



Student Transition Plan



**Fredericksburg City
Public Schools**

Monday, January 25, 2021

SCHOOL BOARD



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25th Superintendent of
Fredericksburg City Public Schools



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Taskforce Chair

Dr. Marceline Catlett

Superintendent

Jennifer Boyd

School Board

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Transportation Supervisor

Kenton Griffin

Athletic/ Activities Director JMHS

Tamara Robinson

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Laura Baxter-Christopher

Public Relations Coordinator

Keesha Keels

W-GMS Assistant Principal

Dr. Johnathan Russ

(former) Deputy Superintendent

Lori Bridi

Chief Academic Officer

Sue Keffer

Human Resources Director

Tremellia Smyley-Lavalliere

HMES Kindergarten Teacher

Jennifer Brody

Finance Director

Brian Kiernan

School Nutrition Program Director

Dr. Jay Snyder

JMHS Assistant Principal

Leah Courtnage

Parent

Barbara McGinniss

W-GC PK Teacher

Camm Taylor

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Deputy Superintendent

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LUES School Nurse

Thomas Weed

Equity & Inclusion Director

Shamus Gordon

JMHS Spanish Teacher

Paul Pcsolinski

LUES Assistant Principal

2021 PLAN DEVELOPMENT TEAM

Laura Baxter-Christopher
Public Relations Coordinator

Kisha Frye
Hugh Mercer Elementary School
Assistant Principal

Diane Olivares
LUES School Nurse

Lori Bridi
Chief Academic Officer

Michael George
Chief Operations/ Information Officer

Paul Pcsolinski
LUES Assistant Principal

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Chevonda Glass
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JMHS Assistant Principal

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Kenton Griffin
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Stephen Ventura
W-GMS Assistant Principal

Pam Diggs
LUES Assistant Principal

Angela Hinrichs
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Thomas Weed
Equity & Inclusion Director

Dr. Kim Doucette
Hugh Mercer Elementary School
Principal

Keesha Keels
W-GMS Assistant Principal

Courtney Wheeler
Lafayette Elementary School Principal

Dr. Tim Duffy
JMHS Principal

Sue Keffer
Human Resources Director

Tony Wishard
Hugh Mercer Elementary School
Assistant Principal

Dr. Matthew Eberhardt
Deputy Superintendent

Brian Kiernan
School Nutrition Program Director

CONTRIBUTIONS



LETTER TO PARENTS

Dear Parents, Guardians, and Community members,

We appreciate the support our community has provided to the families, students, and staff of the Fredericksburg City Public Schools family since the start of the COVID-19 pandemic last March. While we are excited to continue supporting the educational and mental health needs of our students, the SARS-COV-2, which causes COVID-19 disease, remains widespread throughout the United States. We must take appropriate precautions to keep our students and staff safe. We have been working closely with the Rappahannock Area Health District to maintain a plan that will continue to keep our students and staff safe and healthy as we progress into 2021.

This document serves to inform you of the key guidelines on what actions and precautions are being taken to keep our schools and community safe and to minimize the risk of disease transmission. This plan will be posted and able to be viewed in its entirety at <http://www.fxbgschools.us>.

As we enter 2021, families continue to have the choice between distance-learning and hybrid-learning models. Both models are outlined in this document. We strongly urge children with underlying medical conditions to utilize our distance-learning option. Adjustments to learning models are allowable if FCPS can adhere to the guidelines herein. If you would like to change your child's learning model, please contact your child's school to discuss the available options at that time.

We are confident these practices will continue to make a difference in keeping our students and staff safe. If you have questions, please feel free to call Walker-Grant Center Administrative Offices at 540-372-1130 or call the Rappahannock Area Health District at 540-899-4797.

Fredericksburg City Public Schools

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CHANGE LOG

Date	Change	Reason
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COVID-19 TEAMS BY SITE

Walker-Grant Center

Deputy Superintendent: Dr. Matt Eberhardt
 Chief Operations/ Information Officer: Michael George
 Director of Equity and Inclusion: Tom Weed

Walker-Grant Early Childhood Learning Center

Director: Laura Dove
 School Nurse: Michael Williams
 COVID-19 Coordinator: Jennifer Johnson
 Alt. COVID-19 Coordinator: Gale Cockrill

James Monroe High School

Principal: Dr. Timothy Duffy
 School Nurse: Sharon Lee
 COVID-19 Coordinator: Dr. Tim Duffy
 Alt. COVID-19 Coordinator: Tammy Clark

Walker-Grant Middle School

Principal: Angela Hinrichs
 School Nurse: Paris Zwickl
 COVID-19 Coordinator: Diane Howard
 Alt. COVID-19 Coordinator: Renee Embrey

Lafayette Upper Elementary School

Principal: Courtney Wheeler
 School Nurse: Diane Olivares
 COVID-19 Coordinator: Jaime Broughton
 Alt. COVID-19 Coordinator: Mary Kingsley

Hugh Mercer Elementary School

Principal: Kimberly Doucette
 School Nurse: Sonja Coulon
 School Nurse: Jaime Deane
 COVID-19 Coordinator: Lita Brown
 Alt. COVID-19 Coordinator: Cindy Hurley

LOCAL HEALTH DEPARTMENT CONTACT

Rappahannock Area Health District

Jennifer Shiflett
jennifer.shiflett@vdh.virginia.gov
 540-684-4404.

Rappahannock Area Health District
 1320 Central Park Blvd. Suite 300
 Fredericksburg, VA 22401
 540-322-5934 (office),

Night Weekend Line: 540-899-4797

SAFETY AND PREVENTION

EXPECTATIONS FOR PARENTS

Parents/Guardians are expected to screen their student(s) at home prior to sending their student(s) to school. If a student has any of the following symptoms, then they should stay at home:

- Fever greater than 100.4° F.
- A new cough that cannot be attributed to another health condition.
- New shortness of breath or difficulty breathing that cannot be attributed to another health condition.
- New chills that cannot be attributed to another health condition.
- A new sore throat that cannot be attributed to another health condition.
- New muscle aches (myalgia) that cannot be attributed to another health condition or specific activity (such as physical exercise).
- New loss of taste or smell not attributed to another health condition or medication.
- Nausea and/or diarrhea.

Keep students at home who have even mild symptoms consistent with COVID-19. Keep students at home if the child has had recent (within the last 14 days) close contact with a person with COVID-19. Close contact is defined as being within 6 feet for at least 15 minutes over a period of 24 hours.

Have students wash their hands before leaving for school.

Give each student a face covering to wear all day that is labeled with their name.

The cloth face-covering must be washed daily, or the child must have a different (clean) one to wear.

STUDENTS AND STAFF AT RISK FOR SEVERE COVID-19 DISEASE

Students and staff with underlying medical conditions are at higher risk for severe cases of COVID-19 disease. Underlying medical conditions include:

- Severe asthma, including those on daily medication for asthma or who have had an ER visit in the last year for asthma;
- Chronic kidney disease, including those being treated with dialysis, hypertension, kidney transplant and immune suppressant drugs, attacks on the kidney tissue by disease or the immune system (glomerulonephritis), the growth of cysts on the kidneys (polycystic kidney disease), damage due to backward flow of urine into the kidneys (reflux nephropathy);
- Chronic lung disease such as cystic fibrosis, chronic obstructive pulmonary disease (COPD) or pulmonary fibrosis;
- Diabetes;

- Hemoglobin Disorders: Hemoglobin disorders such as sickle cell disease (SCD) and thalassemia;
- Immunocompromised, including individuals undergoing cancer treatment, bone marrow or organ transplantation, immune deficiencies, HIV with a low CD4 cell count or not on HIV treatment, and prolonged use of corticosteroids and other immune weakening medications;
- Liver disease such as liver cancer, chronic hepatitis or liver cirrhosis
- Autoimmune disease or cancer treatment;
- Serious heart conditions including heart failure, coronary artery disease, congenital heart; disease, cardiomyopathies, and pulmonary hypertension;
- Severe obesity: BMI of 40 or greater

For updated recommendations, visit the CDC's website.

