

Please review the following guidelines and expectations for all Our Lady of Lourdes Families.  
These guidelines are the recommended guidelines from the CDC and NYSED.  
Modifications have been made to align with the Our Lady of Lourdes COVID 19 Reopening Plan.

#### Checklist and Expectations for Our Lady of Lourdes High School Parents & Students

- **Daily Wellness Checks with your student at home**

- 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.
- 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.
- If your child has had close contact with a COVID-19 case, they should not go to school. Follow guidance on what to do when [someone has known exposure](#).

- **School point person(s) to contact if your child gets sick:**

- ***School Health Office and Director of Students Affair Contact Information:***
  - Debbie Barrick , RN [barrickd@ollchs.org](mailto:barrickd@ollchs.org)
  - Nicholas Fernandez [fernandezn@ollchs.org](mailto:fernandezn@ollchs.org)

- **Local testing sites**

- In the event you or your child develops symptoms. These may include sites with free testing available:
  - Family Physician
  - Rite Aide

- **Vaccines**

- Make sure your child is up-to-date with all [recommended vaccines](#), including for **flu.CDC** and **NYSDOH** recommend that 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.  
***Please update all vaccine and physical information with the school nurse.***

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- **Daily routines**

- It is recommended that you 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) cloth face covering) and things to do when you return home (like washing hands immediately and [washing worn cloth face coverings](#)).

- **Precautions at school**

- We ask that you talk to your child about precautions to take at school. Students should be advised to:
- Wash and sanitize their hands more often.
  - **Review and practice proper [hand washing techniques](#) at home, especially before and after eating, sneezing, coughing, and adjusting a face cover. [Make hand washing fun](#) and explain to your child why it's important.**
- Keep physical distance from other students.
- Wear a cloth face covering.
- Remind them they are prohibited from 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](#)

- **Family plan**

- Develop a plan as a family to protect household members who are [at increased risk for severe illness](#).

- **Constant Contact communication**

- Make sure your information is current in the OLLHS Students Management System. This includes your phone number, email , 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.
- Please contact [Baldwinl@ollchs.org](mailto:Baldwinl@ollchs.org) or [Wellsj@ollchs.org](mailto:Wellsj@ollchs.org) with any immediate changes to your contact information
- Be advised that if there is a positive case or exposure at OLLCHS you will receive constant contact from the health office . We are committed to ensure that all students and family privacy is upheld

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- **Possible school closure**

- Plan for possible school closures or periods of quarantine. If transmission is increasing in our community or if multiple children or staff test positive for COVID-19, the OLLCHS 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. Any scenario should be reported to the health office.

- **Plan for transportation:**

- If your child rides a bus, plan for your child to wear a cloth face covering 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 cloth face coverings for the entire trip. Please consider finding families within your child's group/cohort at school to be part of the carpool.

- **Champagnat Learning Center**

- If your child has an **Individualized Education Program (IESP) or 504 Plan** or requires extra help in adapting to the hybrid or online learning modules be assured that OLLCHS plans on continuing the students support services and is committed to working with classroom teachers, families and student to support students learning

Contact [demeoa@ollchs.org](mailto:demeoa@ollchs.org) with any questions

- **OLL Cafe**

- The OLL Cafe will be limited to serving lunch only at the beginning of the 2020/2021 school year
- Breakfast should be eaten at home
- Students and families are encouraged to purchase an in **school lunch/meal plan** from our outside contractor **OLL Cafe/C & C Pasta**.
  - Please look for communication from this company regarding different food plans to purchase each monthly.
  - We strongly recommend this option as it is the only way we can reduce and control the sanitization of food and food containers that come into the building.
- If a student **absolutely must** bring a lunch from home, they must do so in a brown paper lunch bag and all storage items must be disposable (no plastic containers, Tupperware, etc)
- OLL will permit each student to bring in one refillable water bottle labeled with their name and grade, that may be refilled in the touch less water fountains

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- **Mask wearing**

- OLL Students will be required to wear a cloth mask to school each day and keep the mask on when entering and exiting the building
- Students must also wear the mask while moving through the building ( in the hallways, stairwells and all common areas)
- Masks must be on while entering classrooms and may be removed upon the direction of the classroom teacher.
  - Masks will need to be worn around the chin and put over both the mouth and nose when speaking during a class period

- **Face coverings**

- OLLHS is requiring a mask and the CDC is encouraging the use of [cloth face coverings](#)
- Please review CDC [Appropriate and consistent use of face](#) coverings Wearing cloth face coverings should be a priority when it is difficult for students to stay 6 feet apart from each other (e.g., during carpool drop off or pick up, when entering the building or standing in line at school, or while on the bus).
- Have multiple cloth face coverings, so you can wash them daily and have back-ups ready.
- Label your child's cloth face coverings clearly in a permanent marker so that they are not confused with those of other children.
- **Choose cloth face coverings that:**
  - 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

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- Examples of appropriate face covering below:



- **Backpacks/Lockers**

- All students are required to have a small drawstring backpack (no larger than 14X18) to carry their belongings to school each day. See samples below:



- Bags must be labeled with student name and grade. Contents of the bag should include only the following items:
  - School-issued Chrome book
  - Cellphone
  - Calculator
  - Pens/Pencils
  - Lunch (if necessary to bring from home)
  - Refillable water bottle - Labeled with Name & Grade

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