.	Contact Owen Clapp at oclapp@lagunitas.org or Beth Wolf at ewolf@lagunitas.org to update contact information.
<input type="checkbox"/> Be familiar with your school's plan for how they will communicate with families when a positive case or exposure to someone with COVID-19 is identified and ensure student privacy is upheld.	Families will be called and emailed when there's a staff member or classmate in a student's cohort with COVID.
<input type="checkbox"/> Plan for possible school closures or periods of quarantine. If transmission is increasing in your community or if multiple children or staff test positive for COVID-19, the school building might close. Similarly, if a close contact of your child (within or outside of school) tests positive for COVID-19, your child may need to stay home for a 2-week quarantine period. You may need to consider the feasibility of teleworking, taking leave from work, or identifying someone who can supervise your child in the event of school building closures or quarantine.	Check email and other notifications daily. Check the Lagunitas website at lagunitas.org.
<input type="checkbox"/> Plan for transportation: <ul style="list-style-type: none"> ◦ If your child rides a bus, plan for your child to wear a mask on the bus and talk to your child about the importance of following bus rules and any spaced seating rules. ◦ If carpooling, plan on every child in the carpool and the driver wearing masks for the entire trip. If your school uses the cohort model, consider finding families within your child's group/cohort at school to be part of the carpool. 	All students must stop at the check-in sign before parents drive off so greeter can verify health check status through CrisisGo. Students who walk, ride bikes, or skate to school will stop at the check-in sign to have their CrisisGo health check verified before going to classrooms.
<input type="checkbox"/> If your child has an Individualized Education Program (IEP) or 504 Plan or receives other learning support (e.g., tutoring), ask your school how these services will continue.	Schedules may need to change as school reopens for longer periods in the day.
<input type="checkbox"/> If your child receives speech, occupational or physical therapy or other related services from the school, ask your school how these services will continue.	Schedules may need to change as school reopens for longer periods in the day.
<input type="checkbox"/> If your child receives mental health or behavioral services (e.g., social skills training, counseling), ask your school how these services will continue.	School-based counseling will continue through individual zoom meetings with counselors. Schedule may change when school reopens.
<input type="checkbox"/> If your school uses a cohorting model, consider limiting your child's in-person out-of-school interactions to children in the same cohort or to activities where physical distancing can be maintained.	Do not consider cohorts to be the same as pods. Cohorts are closely monitored for masks and 6 feet distancing.
<input type="checkbox"/> Reinforce the concept of physical distancing with your child.	
<input type="checkbox"/> Talk to your school administrators and teachers about their plans for physical education and physical activity (e.g., recess). <i>Safer options include being outdoors when possible, reducing the number of people in an indoor space, and encouraging students to stay at least 6 ft apart.</i>	Lagunitas classes may be held outdoors frequently depending on activities planned. Send students with clothing and shoes appropriate to outdoors including rain.
<input type="checkbox"/> Ask how your school plans to help ensure that students are following practices to reduce the spread of COVID-19.	Signs and supervision will be present throughout campus. Parents will be called if needed.

Masks

If your school is requiring or encouraging masks

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<input type="checkbox"/> Have multiple masks, so you can wash them daily and have back-ups ready. Choose masks that <ul style="list-style-type: none">◦ Fit snugly but comfortably against the side of the face◦ Completely cover the nose and mouth◦ Are secured with ties or ear loops◦ Include multiple layers of fabric◦ Allow for breathing without restriction◦ Can be washed and machine dried without damage or change to shape	Disposable masks will be available at school as needed.
<input type="checkbox"/> Label your child's masks clearly in a permanent marker so that they are not confused with those of other children.	This is not necessary as students will keep masks on while at school.
<input type="checkbox"/> Practice with your child putting on and taking off masks without touching the cloth.	
<input type="checkbox"/> Explain the importance of wearing a mask and how appropriately worn masks reduce the chances of getting and spreading COVID-19.	
<input type="checkbox"/> Consider talking to your child about other people who may not be able to wear masks for medical reasons (e.g., asthma).	
<input type="checkbox"/> As a family, model wearing masks, especially when you are in situations where physical distancing is difficult to maintain or impossible.	
<input type="checkbox"/> If you have a young child, help build their comfort wearing a mask and become comfortable seeing others in masks. <ul style="list-style-type: none">◦ Praise your child for wearing a mask correctly.◦ Put a mask on stuffed animals.◦ Draw a mask on a favorite book character.◦ Show images of other children wearing masks.◦ Allow your child to choose their mask that meets any dress requirements your school may have.◦ Suggestions from the American Academy of Pediatrics	
<input type="checkbox"/> Consider providing your child with a container (e.g., labeled resealable bag) to bring to school to store their masks when not wearing it (e.g., when eating).	Label a mask container that student brings with snack or lunch when school extends reopening schedule to longer periods. Container can be paper, cloth, or plastic.

Mental Health & Social-Emotional Wellbeing Considerations

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<input type="checkbox"/> Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, possibility of staying in the classroom for lunch).	
<input type="checkbox"/> Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal.	
<input type="checkbox"/> Anticipate behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating, which may be signs of your child struggling with stress and anxiety .	
<input type="checkbox"/> Try to attend school activities and meetings. Schools may offer more of these virtually. As a parent, staying informed and connected may reduce your feelings of anxiety and provide a way for you to express any concerns you may have about your child's school.	
<input type="checkbox"/> Ask your school about any plans to reduce potential stigma related to having or being suspected of having COVID-19.	Student and staff medical information will remain confidential. Staff will be alert to stigmatization.
<input type="checkbox"/> Check if your school has any systems in place to identify and provide mental health services to students in need of support. If so, identify a point of contact for these services at your school.	<p><i>Name of school point person:</i> Laura Shain <i>Contact information:</i> Lshain@Lagunitas.org or 415-260-5914</p>
<input type="checkbox"/> Check if your school has a plan to help students adjust to being back in school. Students might need help adjusting to how COVID-19 has disrupted their daily life. Support may include school counseling and psychological services (including grief counseling), social-emotional learning (SEL)-focused programs and curricula, and peer/social support groups.	Staff will focus on community-building for our return to in-person school. Contact your child's teacher to make a referral to our school counselor.
<input type="checkbox"/> Check if your school will provide training for students in mindfulness, incorporating SEL into classroom curriculum (either virtually or in-person), or support a child's ability to cope with stress and anxiety. If not, consider asking about ways to add this to your child's at-home learning.	Many teachers include social-emotional learning activities and mindfulness in classroom routines. Resources will also be sent home.
<input type="checkbox"/> You can be a role model for your child by practicing self-care: <ul style="list-style-type: none"> ◦ Take breaks ◦ Get plenty of sleep ◦ Exercise ◦ Eat well ◦ Stay socially connected 	