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html>

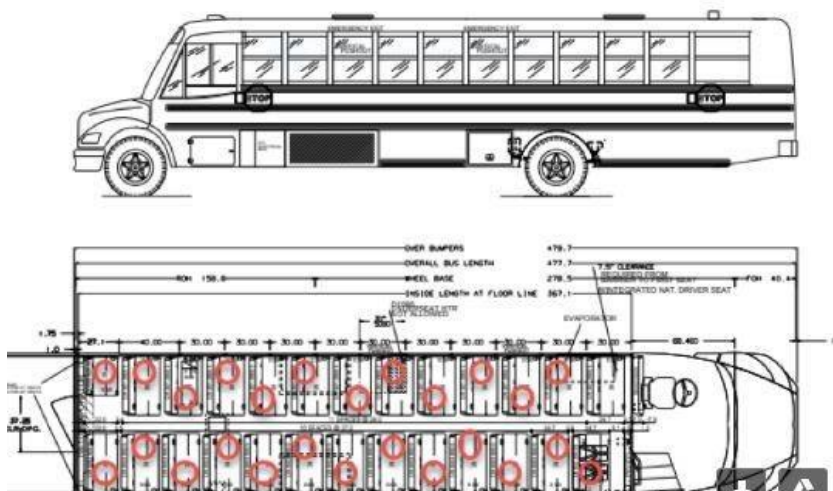
Distance-learning is encouraged for students with underlying medical conditions.

Options for teleworking or low contact/ risk positions are available for staff members with medical documentation.

BUSES

Fredericksburg City Public Schools will use the recommended seating schematic from the RAHD, in which there is one child per seat with staggering as much as possible to promote distancing between students. Children living in the same household (such as siblings) may sit in the same seat. Masks should be worn by the driver and all passengers when on the bus and contact surfaces should be cleaned after each use.

SEATING CAPACITY: 77 + DRIVER



SCREENING ON SCHOOL ENTRY

Students, parents and visitors will be screened with a daily temperature check at the school. Additionally, students, parents and visitors will be asked if they are experiencing any symptoms of illness, including:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This process will take place prior to entering the building whenever possible. For parents and visitors, this process will happen in the main office.

If a student's temperature is at or above 100.4 degrees Fahrenheit or 38 degrees Celsius, the student will be quarantined in a designated area and have their temperature retaken within 10 minutes of the initial screening. If the second screening is below 100.4 F, then the student will be permitted to return to class.

Any student or staff member exhibiting a fever or other symptoms will be escorted to the isolation room, and parents will be notified immediately to come to the school to pick the child up.

Staff will be required to self-screen prior to coming to work or upon entry to the building. Self-screening will be conducted through an online form. Any staff member that is unable to complete the online form, will need to have a staff member complete the form for them or be screened by an administrator upon arriving at the building. Electronic records will be kept of employee health screenings. Staff who are unable to report to work based on the self-screening should notify their building administrator immediately.

CLEANING SCHOOLS

Fredericksburg City Schools will follow the CDC guidelines for Cleaning and Disinfection for Community Facilities. See attachment or the CDC's website for the most up-to-date information.

[Cleaning, Disinfection, and Hand Hygiene in Schools – a Toolkit for School Administrators | CDC](#)

MAINTAINING HEALTHY ENVIRONMENTS

- All HVAC systems will be set to allow the optimal amount of fresh air into the buildings at all times.
- All water fountains (without bottle filling stations) and forced air hand dryers will be turned off.
- Hand sanitizer stations will be located in all high traffic areas and checked daily to ensure they are operational.
- Bathrooms will be cleaned at least 3 times a day.
- All school buses will be cleaned after each run.
- All areas used by a sick person will be closed off and will not be accessed for 24 hours then cleaned and disinfected.

SOCIAL DISTANCING AT SCHOOLS

- All desks will be 6 feet apart in the classroom.
- Students will eat meals that are served during their time in school in the classroom to minimize close contact that might occur in the cafeteria.
- Each classroom will use an assigned bathroom.
- Students will enter the buildings utilizing as many entrances as possible and will go to their designated classrooms as quickly as possible.
- Schools will utilize one-way corridors when needed.
- School staff will be located throughout the building to limit the gathering of groups and to ensure that students are physically distancing.
- Staff members should avoid eating together in the same room whenever possible.

WEARING OF FACE COVERINGS:

When developmentally and medically appropriate, students and staff will wear a face covering while on school grounds, including, but not limited to, buses and shared spaces, except when they are eating or drinking.

SIGNS AND MESSAGES

- All entrances will have signs notifying employees, students, and visitors that a health screening is required to enter the building.
- Fredericksburg City Schools will post signs in highly visible locations (school entrances, classrooms, restrooms) that promote everyday protective measures and describe how to stop the spread of germs, such as by properly washing hands and properly wearing a cloth face covering.
- Regular announcements on reducing the spread of COVID-19 will be made.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

While at schools/sites, employees are required to wear face coverings. Face coverings may be removed when alone in workspaces. All buses and classrooms will have a supply of masks for those who need it. Other PPE, such as gloves or face shields, may be required depending on the duties being performed. If appropriate PPE is not available to employees, they are to immediately notify their supervisor.

PREPARING FOR WHEN SOMEONE GETS SICK

ADVISE STAFF AND FAMILIES OF SICK STUDENTS OF HOME ISOLATION CRITERIA

Sick staff members or students should not return until they have met CDC's criteria to discontinue home isolation.

ISOLATE AND TRANSPORT THOSE WHO ARE SICK

Anyone that has COVID-19 or has encounter someone that has tested positive for COVID-19 for more than 15 minutes and was less than 6' apart should not come to school. They should notify the direct supervisor if they become sick with COVID-19 symptoms, tests positive for COVID-19, or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.

Any student or staff member exhibiting a fever or other symptoms (such as fever, cough, or shortness of breath) at school will be escorted to the isolation room, and parents will be notified immediately to come to the school to pick the child up.

NOTIFY HEALTH OFFICIALS AND CLOSE CONTACTS

In accordance with state and local laws and regulations, school administrators should notify local health officials, staff, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act. Inform those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and follow CDC guidance if symptoms develop.

EMPLOYEES

ABILITY TO REPORT TO WORK

Fredericksburg City Public Schools (FCPS) will follow the Centers of Disease Control and Prevention guidance and recommendations from the Rappahannock Area Health Department regarding an employee's ability to physically report to work. FCPS will consider the safety of high-risk employees or employees who reside with a person or persons who are considered high-risk and under the care of a physician with a recommendation that he/she does not report physically to work. Options for employees who are not able to physically report to work include following the guidelines for telework or fulfilling duties as assigned by his/her direct supervisor.

TELEWORK GUIDELINES

Telework arrangements in Fredericksburg City Public Schools (FCPS) are made available for staff who has a medically documented reason to work from home. Telework arrangements are approved at the discretion of the employee's supervisor and the Director of Human Resources. Teleworking continues for the length of time indicated by the physician's recommendation and may not be discontinued until such notification is shared with the Director of Human Resources.

Specific expectations for employees are available from the Human Resources Department or the staff's direct supervisor.

Any employee who participates in teleworking must have a signed expectation form on file with their supervisor.

SCHOOL REDUCTIONS IN CAPACITY & CLOSURE PLAN

REDUCED CAPACITY PLAN

Fredericksburg City Schools will operate at 25-50% capacity using our Reduced Capacity Schedule until it is safe to open schools at 100%. The decision to open schools at 100% will be made by the Fredericksburg City School Board based on recommendations from the Fredericksburg City School Superintendent, Virginia Department of Education, Regional Health Department and The Governor of Virginia.

