



RETURNING LIKE A TIGER

PROTECTING THE HEALTH AND WELLBEING
OF THE TOWER SCHOOL COMMUNITY

RETURN TO CAMPUS GUIDE 2021



OUR PHILOSOPHY AND APPROACH

Each of us looks forward to welcoming our students to campus this fall. We do so with optimism that a more normal school year is on the horizon. Some of the mitigation approaches—so essential last year—have already been removed from the Massachusetts Department of Elementary and Secondary Education (DESE) guidelines.

Our school mitigation strategy will continue to be informed by the guidance of Massachusetts Department of Public Health (MDPH) and DESE. We encourage families to maintain a mindset of flexibility, knowing that conditions in our region, and our approaches to them, may vary throughout the year.

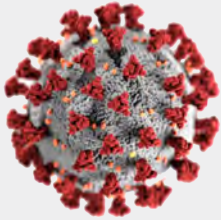
See page 26 for our *Returning Like a Tiger* checklist.

The background image shows the exterior of a building with a blue door and a sign that reads "TOWER" and "1912". A black lantern-style light fixture is visible above the door. The text "TABLE OF CONTENTS" is overlaid in large, bold, blue letters.

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EFFECTIVE MEASURES AGAINST TRANSMISSION



CORONAVIRUS OVERVIEW

What We Know about Coronavirus

- Anyone can get and transmit the virus, regardless of vaccination status.
- People of all ages can experience mild to severe symptoms.
- Older adults and people with existing medical conditions like heart or lung disease or diabetes are at higher risk for developing more serious complications from Coronavirus.

6 Levels of Protection against Transmission

We're prepared with the most effective measures against transmission:

- Vaccination for those who are eligible
- Daily symptom checking
- On-campus testing
- Mask wearing indoors
- Clean hands and surfaces
- Clean air





PRIORITIZING THE HEALTH OF OUR COMMUNITY

COMMUNITY HEALTH

It is essential that all Tower families and faculty support and adhere to the health protocols identified here, as they provide the greatest assurance of continued health in our community and our school's ability to offer on-campus learning without interruption.

This information is accurate as of August 2021. We are aware that virus variants and surges in our state may occur, and may require updated guidelines or short term school closures in our region. We will continue to be informed by MDPH and DESE. If changes become necessary, they will be communicated by email.



02

COMMUNITY
HEALTH

AT A GLANCE

MAINTAINING A HEALTHY LEARNING ENVIRONMENT





HEALTH SCREENINGS

Families must screen students for symptoms each morning using a secure online app, MyMedBot.



STAY HOME WHEN SICK

Students and adults must stay home if they are sick or have symptoms consistent with COVID-19 or Influenza.



MORNING DROP-OFF

To minimize congestion, students have been assigned to one of several entrance doors, based on their grade.



SCHOOL BUS

All passengers must wear a mask and refrain from eating or drinking while on the bus.



FACE MASKS

Everyone needs at least two clean, well-fitting, fabric masks each day. *Gaitors/buffs are not approved for use at school.*



CLEAN HANDS

Everyone is required to observe hand hygiene protocols using soap and water, and/or hand sanitizer.



IMMUNIZATIONS

The MDPH emphasizes the importance of the flu vaccine. We urge those eligible for the COVID-19 vaccine to get one.



ON-CAMPUS TESTING

We are equipped for weekly, pooled testing; testing for students who present with symptoms during the school day; and testing for in-school close contacts.



WINDOWS

Weather permitting, windows will be opened to bring fresh air directly into the classrooms.



HVAC AIR EXCHANGE

Tower's HVAC system draws fresh air into the school building continuously. All air inside the building is replaced every hour.



HVAC AIR FILTRATION

Our high-quality MERV filters reduce airborne pollution and viruses.



PLAYGROUNDS

We rely on UV rays, fresh air and rain to remove germs on the play structures. Students clean or sanitize their hands before *and* after recess.



COMMON AREAS

Stairwells, bathrooms and handrails are cleaned daily. Bathrooms have capacity limits.



CLASSROOMS

Solid surfaces are disinfected each afternoon using products recommended by the CDC.



HEALTH OFFICE

The Health Office is cleaned and/or sanitized daily and as needed throughout the day.



VISITORS ON CAMPUS

Parents will be welcome on campus for specific events and meetings. Masks are required indoors.