SCHOOL CLOSURE & VIRTUAL LEARNING PLAN

We review the guidance from the CDC in making decisions about school closures. This can be found [on the CDC website](#). Additionally, we follow guidance from the Governor, VDOE, VDH, and the RAHD. We monitor student attendance rates, staff capacity, and outbreaks in determining if a school should close. If a school needs to close, we will rely on guidance from the RAHD in making that decision. Equally, we will rely on guidance from the RAHD to determine when it is safe to return to a building. All students in the building will switch to the Distance Learning format for the duration of time it takes to reopen the building safely. All other buildings will remain open. If schools close, Fredericksburg City Schools will follow the Distance Learning Schedule. FCPS will consider Kindergarten, Grades 1, Grades 2, Grades 3, ELL, Special Education or any high need population for some level of on-site instruction based on guidance from the CDC, VDH, RAHD and VDOE.

REOPENING CALENDAR

2020-2021

FREDERICKSBURG CITY SCHOOLS CALENDAR

July '20						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August '20						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September '20						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October '20						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November '20						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December '20						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January '21						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February '21						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March '21						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April '21						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May '21						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

First Day of school

Last Day of school

Inservice/Workday - (New Teachers Only)

School Not in Session - Non Workday for teachers

Inservice/Workday - Non Teaching Day

Staff Development - Early Dismissal

Distance Learning (all students)

School in Session /End of Grading Period



Updated 7/20/2020

EQUITY

SPECIAL EDUCATION SERVICES

- A. Students who qualify for special education services in FCPS Early Childhood Special Education (ECSE) preschool program fall into the following categories:
 - a. 2-year old children continue to participate in virtual in-home services
 - b. 3-year old children attend face-to-face one or two days-per-week.
 - c. 4-year old children who participate attend four days-per-week.
- B. Students who qualify for special education services in FCPS combination Head Start and Virginia Preschool Initiative (VPI) preschool program:
 - a. Attend face-to-face instruction one day a week from 8:00 AM – 1:30 PM
 - b. Participate in distance learning four days-a-week
- C. Students who qualify for special education services in grades K-12 will fall into the following categories:
 - a. Full Inclusion: Students who receive up to 100% of their instruction in the general education setting follow the schedule for the zone that they are assigned to.
 - i. Students in this category attend school in person a minimum of one day-per-week and distance learn three to four days-per-week.
 - ii. For example: If a student in this category is assigned to zone A then they will follow the same schedule that zone A follows.
 - iii. Special education staff members work with classroom teachers as well as with students to provide services as listed in their Individualized Education Plan (IEP).
 - b. Extended Time: Students who receive 100% of their core content instruction in a self-contained setting have an individualized schedule.
 - i. Students who are in this category attend school for in-person instruction for a minimum of one day-per-week and up to a maximum of four days-per-week based on their assigned zone.
 - ii. School administrators and special education staff members work together to develop a schedule that is appropriate for each student.
 - c. Distance Learning: Families can choose 100% remote learning for their student(s).

ACCESS TO THE INTERNET

Students without consistent internet connection have access to COX Connect2Compete program fully subsidized by FCPS, an LTE hotspot provided at no cost or will receive a home CPE (Customer-Premises Equipment) which will provide internet directly from the schools' network to the students' home. When possible, schools may also offer internet cafés for students to access the internet at a central location at the school during their distance learning days.

ENGLISH LEARNER (EL) SERVICES

- A. Full Inclusion: Students who have a WIDA Access composite level of 3 or higher receive in-person instruction two days-a-week.
 - a. For example: If a student in this category is assigned to group A, then they follow the same schedule that group A follows.
 - b. EL staff members work with classroom teachers and students to ensure their academic success.
- B. Extended Time: All students who have a WIDA Access composite level below 3.0 receive up to four days of in-person instruction each week.
- C. Distance-Learning: Families can choose 100% remote learning for their student(s).

EDUCATIONAL TECHNOLOGY

Preschool through grade 12 students have been issued an iPad or laptop for home use in order to access on-line learning. Students should bring their charged devices to and from school with them each day during their in-person instruction. If devices need repair, please see the technology section of this document beginning on page 32.

INSTRUCTION

INSTRUCTIONAL MODELS BEGINNING JANUARY 2021

Personal health and safety are of utmost importance as Fredericksburg City Public Schools (FCPS). In order to meet the varying teaching and learning needs of our students, families, and staff, Fredericksburg City Public Schools (FCPS) is offering two types of instructional delivery.

1. Distance Learning Model: Students do not come to the school building to receive instruction. These students learn remotely through an online platform provided by Fredericksburg City Public Schools. An FCPS teacher is assigned to the students' classes and provides feedback on assignments. Students are expected to follow the synchronous schedule determined by their school unless administrative approval is given to a student for asynchronous learning. Under this option, some state assessments require the student to come to the building to test. However, these assessments are administered by appointment only in order to follow appropriate safety and health precautions.
2. Hybrid Learning Model: Students participate in face-to-face, in-school instruction and off-site, distance learning provided by Fredericksburg City Public Schools. Students are assigned a teacher and distance-learning aligns with classroom learning. Remote assignments are assigned and collected through an online platform (Canvas). Feedback is provided to students during face-to-face instructional opportunities, emails and/or Microsoft Teams or Zoom meetings.

School resumed for all students on Monday, January 4, 2021. Beginning on this date, all students participated in distance learning instruction.

On Tuesday, January 19, 2021 students began the instructional model that was previously selected by their parent/guardian: Distance-Learning or Hybrid (see above). If a parent/guardian wishes to change the instructional model for their PK-grade 5 child(ren), please contact your child's teacher. If a parent/guardian wishes to change the instructional model for their grades 6-12 child, please contact your child's school counselor. Movement from distance learning to the hybrid model will be allowed as space permits based on the capacity of the school and the hybrid model participation at that time.

PRESCHOOL PROGRAM INSTRUCTIONAL MODELS (PRE-K)

Preschool programs for two-year-old students continue in the form of virtual home visits at this time. Return-to-school information will become available once the safety requirements become developmentally appropriate for these children.

On distance learning days, students do not receive face-to-face learning. Instead, online practice as well as hands-on materials are provided for at-home experiences. If specific materials are needed for activities, the preschool staff send those materials home with students or they are distributed through the “Super Cat” bus.

Under the Hybrid Learning Model, preschool classes for three- and four-year-old students are divided into groups of no more than five children in each group. Exceptions to this number are adjusted for student-specific needs in the Early Childhood Special Education (ECSE) program or the Virginia Preschool Initiative (VPI). Safety guidelines from the Center for Disease Control (CDC) suggest that small groups of students have a reduced risk of spreading disease if they stay together and with the same adults all day, as long as the groups do not mix. These preschool students attend their assigned day(s) each week based on their zone. Whenever possible, students only use their personal materials and school materials assigned to them. Manipulatives, toys and furniture are sanitized each afternoon by the preschool staff. On Wednesdays, the building is closed in order for custodial staff to deep clean the building.

DISTANCE LEARNING MODEL, KINDERGARTEN THROUGH GRADE 12

Students receive instruction through Canvas, the FCPS online platform where each class can be found as well as synchronously through Microsoft Teams and/or Zoom. Just like in the school building, distance learning includes a variety of culturally relevant experiences including, but not limited to: teacher-directed instruction, videos, independent practice, performance tasks, special-area classes and enrichment opportunities. Assignments are submitted to teachers and returned to students with feedback through Canvas.

Students log into Canvas at <https://fburg.instructure.com> using Login with Microsoft option with their school email and password. Canvas works best with the following browsers: Firefox, Chrome or Microsoft Edge or with the Canvas App in Google Play or iTunes Store.

Additional information about distance-learning can be found on FCPS social media pages and on the FCPS YouTube channel:
<https://www.youtube.com/user/FredSchools>.

HYBRID LEARNING MODEL, KINDERGARTEN THROUGH GRADE 12

One day per week:

Students who participate in the Hybrid Learning Model (1) attend school one day-a-week unless otherwise indicated. (See the Equity section of this document beginning on page 19 for more information.) Students attend in-person either Monday, Tuesday, Thursday, or Friday. On Wednesdays of each week, all students participate in distance learning in order for all buildings to be closed for deep cleaning.

Two days per week:

Students who participate in the Hybrid Learning Model (2) attend school two days-a-week unless otherwise indicated. (See the Equity section of this document beginning on page 19 for more information.) Students attend in-person either Monday and Tuesday or Thursday and Friday. On Wednesdays of each week, all students participate in distance learning in order for all buildings to be closed for deep cleaning.

Both Hybrid Models:

Hybrid Model students receive face-to-face instruction, instruction through Canvas, and synchronous instruction through Microsoft Teams and/or Zoom. Just like in the school building, hybrid learning includes a variety of culturally relevant experiences including, but not limited to: teacher-directed instruction, videos, independent practice, performance tasks, special-area classes and enrichment opportunities.

Students log into Canvas at <https://fburg.instructure.com> using Login with Microsoft option with their school email and password. Canvas works best with the following browsers: Firefox, Chrome or Microsoft Edge or with the Canvas App in Google Play or iTunes Store.

HOME INSTRUCTION VERSUS FCPS DISTANCE-LEARNING

Any parent of a student in grades K-5 who elects to provide home instruction in lieu of attending school must notify the school division superintendent by August 15 each year or within 30 days of enrollment. Additional information can be accessed through the Virginia Department of Education (VDOE). Specific details can be found in the Home Instruction Handbook available at http://www.doe.virginia.gov/families/private_home/index.shtml.

Home instruction is different than distance learning. If a student is going to be home-schooled, they are withdrawn from FCPS. Resource materials are not provided by the school, students are not eligible to participate in extra-curricular activities, and families must provide end-of-year assessments at their own expense while participating in home-instruction. It is also important to note that students who are participating in home-instruction will not receive a high school diploma from James Monroe High School (JMHS) or FCPS.

If students wish to transfer from home instruction back to public school instruction, they must register the child with the division, even if the student was previously enrolled. The registration process is outlined at [New Student Registration - Fredericksburg City Schools \(fxbgschools.us\)](https://www.fxbgschools.us). Please call 540.940.8380 to speak with the registrar if you have questions about student registration.

Under the FCPS Distance-Learning Model, the student remains enrolled in FCPS and is assigned a teacher for classes. They participate in all state-required assessments and are eligible to participate in extracurricular activities. Students who participate in distance learning continue to progress towards meeting graduation requirements and earning a high school diploma from JMHS or FCPS.

HOME AND SCHOOL COMMUNICATION FOR INSTRUCTION

In order to provide equitable access to all students for instructional success, a variety of ways is offered to contact FCPS staff. Canvas has a “commons” area where students can communicate directly with their teacher and other students in their class. Teachers can be contacted by phone at each school and voice mail is available if the teacher is unable to take the call. All teachers have email addresses which can be accessed on the FCPS webpage: <https://www.fxbgschools.us/directory>. In order to encourage on-going communication, students and families may work directly with the teacher in order to set a communication time beyond normal school hours.

Division and school updates are shared through our phone messaging service, social media and the local alert system.

- The student's phone number is tied to the school messenger system upon registration. Families may opt out of these phone calls by contacting their child's school.
- FCPS maintains social media sites on Facebook and Twitter. You may access these pages by searching for Fredericksburg City Schools or your child's school within the apps. Feel free to communicate with us often through these sites.

- All families are encouraged to sign up for FCPS alerts and their child's school alerts. Sign up is found at:
<http://www.cityschools.com/fcpsalert/fredericksburgalert-com/>
- FCPS has a YouTube channel for sharing videos that document events and provides information from the schools:
<https://www.youtube.com/user/FredSchools>
- The FCPS webpage posts all alerts, includes school calendars and staff contact information. Please bookmark this site so you can keep up to date: [Home - Fredericksburg City Schools \(fxbgschools.us\)](http://www.fxbgschools.us)

SOCIAL DISTANCING/SAFETY AND HEALTH EXPECTATIONS FOR STUDENTS AND STAFF DURING FACE-TO-FACE INSTRUCTION

In order to maintain the lowest possible threat level for the potential spread of the coronavirus, all students who participate in face-to-face learning receive repetitive instruction regarding safety protocols. This instruction will include maintaining appropriate social distancing and the required use of face coverings. There are announced reminders and reference posters placed strategically at each FCPS site.

Students are required to have their own face coverings. These coverings are worn by all students as developmentally appropriate. Reusable face coverings must be labeled with the student's name in case they are lost. If a face covering is lost, a disposable covering is provided to the student for the remainder of the day. Lost, reusable masks are returned to the student in a plastic bag, so the face covering can be sanitized at home before re-wearing. Students do not receive a discipline referral for taking off their face covering unless they refuse to put it back on or are using it in an unsafe manner. Parents of students who do not wear face coverings are contacted to discuss whether the hybrid learning option can continue for their student. Staff wear face coverings as well.

Students and staff are required to wash/sanitize their hands frequently throughout the school day. Sinks/hand soap and/or sanitizer is available throughout each FCPS site and in all classrooms.

Personal school supplies are not shared, and students may not leave personal belongings at school. Examples of personal school supplies include pencils, crayons, notebooks, folders, etc. A complete list of personal supplies can be found on your child's school supply list. Families are encouraged to provide a backpack and water bottle labeled with their child's name in order for students to keep supplies separate from other student's materials. Students are not permitted to use on-site water fountains, but may use sinks to refill their water bottle. Personal items that are left at school during school cleaning days are

available for pick up after a forty-eight-hour quarantine of the item(s). If not picked up within two weeks of being quarantined, these items may be disposed of.

Whenever possible, students only use their personal materials and the school materials assigned to them. Manipulatives, desks and frequently touched surfaces are sanitized by FCPS staff.

FACE-TO-FACE LEARNING PRIORITIES

To reduce the amount of lost learning opportunities in core content areas, FCPS focuses on English and mathematics during face-to-face instruction in Pre-K through grade 5. Teachers are encouraged to integrate history and science Standards of Learning (SOL) into English and math instruction. Teachers not only extend learning during distance learning days, but also supplement the face-to-face learning with the following online programs: Achieve 3000/Smarty Ants (English) and Dreambox (Math).

Students in grades six through twelve follow their normal schedules each day during face-to-face learning. Schedule adjustments have been made to the length of periods and for transitions between classes in order to maintain social distancing and other health and safety protocols.

FCPS provides all students (Pre-K through grade 12) with any hands-on materials that are needed for distance learning. Non-consumable items (such as technology devices, math manipulatives, white boards, etc.) must be returned to school when the assignment that used the materials is completed/due. These items are sanitized by FCPS staff prior to the subsequent use by others.

STUDENT SCHEDULES

PRESCHOOL PROGRAMS

Early Childhood Special Education Sample Schedule

Time	Activity	Type of Learning
8:00-8:30	Arrival/transition to classroom/ wash hands	Face: Face
8:30-9:00	Breakfast/ cleanup/ bathroom break/ wash hands	Face: Face
9:00-9:30	Morning Meeting/Movement	Face: Face
9:30-10:00	Small Group Activity	Face: Face
10:00-10:30	Story Time/Toileting/Dismissal	Face: Face
10:30-12:00	1:1 Sessions – Language Activities for Virtual Students/Parent Coaching Model	Virtual
12:00-12:30	Lunch	
12:30-2:00	1:1 Sessions – Language Activities for Virtual Students/Parent Coaching Model	Virtual

Head Start Sample Schedule

Time	Activity	Type of Learning
8:00-8:30	Individualized activities Canvas	Self-Paced
8:30-8:50	Morning meeting	Live/Synchronous
8:50-9:15	Breakfast/ cleanup/ bathroom break	Self-Paced
9:15-9:35	Music and Movement	Live/Synchronous
9:35-10:00	Brain Break- activity child chooses to move around- Wellness activity	Self-Paced
10:00-10:45	Large Group- Zoom Circle Time	Live/Synchronous
10:45-11:00	Individualized activities from Canvas while wearing a mask to practice mask skills	Self-Paced
11:00-11:40	Literacy Circle Time	Live/Synchronous
11:40-12:10	Lunch/hand washing/bathroom break	Self-Paced
12:10-12:40	Gross motor/Get outside if possible	Self-Paced
12:40-1:30	Choice time- child plays with materials of choice or choice of materials on Canvas	Self-Paced