TECHNOLOGY MAKES IT EASY

AT-HOME HEALTH SCREENINGS

MyMedBot

An at-home health screening is required for every student and faculty member every morning via MyMedBot, a secure health screening app managed by Tower's Director of Health Services.

Students who have not submitted their morning screening prior to arrival need to be screened in the parking lot by their parents or caregivers.

Results of the screenings are accessible only by Tower School.

Based on the presence or absence of symptoms, students and faculty members will either receive approval to attend school on campus, or other instructions.

Daily Screening Symptoms

- Fever (100.0°F +) or chills
- Cough (not due to another known cause)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle or body aches

In Combination with Other Symptoms

- Sore throat
- Headache
- Nausea, vomiting, or diarrhea
- Fatigue
- Nasal congestion or runny nose (not due to another known cause)

SIMPLE AND EFFECTIVE

HAND HYGIENE & MASK WEARING

Routine Hand Cleaning

Everyone on campus is required to clean their hands as part of their daily routine. In addition to soap in the bathrooms, hand sanitizer stations are available at all entrances, throughout the building and in each classroom.

Tower's hand sanitizer stations include a solution of 70% alcohol plus aloe and are gluten free.



Effective Mask Wearing

Masks must:

- be worn indoors
- be at least 2-ply, and allow for breathing without restriction
- be washable with soap and hot water daily, or be disposable
- fit comfortably and snugly against the sides of the face, covering the mouth and nose
- provide a secure fit: masks with ties or ear loops are approved, gaiters and buffs are not approved
- not include vents

A COMPREHENSIVE TESTING STRATEGY

ON-CAMPUS COVID-19 TESTING

The state of Massachusetts is working in partnership with CIC Health to provide free, on-campus COVID-19 testing. CIC Health is the largest COVID-19 testing services provider in the country with a capacity to test 34+ million people each week.

Through CIC, we can provide a three-scenario testing protocol that keeps COVID from spreading undetected in school through asymptomatic people. Testing in this way enables more students to stay in school who might have otherwise been sent home for testing or close-contact quarantining. In all three scenarios, testing is self-administered using gentle nasal swabs.

Participation in this testing program requires advance consent. All students and faculty are urged to participate in this no-cost program. The online consent form covers all three modes of testing.

[**PROVIDE CONSENT.**](#)

| | SYMPTOMATIC TESTING | WEEKLY ROUTINE TESTING | TEST & STAY PROTOCOL: IN-SCHOOL CLOSE CONTACTS |
|--------------------|--|--|--|
| TEST TYPE | BinaxNOW Rapid Antigen | Pooled Testing: up to 10 people per pool | BinaxNOW Rapid Antigen |
| AVAILABLE FOR WHOM | Students and faculty who present with symptoms during the school day | All students and faculty, tested weekly, regardless of vaccination status or lack of symptoms | Students identified as an in-school close contact can be tested at school for 5 days. They may remain in school if they test negative. |
| METHOD | Rapid test via Nasal swab | PCR test via Nasal swab | Rapid test via Nasal swab |
| RESULTS | 15 minutes | 24 hours | 15 minutes |
| NEXT STEPS | <p>If positive, students will be treated as a positive case, isolated and sent home.</p> <p>If negative, students will be evaluated and sent home or allowed to stay at school, based on symptoms.</p> | If a pooled sample indicates a positive result, all members of that pool will be tested individually with BinaxNOW. If a BinaxNow test is positive, parents of the positive case and close contacts will be notified. The positive case will be sent home, close contacts can participate in the Test and Stay protocol. | <p>If positive, students will be treated as a positive case, isolated and sent home.</p> <p>If negative, students may stay at school, and continue to test daily for 5 days.</p> |
| ADVANCE CONSENT | Advance consent is required to participate. | Advance consent is required to participate. | Advance consent is required to participate. |
| OPT OUT | Students who opt out will be sent home and must be evaluated by their pediatrician. | Students who opt out and are identified as in-school close contacts must quarantine at home for 7 days and have a negative test on day 5 or later. | Students who opt out and are identified as in-school close contacts must quarantine at home for 7 days and have a negative test on day 5 or later. |