VPI Pre-K Sample Schedule

Time	Activity	Type of Learning
8:00-8:30	Individualized activities Canvas	Self-Paced
8:30-8:50	Morning meeting	Live/Synchronous
8:50-9:15	Breakfast/ cleanup/ bathroom break	Self-Paced
9:15-9:35	Music and Movement	Live/Synchronous
9:35-10:00	Brain Break- activity child chooses to move around- wellness activity	Self-Paced
10:00-10:45	Large Group- Zoom Circle Time	Live/Synchronous
10:45-11:00	Individualized activities from Canvas while wearing a mask to practice mask skills	Self-Paced
11:00-11:40	Literacy Circle Time	Live/Synchronous
11:40-12:10	Lunch/hand washing/bathroom break	Self-Paced
12:10-12:40	Gross motor/Go outside if possible	Self-Paced
12:40-1:20	Choice time- child plays with materials of choice-or choice of materials on Canvas	Self-Paced
1:20-2:00	Rest Time	Self-Paced
2:00-2:45	A" little bit of everything" circle	Live/Synchronous
2:45-3:15	Choice time- child plays with materials of choice or choice of materials on Canvas	Self-Paced

HUGH MERCER ELEMENTARY

Kindergarten - Grade 2 Schedule

Time	Kindergarten	First Grade	Second Grade
8:00 - 8:20	Welcome! Breakfast	Welcome! Breakfast	Welcome! Breakfast
8:20 - 10:00	Reading - Canvas & Smarty Ants Reading Group A: 8:20-8:40 Reading Group B: 8:45-9:05 Reading Group C: 9:10-9:30 Teachers will invite students to their own group. Students will be part of ONE group, not all.	Reading - Canvas & Smarty Ants Reading Group A: 8:20-8:40 Reading Group B: 8:45-9:05 Reading Group C: 9:10-9:30 Teachers will invite students to their own group. Students will be part of ONE group, not all.	Reading - Canvas & Smarty Ants Reading Group A: 8:20-8:40 Reading Group B: 8:45-9:05 Reading Group C: 9:10-9:30 Teachers will invite students to their own group. Students will be part of ONE group, not all.
10:00 - 10:10	Movement	Movement	Movement
10:10 - 11:30	Math - Canvas & Dream Box Math Group A: 10:10-10:30 Math Group B: 10:45-11:30	Math - Canvas & Dream Box Math Group A: 10:10-10:30 Math Group B: 10:45-11:30	Math - Canvas & Dream Box Math Group A: 10:10-10:30 Math Group B: 10:45-11:30
11:30 - 11:50	Science/Social Studies Canvas	Science/Social Studies Canvas	Science/Social Studies Canvas
11:50 - 12:00	Movement	Movement	Movement
12:00 - 12:30	Lunch	Lunch	Lunch
12:30 - 1:00	Live Math Zoom	Live Math Zoom	Live Math Zoom
1:00 - 1:30	Live Reading Zoom	Live Reading Zoom	Live Reading Zoom
1:30 - 2:00	Math and Reading Groups for Asynchronous students	Specials	Math and Reading Groups for Asynchronous students
2:00 - 2:30	Specials	Math and Reading Groups for Asynchronous students	Family Flex Time
2:30 - 3:00	Family Flex Time	Family Flex Time	Specials
3:00 - 3:30	Office Hours	Office Hours	Office Hours

LAFAYETTE UPPER ELEMETARY

Grade 3 Schedule

Monday & Tuesday		Wednesday		Thursday & Friday	
8:00	Good Morning!	8:00	Good Morning!	8:00	Good Morning!
8:30	Reading Achieve 3000/ Smarty Ants	8:30	No Zoom meetings today: Attendance taken in Canvas	8:30	Reading Achieve 3000/ Smarty Ants
9:00	English Synchronous Instructional Zoom (C&D Zones & Virtual Learners) Required	9:00	Special Area - Canvas	9:00	English Synchronous Instructional Zoom (A&B Zones & Virtual Learners) Required
9:50	Movement Break	9:30	Reading & Writing/Family Flex Time	9:50	Movement Break
10:00	Math Synchronous Instructional Zoom Continues (C & D Zones & Virtual Learners) Required	10:15	Math/Family Flex Time	10:00	Math Synchronous Instructional Zoom Continues (A & B Zones & Virtual Learners) Required
11:00	Movement Break	11:20	Brain Break	11:00	Movement Break
11:10	Math Canvas Dreambox	11:30	Lunch	11:10	Math Canvas Dreambox
12:00	Lunch	12:00	Dreambox	12:00	Lunch
12:30	Science/ Social Studies Canvas	12:15	Achieve 3000/ Smarty Ants	12:30	Science/ Social Studies Canvas
1:00	Special Area Canvas	12:30	Family Flex Time Work in Canvas - Required for all learners.	1:00	Special Area Canvas
1:30	Remediation Schedule varies by teacher. One reading session and one math session per week, by invitation.			1:30	Remediation Schedule varies by teacher. One reading session and one math session per week, by invitation.
2:00	Office Hours			2:00	Office Hours

Grade 4 Schedule

Monday		Tuesday		Wednesday		Thursday		Friday	
8:00	Good Morning!	8:00	Good Morning!	8:00	No Zooms today. Attendance will be done through Teams, Canvas, Dojo, or Email - Please make sure to contact your teacher today.	8:00	Good Morning!	8:00	Good Morning!
8:30	Math Synchronous Session	8:30	Math Synchronous Session	8:30	Math in Canvas	8:30	Math Synchronous Session	8:30	Math Synchronous Session
9:00	Math in Canvas	9:00	Math in Canvas	10:00	Movement Break	9:00	Math in Canvas	9:00	Math in Canvas
9:45	Movement Break	9:45	Movement Break	10:10	English in Canvas	9:45	Movement Break	9:45	Movement Break
10:00	English Synchronous Session	10:00	English Synchronous Session	11:20	Brain Break	10:00	English Synchronous Session	10:00	English Synchronous Session
10:30	English in Canvas	10:30	English in Canvas	11:30	Lunch	10:30	English in Canvas	10:30	English in Canvas
11:30	Movement Break	11:30	Movement Break	12:00	Special Area	11:30	Movement Break	11:30	Movement Break
11:40	Social Studies/Science	11:40	Social Studies/Science	12:30	Social Studies/Science	11:40	Social Studies/Science	11:40	Social Studies/Science
12:00	Bus Dismissal	12:00	Bus Dismissal	1:00	Wellness Break	12:00	Bus Dismissal	12:00	Bus Dismissal
12:15	Lunch	1:00	Dreambox	2:00	DreamBox	1:00	Dreambox	1:00	Dreambox
12:30	Recess	1:15	Recess	2:15	Achieve 3000	1:15	Recess	1:30	Achieve 3000
1:30	Dreambox	1:30	Synchronous Math Small Group - on Zoom or Dreambox	2:30	Teacher Office Hours	1:30	Synchronous Math Small group - on Zoom or Dreambox		
2:00	Achieve 3000	2:00	Synchronous English Small group - on Zoom or Achieve 3000			2:00	Synchronous English Small group - on Zoom or Achieve 3000	2:00	Family Flex Time
2:30	Special Area in Canvas	2:30	Special Area in Canvas			2:30	Special Area in Canvas		
3:00	Teacher Office Hours	3:00	Teacher Office Hours			3:00	Teacher Office Hours		

Grade 5 Schedule

Monday and Tuesday		Wednesday		Thursday		Friday	
8:00	Good Morning! In Person	8:00	Good Morning!	8:00	Good Morning!	8:00	Good Morning!
8:30	Review Daily Modules	8:30	Attendance - Canvas/TEAMS	8:30	Review Daily Modules	8:30	Review Daily Modules
8:40	Reading In Person	9:00	Reading/Family Flex Time	8:40	Reading Canvas	8:40	Reading Canvas
10:10	Movement Break In Person	10:05	Movement Break	10:10	Movement Break	10:10	Movement Break
10:20	Math In Person	10:15	Math/Family Flex Time	10:20	Math Canvas	10:20	Math Canvas
11:50	Movement/Bus In Person	11:20	Brain Break	11:50	Movement Break	11:50	Movement Break
12:00	Lunch	11:30	Lunch	12:00	Lunch	12:00	Lunch
12:30	Core Canvas	12:00	DreamBox Asynchronous	12:30	Core Canvas	12:30	Core Canvas
1:00	Live Session Math and Reading	12:15	Achieve 3000 - Asynchronous	1:00	Live Session Math and Reading	1:00	Live Session Math and Reading
2:00	Achieve 3000	12:30	Family Flex Time	2:00	Achieve 3000 or Small Group	1:40	Achieve 3000
2:15	Dreambox			2:15	Dreambox or Small Group	1:55	Dreambox
2:30	Special Area Canvas			2:30	Special Area Canvas	2:10	Special Area Canvas
3:00	Office Hours			3:00	Office Hours	2:40	Family Flex Time

Teachers will be scheduling small groups on Tuesday and Thursday from 2:00 - 2:30. If you are scheduled for small group, please use the 3:00 time slot for Achieve 3000 and Dreambox.

*Wednesday's Schedule is completely Asynchronous.

WALKER-GRANT MIDDLE

Orange Week Schedule

Orange Week (A/B)	Student Zones A & B		All Students	Student Zones C & D	
	Monday	Tuesday	Wednesday	Thursday	Friday
	A Day Odds	A Day Evens	Asynchronous	B Day Odds	B Day Evens
8:00 - 8:30	Planning	Planning	Independent Student Work	Planning	Planning
8:30 - 9:00	Arrival/Breakfast	Arrival/Breakfast		Arrival/Breakfast	Arrival/Breakfast
9:00 - 9:15	TSA/Homeroom	TSA/Homeroom		TSA/Homeroom	TSA/Homeroom
9:15 - 10:05	1A	2A		1B	2B
10:10 - 11:00	3A	4A		3B	4B
11:05 - 11:55	5A	6A		5B	6B
12:00 - 12:50	7A	8 TSA		7B	8 TSA
12:50 - 1:00	Dismissal/Lunch	Dismissal/Lunch		Dismissal/Lunch	Dismissal/Lunch

White Week Schedule

White Week (B/A)	Student Zones A & B		All Students	Student Zones C & D	
	Monday	Tuesday	Wednesday	Thursday	Friday
	B Day Odds	B Day Evens	Asynchronous	A Day Odds	A Day Evens
8:00 - 8:30	Planning	Planning	Independent Student Work	Planning	Planning
8:30 - 9:00	Arrival/Breakfast	Arrival/Breakfast		Arrival/Breakfast	Arrival/Breakfast
9:00 - 9:15	TSA/Homeroom	TSA/Homeroom			
9:15 - 10:05	1B	2B		1A	2A
10:10 - 11:00	3B	4B		3A	4A
11:05 - 11:55	5B	6B		5A	6A
12:00 - 12:50	7B	8 TSA		7A	8 TSA
12:50 - 1:00	Dismissal/Lunch	Dismissal/Lunch		Dismissal/Lunch	Dismissal/Lunch

JAMES MONROE HIGH

Grades 9-12 Schedule

JMHS Bell Schedule	Student Zones A & B		All Students	Students Zones C & D	
	Monday	Tuesday	Wednesday	Thursday	Friday
	A	B	Asynchronous	A	B
8:00 - 8:30	Planning	Planning		Planning	Planning
8:30 - 9:00	Arrival/Breakfast	Arrival/Breakfast		Arrival/Breakfast	Arrival/Breakfast
9:00 - 9:15	Homeroom	Homeroom		Homeroom	Homeroom
9:15 - 10:05	1A	1B		1A	1B
10:10 - 11:00	2A	2B		2A	2B
11:05 - 11:55	3A	3B		3A	3B
12:00 - 12:50	4A	4B		4A	4B
12:50 - 1:00	Dismissal/Lunch	Dismissal/Lunch		Dismissal/Lunch	Dismissal/Lunch
1:00 - 1:30	Lunch	Lunch		Lunch	Lunch

TECHNOLOGY

Fredericksburg City Schools is committed to providing equitable access to all instructional materials through technology.

EQUIPMENT

All students PK-12 are eligible to receive a school-issued device for distance learning.

ONLINE PLATFORMS

All online platforms are compatible with devices provided by Fredericksburg City Schools. If a student chooses to use a device other than the one provided by the school, please make sure it is compatible with the following software.

- Microsoft Office Professional Plus – Offered for free for all students through their school account on Office 365 <https://portal.office.com>
- Microsoft Teams *(Window 10 Computers Only)*
- Microsoft OneDrive
- Microsoft OneNote
- Zoom – <https://zoom.us>
- Canvas - <https://fburg.instructure.com/>
- Other applications may be deployed to school devices as needed, please consult with your child's teacher throughout the school year.

DEVICE REPAIR

The Fredericksburg City Schools Department of Technology offers repair services to students with broken school devices. An online form has been created to submit and track repairs. <https://fcpsmailfix.repairgenie.net/> Once the form is completed, it will tell you when and where to drop your device off to be repaired and give you a tracking number to keep. Students attending school can leave their computer with the school office to be repaired or for technicians will be onsite at Walker-Grant Center, 210 Ferdinand Street Suite 2, Fredericksburg, VA 22401. Hours of operation are posted here: <https://www.fxbgschools.us/departments/technology> or you can call 540-372-1120.

INTERNET ACCESS

COX Communication has partnered with the school to provide low-cost internet access to subscribers who qualify. Some families were unable to take advantage of these opportunities for various reasons. Fredericksburg City Schools is committed to assist with equitable access to the internet. Since equitable access options are constantly changing, we will keep up-to-date information posted on <https://www.fxbgschools.us>

LOW COST OPTIONS

Comcast/Xfinity Company opens Xfinity WIFI Network hotspots at businesses and outdoor locations nationally for Free Offers unlimited data for Free No disconnect or late fees. This offers low-income families who live in a Comcast service area and are new customers a 60-day complimentary Internet Essentials service (normally available to all qualified low-income households for \$9.95/month)

COX Offers the Connect2Compete program with the first 2 months free of service and \$9.95/month after as well as resources for discounted, refurbished equipment through their PCs for People program.

SCHOOL BASED HOTSPOTS

Access to the internet will remain available in the parking lots of all schools.
 SSID: wlanprivate (requires school username and password)
 SSID: GuestUsers (open)
 SSID: FXBG Schools Homework Hotspot (open)
 SSID: FCPS (PSK) available for all school iOS devices with a preprogramed key

COMMUNITY HOTSPOTS

Fredericksburg City Schools Community Hotspots Map: <https://bit.ly/fxbghotspots>
 SSID: FXBG Schools Homework Hotspot (open)

Commonwealth Connect has a list of public Wi-Fi hotspots: <https://arcg.is/juCbG>

SCHOOL NUTRITION PROGRAM

MEAL DISTRIBUTION

SCHOOL BREAKFAST: ON-SITE LEARNING

Students are served upon entering the building(s) at the location(s) coordinated with the building administrators. Students eat breakfast in the classrooms.

SCHOOL LUNCH: ON-SITE LEARNING

Students are given a pre-ordered lunch at dismissal to take home.

MOBILE FEEDING

Mobile feeding occurs every day to address the needs of students who are distance learning. Routes are designed to reflect population and most effective accessibility for families.