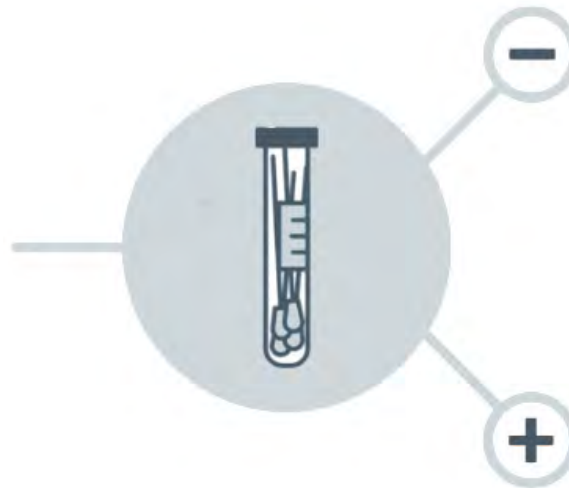
A VISUAL GUIDE

HOW POOLED TESTING WORKS

TESTING

Nasal swab samples from 10 asymptomatic people are placed in one tube to be analyzed together.

Pooled testing provides an economical and fast method of testing asymptomatic people on a weekly basis.



NEGATIVE RESULT

A negative pooled-test result indicates that COVID-19 was not detected in any of the samples.

POSITIVE RESULT

A positive pooled-test result indicates that at least one person in the pool tested positive for COVID-19.

Individual testing will quickly follow to identify who tested positive, so that appropriate health protocols may begin right away.

TERMS DEFINED

AN IMPORTANT DISTINCTION

| | ISOLATION | CLOSE CONTACTS AND THE NEED TO QUARANTINE |
|-------------------------|---|--|
| Criteria | An individual who has COVID-19-like symptoms and/or tests positive for COVID-19 | <p>A close contact is someone who has been closer than 6' to a COVID-19 positive person, indoors, for more than 15 minutes.</p> <p>If you or your family members have been in an area of high rates of infection or may have been exposed to COVID, please consult with your physician about the potential need to quarantine. The CDC also provides guidance for domestic and international travel.</p> |
| Location & Timeframe | <p>Isolation takes place in the home and away from other family members.</p> <p>A minimum of 10 days and must be fever-free for 24 hours, with improving symptoms before returning to work or school.</p> | <p>1. In School: Asymptomatic, in-school close contacts who consent to Test & Stay may test in school with BinaxNOW for 5 days.</p> <p>2. At Home: Symptomatic close contacts and/or those who opt out of Test & Stay will quarantine and test on day 5. Quarantine takes place at home.</p> |
| Mindset | "I am contagious, I will take care of myself and avoid spreading this to others." | "I may become contagious, so I will conduct myself as if I am contagious until I know otherwise." |



HEALTHY TIGERS

WHOLE FAMILY WELLNESS

Adapting to living and learning during a pandemic presents added stress for everyone. All families are encouraged to connect with each other, with teachers or administrators, and with Tower's School Counselor, [Sarah Gold](#) and Director of Health Services, [Paula Cardarelli](#).

As always, Sarah Gold provides a wealth of [crisis resources](#) for families in a printable format.





ALL TIGERS, ALL DAY

STUDENT LIFE

By adhering to the guidelines and expertise of the following public health agencies, we are prepared to welcome all students to campus, 5 full days per week, for the full school year.

The mitigation allows for students to have classes with grademates from both homerooms and move throughout the building to specialists' classrooms, as normal.

PUBLIC HEALTH RESOURCES

- Marblehead Department of Public Health
- Governor Baker and Massachusetts Department of Public Health (MDPH)
- Massachusetts Department of Elementary and Secondary Education (DESE)
- Centers for Disease Control and Prevention (CDC)
- Massachusetts Interscholastic Athletic Association (MIAA)



CARPOOL LOCATIONS BY GRADE

MORNING ARRIVAL AND AFTERNOON DISMISSAL



The building opens at 7:40am and classrooms open at 7:55am. In order to minimize transition times in hallways and congestion in doorways during peak arrival and dismissal times, we're taking advantage of entrances that are closest to student homerooms. The table below identifies the carpool loop and entrance doors for each grade.

Students arriving by bicycle can lock their the bike in the bike racks at either carpool location.

Families with siblings in Grades 3, 4 & 5: Please use the Circle/Main Entrance for drop-off and pick-up.

Morning Bus Passengers in Grades 3, 4 & 5: Please use Access Door B.