SCHOOL CLOSURE DAYS

On school closure days, meal pick-up locations will be established for drive through meals. LUES and HMES mobile program will also operate during these closure days. Meals may be unable to be distributed on inclement weather days.

MEAL DISTRIBUTION FOR 100% DISTANCE LEARNING

NON-CONGREGATE FEEDING

The USDA Food and Nutrition Service (FNS) is allowing meals to be served to children outside of the normally-required group setting to support social distancing.

PARENT PICKUP

FNS is allowing parents and/or guardians to pick up meals and bring them home to their children.

MEAL TIMES

FNS is waiving requirements that meals be served at certain standard times to allow for grab-n-go options. This also allows for multiple meals given at the same time i.e. Breakfast and Lunch.

COVID-19 RETURN TO ATHLETICS

GENERAL RULES & GUIDELINES

- Individuals associated with any events should complete a personal health screening daily and should stay home if they are experiencing symptoms consistent with COVID-19 or are in close contact with someone with COVID-19.
- Individuals should be educated on the need to thoroughly wash their hands regularly with soap and water for at least 20 seconds and/or use at least a 60% alcohol-based hand sanitizer before, during and after any activity.
- Facility staff should ensure that facilities have been properly sanitized and have hand sanitizer and disposable masks available when they host events.
- There will be no selling of concessions at any home winter sporting event this season.
- Facilities should be cleaned and disinfect frequently touched surfaces and practice/game equipment including balls. Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment (some valuable information regarding some manufacturer requirements may be found later in this document).
- Social distancing of 6 feet should be maintained, when possible. There should be no hugging, high fives, handshakes or fist bumps. Additionally:
 - a. Pre and postgame handshakes will be eliminated.
 - b. Pregame meetings, if necessary and/or required should be limited to essential personnel with every attempt to maintain the social distancing guidelines observed.
 - c. Postgame award ceremonies should be eliminated.
 - d. Whenever possible social distancing must be maintained on all sidelines.
 - e. Outdoor activities may require extending bench areas.
 - f. Indoor activities may require the use of bleachers or multiple levels of seating.
 - g. All fans stay at least 6 feet from people they do not live with.
 - h. Capacity limits will be enforced.**
- Participants and coaches should bring and use their own water bottle. Each group should have a hydration plan and ability to provide water to those within that group in a safe manner should they not have their own water bottle. Host schools should ensure visiting teams have safe access to water for their participants.
- If a positive COVID-19 case is determined, schools must follow their safety plan as well as adhere to Virginia and local Department of Health guidelines in determining a comprehensive plan of action.

- Where applicable score sheets/books should be handled only by the scorer.
- If writing implements are a necessary part of an event, they should be sanitized and not shared with anyone.
- Prior to and after games, individuals must refrain from congregating in groups.
- Each student should be responsible for their own equipment/supplies. There should be no sharing of clothing or community laundering of workout supplies. There should be daily cleaning of all workout clothing/towels.
- Students will be responsible for cleaning their own uniforms.
- All schools, teams and facilities MUST have a well-rehearsed Emergency Action Plan in place for every sport and every venue prior to any event taking place.
- Hand sanitizer should easily be available in sufficient quantities at all events/practices.
- Athletes MUST tell coaches immediately when they are not feeling well. Additionally, athletes should stay home if they are experiencing symptoms consistent with COVID-19 or are in close contact with someone with COVID-19.
- Student- athletes should keep mouth guards in their mouth throughout the competition. If the mouth guard is taken out, proper disinfection of the mouth guard should be performed prior to reinsertion. Hands should be washed/disinfected before doing so.
- All participants should bring and use their own water bottle.
- Coaches/Administrators must communicate all guidelines in a clear manner to students and parents.
- Coaches should consider, and administrators should strongly encourage, conducting workouts in “pods” of the same students, always training, and rotating together in practice to ensure less exposure if someone develops an infection.
- Coaches must keep accurate records of those athletes and staff who attend each practice in case contact tracing is necessary.
- Schools should consider limiting game day squad sizes for social distancing purposes.
- Coaches should make sure the team brings their own medical supplies.
- Parents/Guardians should inform coaches if the participant has been exposed to someone who is known to have COVID-19.
- The local health department should be consulted if COVID issues arise in your area.
- Coaches and school staff should be trained on school specific procedures regarding how to prepare and respond if someone gets sick, as outlined in each school divisions health plan.

Masks and Face Coverings

- May be required to wear face coverings while actively engaged in workouts or competitions, however, athletes, coaches, and officials should wear masks to the greatest extent possible.
- Should wear face coverings that are not distracting.
- Must wear face coverings when on the sideline, in the dugout, not actively involved in the competitions etc., and especially anytime 3-6 feet of social distancing cannot be maintained.
- Must wear face coverings when traveling to and from events using school transportation.
- In cheer, participants are strongly encouraged to wear face coverings.
- Athletes, coaches, and officials should wear masks to the greatest extent possible. (Example – game officials, ticket takers, timers, and scorers).
- Must wear facial coverings when at or interacting with, the table i.e. clock operators, scorers, announcers.
- Must wear face coverings when working as or interacting with, field personnel i.e. chain crew, ball boys, game supervision.
- Fans, Working Event Staff, Noncompeting Participants, and Coaches must always wear face coverings.

Athletic Training Services

- Treatment & Taping will be done at 3pm for in-season athletes only.
- The athletic trainer will allow 2 athletes at a time in the training room.
- If travelling to an away game, please plan on getting taped before departure (if possible).
- Face Masks must always be worn inside the training room and social distancing must be observed if possible.

Locker Rooms

- Prior to an individual or groups of individuals entering the locker room, hard surfaces within that locker room should be wiped down and sanitized (chairs, training tables, furniture etc.).
- Any equipment kept in student lockers should be cleaned out nightly by the athlete to allow for proper cleaning and sanitization. i.e. Soft clothing items will be taken home daily. Items such as helmets and shoulder pads may remain.
- Staff, coaches and student/athletes must wear face coverings while inside locker rooms, meeting rooms and training rooms.
- Every effort will be made to alternate smaller groups through the locker room to minimize exposure with other athletes. Coaches will devise plans based on the number of athletes and the space available. Entrances will be monitored by coaches.
- Student athletes are to dress as rapidly as possible to minimize time in the locker room.
- Social distancing measures will be in effect throughout all locker rooms.
- Athletes will not be required to wear a mask in the shower area.

- Hand sanitizing stations must be available.
- Athletes will leave the locker once cleaned and changed – no congregating.

Transportation Guidelines

Physical distance should be created between children on school buses when possible (e.g. seat children one per seat, every other row and/or staggered, aisles and windows) limiting capacity as needed to optimize distance between passengers. Face coverings are required. Children (such as siblings) living together may sit together on the bus and assign seating where possible. If possible, given the age of students, weather conditions, etc., consider opening windows to improve ventilation.

- Passengers and driver are always required to wear masks while traveling via school transportation.
- Team parties must follow school health and VDH guidelines with respect to seat occupancy distancing.
- All passengers will follow any identified entrance and exit plans established in school health plans. It is recommended that loading of the bus should occur from back to front and unloading occur front to back.
- Team parties may not exceed the maximum number of passengers established within school health and VDH guidelines.
- All individuals are responsible for keeping individual equipment with them at all times. Community storage of equipment on the bus should be avoided.
- Passengers must occupy the same seats both going to and returning from an event trip.
- When possible, seats should be sanitized upon arrival at the event and once the bus returns from an event and all passengers and equipment have been removed.
- At no point should passengers pass around or share food or drink items.

FACILITIES CLEANING

- Adequate cleaning schedules will be posted and monitored for all FCPS athletic facilities to mitigate any communicable diseases.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility will be wiped down and sanitized (chairs, furniture in meeting rooms, locker rooms, weight room equipment, bathrooms, athletic training room tables, etc.).
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in activities.
- Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.
- Weight equipment will be sanitized thoroughly before and after an individual's use of equipment.

- Appropriate clothing/shoes should always be worn in the weight room to minimize perspiration from transmitting onto equipment/surfaces.
- Any equipment such as weight benches, athletic pads, etc. having holes with exposed foam will be covered.
- Students should shower and wash their activity clothing immediately upon returning home.

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GUIDELINES IF A PLAYER/COACH EXPERIENCES SYMPTOMS OR TESTS POSITIVE FOR COVID-19

PROCEDURES AFTER EXPERIENCING SYMPTOMS OR A POSITIVE TEST:

- If an athlete or coach experiences symptoms consistent with COVID-19 they will be required to be cleared by a healthcare professional.
- An individual who tests positive for COVID-19 will immediately be isolated from the team for 10 days. That individual will notify the COVID-19 contact at the respective school.
- The individual will not return until:
 - They have a confirmed negative PCR test.
 - The doctor has cleared them to return to athletics.
- The athletes and coaches of the position group will have additional temperature checks by the Athletic Trainer (AT).

Fredericksburg City is a part of the Rappahannock Area Health District. The RAHD has a COVID-19 call center available to answer questions from the public Monday-Friday from 8am-4:30pm. The phone number is 540-899-4797. The Fredericksburg Health Department is located at 608 Jackson St., Fredericksburg, VA 22401. The department's phone number is 540-899-4142.

ASSUMPTION OF RISK & WAIVER OF LIABILITY FOR FCPS ATHLETICS RELATING TO CORONAVIRUS/COVID-19 - STUDENT/PARENT FORM

The Novel Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

FCPS Athletics Department has developed preventative measures to reduce the spread of COVID-19; however, FCPS Athletics cannot guarantee that you or your athlete will not become infected with COVID-19. Furthermore, using our facilities and/or attending conditioning sessions could increase your athlete's risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my athlete may be exposed to or infected by COVID-19 by attending activities in FCPS Athletics facilities and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand the risk of becoming exposed to or infected by COVID-19 during activities as a FCPS athlete that may result from the actions, omissions, or negligence of myself and others, including, but not limited to Coaches, student-athletes and others. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my athlete or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my athlete may experience or incur in connection with my athlete's attendance or participation in events ("Claims") involving Fredericksburg City Public Schools. On my behalf, and on behalf of my athlete, I hereby release, covenant not to sue, discharge, and hold harmless Fredericksburg City Public Schools, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of Fredericksburg City Public Schools, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any FCPS Athletics event.

Print Name of Student Athlete _____

Signature of Student Athlete _____

Date _____

Print Name of Parent/Guardian _____

Signature of Parent/Guardian _____

Date _____

ASSUMPTION OF RISK & WAIVER OF LIABILITY FOR FCPS ATHLETICS RELATING TO CORONAVIRUS/COVID-19 - COACH'S FORM

The Novel Coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The FCPS Athletics Department has developed preventative measures to reduce the spread of COVID-19; however, FCPS Athletics cannot guarantee that you will not become infected with COVID-19. Furthermore, using our facilities and/or attending conditioning sessions could increase your risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by attending activities in FCPS Athletics facilities and that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand the risk of becoming exposed to or infected by COVID-19 during activities at FCPS that may result from the actions, omissions, or negligence of myself and others, including, but not limited to Coaches, student-athletes and others. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance or participation in events ("Claims") involving Fredericksburg City Public Schools. On my behalf, I hereby release, covenant not to sue, discharge, and hold harmless the Fredericksburg City Public Schools, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of Fredericksburg City Public Schools, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any FCPS Athletics event.

Print Name of Coach_____

Signature of Coach_____

Date_____

APPENDIX

GLOSSARY OF REOPENING-RELATED TERMS

In order to effectively communicate with FPCS students, staff, families and community stakeholders, it is important that unfamiliar safety terms and education-related terms be defined.

ALTERNATIVE EDUCATION: Programs for students that are offered in lieu of the traditional school experience. These programs may include regional programs, out-of-district placements or off-site smaller group classes.

ASYNCHRONOUS LEARNING: Online learning in which the student learns from instruction that is not occurring in person or in real time, such as a prerecorded lesson or a game-based learning exercise.

CDC: Center for Disease Control, the nation's health protection agency designed to save lives and protect people from health threats

CANVAS: Online learning platform designed to house teacher lessons and student assignments as well as serve as an easy way to communicate between home and school. Every student will log in to Canvas in order to see their class lessons and assignments for distance learning.

CULTURALLY RELEVANT INSTRUCTION: Program that consists of strategies and practices that more closely connect classroom and online content with student backgrounds and experiences.

DEVELOPMENTALLY APPROPRIATE: The age and individual ability when the child can safely use, avoid touching, and remove a face covering without assistance. This ability typically begins around age three and should be practiced and reinforced at home.

DISTANCE LEARNING: Approach to instruction that is delivered through online programs including videos, lessons, games, chat boards, video conferencing, etc...

EQUITABLE ACCESS: Provides support systems that are needed for underserved students, such as special education, students living in poverty and English Learners. Equitable access means that not all students get the same thing because not all students need the same educational support.

English Learner (EL): Student that is identified as needing different levels of language support and accommodations while they learn to read, write, listen and speak in English.

FACE COVERING: Cloth that covers mouth and nose that is recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the cloth face covering coughs, sneezes, talks, or raises their voice. Please note, that it is not known if face shields provide any benefit as source control to protect others from the spray of respiratory particles. Centers for Disease Control and Prevention (CDC) does not recommend use of face shields for normal everyday activities or as a substitute for cloth face coverings.

FCPS: Fredericksburg City Public Schools and the school sites included: Walker-Grant Center, Hugh Mercer Elementary, Lafayette Upper Elementary, Walker-Grant Middle School and James Monroe High School.

HYBRID LEARNING: Approach to course delivery that combines face-to-face classroom instruction with online activities.

IEP: Individualized Education Plan created for identified students with special needs. The plan is created by a team including the student, family and educators.

LIEP: Language Instruction Educational Plan created for every English Learner by a team including the student, family and educators

PUBLIC HEALTH GUIDANCE/GUIDELINES/OFFICIALS: Refers to guidance from the Centers for Disease Control and Prevention (CDC) at the federal level; the Virginia Department of Health (VDH) at the state level; and/or the Rappahannock Health Department (RAHD) at the local level.

RACSB: Rappahannock Area Community Services Board covers the City of Fredericksburg and the counties of Caroline, King George, Spotsylvania or Stafford. They serve the community by providing services for people with behavioral health concerns.

RAHD: Rappahannock Area Health District which provides medical, environmental, and public health services to residents of the City of Fredericksburg and Caroline, King George, Spotsylvania and Stafford counties in Virginia

SNP: School Nutrition Program which consists of all the employees that plan, prepare, and deliver school meals.

SOCIAL AND EMOTIONAL LEARNING (SEL): Process through which social and emotional skills, including self-awareness, self-management, social awareness, relationship skills, and responsible decision-making, are modeled, learned and practiced.

SOCIAL DISTANCING: The practice of keeping at least 6 feet of physical space between yourself and others who are not in your household. In the context of COVID-19, the purpose of social distancing, also called “physical distancing,” is to minimize contact with the respiratory droplets of an infected person. While a distance of 6 feet or more is recommended at gathering spots where activity levels are low, health officials recommend at least 10 feet of distance at locations where active sports are taking place.

SUPER CAT BUS: Material distribution initiative started by Superintendent Catlett spring 2020 in order deliver instructional materials to neighborhoods. A schedule of stops will be available when service resumes.

SYNCHRONOUS LEARNING: Online, interactive learning that occurs at the same time, but not in the same place, such as a video conference or a live streamed lesson.

VDOE: Virginia Department of Education which leads and facilitates the development and implementation of a quality public education system

VIRTUAL VIRGINIA: Online program provided by VDOE that serves as a hub for all schools in order to provide lessons through Canvas. Subjects include, but are not limited to, English, math, history, science, world language, fine and performing arts, career and technical education and physical education.