Walkers and Bike Riders: Please use the access door indicated by your grade.

| GRADE | ARRIVAL | CARPOOL | ACCESS DOORS, A-D | DISMISSAL | CARPOOL |
|---|-------------|-------------------------|-------------------------|-----------------------|-------------------------|
| Pre-K | 7:40-7:55am | Cornell Loop | A. Pre-K Classroom Door | 3:00pm | Cornell Loop |
| Kindergarten–Grade 2 | 7:40-7:55am | Cornell Loop | B. Recess Door | 3:00pm | Cornell Loop |
| Morning Bus Passengers in Grades 3, 4 & 5 <i>All other bus passengers use doors as assigned by grade.</i> | 7:40-7:55am | Cornell Loop | B. Recess Door | 3:00pm | West Shore Drive Circle |
| Grades 3, 4 & 5 and their siblings | 7:40-7:55am | West Shore Drive Circle | C. Front Door | 3:00pm | West Shore Drive Circle |
| Grades 6, 7 & 8 | 7:40-7:55am | Cornell Loop | D. Cornell Door | 3:00, 4:00 or 4:30pm* | Cornell Loop |
| * Middle School students participating in Athletics or Drama, M-Th. are dismissed at 4:00pm in Fall/Spring or 4:30pm in Winter. | | | | | |

ESSENTIAL FOR EVERYBODY

PHYSICAL ACTIVITY



Recess

Students in all grades thrive with opportunities to play, socialize and have fun with friends. All students have recess twice each day.

Physical Education

Our physical education curriculum accommodates updated protocols and takes advantage of our outdoor facilities and the Lynch Gymnasium.

Athletics

Interscholastic sports provide opportunities for students in grades 6–8 to build athletic skills, to exercise, and compete against North Shore peer schools—important physical and social-emotional needs for early adolescents.

CLUB T.E.D.

TOWER'S EXTENDED DAY

Club T.E.D. Mornings

For families whose schedules benefit from an earlier start to the day, Club T.E.D. Mornings provides a relaxing morning of reading, quiet conversation or simple active games.

Monday-Friday: 7:00-7:40am

Club T.E.D. with Island Roots

Our afternoon program is an engaging option for Tower students in all grades. Club T.E.D includes specialty enrichment clubs, recess, games, and quiet space for completing homework.

Monday-Friday: 3:00-6:00pm





A PARTNERSHIP

IMPORTANT ROLE OF FAMILIES

Everyone has a critical role to play in the health of our community and our school's ability to offer on-campus instruction. The effectiveness of our efforts depends on our full community's use of precautions when not at school. We expect and thank students, families and faculty to follow public health guidelines to keep our community healthy.

We also expect that as concerns arise, you will raise them with us. We want to help to each family navigate this fluid situation with ease. In the event that you need to contact someone at school, please see pages 28-29 for email addresses.





COMPLETE BEFORE RETURNING TO CAMPUS

A CHECKLIST FOR RETURNING LIKE A TIGER

| ITEM | TASK | NOTE | DONE |
|------|--|---------------------------|--------------------------|
| 1 | Complete/Upload Health Forms on Family ID. | use link | <input type="checkbox"/> |
| 2 | Evaluate your family's potential need to begin quarantine on 8/27. | p. 15 | <input type="checkbox"/> |
| 3 | Get a PCR COVID test on or after 9/1. Email results to Nurse Paula by 9/7. | email | <input type="checkbox"/> |
| 4 | Provide consent for on-campus COVID testing. | use link | <input type="checkbox"/> |
| 5 | Download the MyMedBot App. | app store | <input type="checkbox"/> |
| 6 | Check that you have a working thermometer. | at home | <input type="checkbox"/> |
| 7 | Have enough masks available for use each day. | p. 11 | <input type="checkbox"/> |
| 8 | Know your child(ren)'s carpool location. | p. 21 | <input type="checkbox"/> |
| 9 | "Tap to Agree" to the partnership. | p. 24 | <input type="checkbox"/> |





EMAIL IS THE MOST EFFICIENT METHOD

IMPORTANT CONTACTS

HEAD OF SCHOOL

Serena Wilkie Gifford
serena.gifford@towerschool.org

HEAD OF LOWER SCHOOL

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DIRECTOR OF HEALTH SERVICES

Paula Cardarelli
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HEAD OF MIDDLE SCHOOL

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CLUB T.E.D.

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ATHLETICS DIRECTOR

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