



Health and Safety Plan 2021-2022

Our commitment to our families is to offer an excellent educational experience deeply rooted in the faith, love and charity of the Catholic Church. Our schools exist for the purpose of promoting a Catholic way of life based on Gospel values and providing our students with a faith experience that will nurture a love for Jesus Christ that will fill their hearts for a lifetime.

As we continue our journey through the 2021-22 school year, we do so with great faith and hope that it will remain a very healthy, happy school year for our students. We have faced many challenges this year and our school community continues to work together to keep our schools open for in-person instruction with minimal interruptions. This requires flexibility, patience, and the need to monitor and adjust protocols based on recommendations from health agencies. Our goal is to welcome back the “normalcy” that we have missed so much.

In compliance with the latest health and safety guidance from Centers for Disease Control and Prevention (CDC), Pennsylvania Departments of Education and Health (PDE and PA DOH), Allegheny County Department of Health, and the American Academy of Pediatrics, the accompanying framework will serve as the template for the remainder of 2021-2022 school year. Take the time to read through the protocols. Of critical importance is the knowledge we all have from living through this pandemic that the environment can change quickly. We will be responsive to those changes as the situation improves or worsens in our communities. This includes every layer of mitigation and may require decisions to be adjusted on short notice.

Your collaboration and patience are key in providing our students with proper school days in class with their friends. We continue to pray for our schools as we move into a different phase of this journey.

Again, please know that this plan will be updated as information becomes available from the health agencies referred to in the above paragraph.

Compliance with CDC and Health Department Guidance

School will follow all applicable CDC and Health Department Guidance.

Vaccination

- It is highly recommended that everyone who is eligible get vaccinated, and those who are not yet eligible, get vaccinated when it is their turn.

Masking

- Masking shall be dictated by local transmission rates, exposure or infection, and use of public transportation.
- **Transmission Rate**
 - Low:
 - Masking is a matter of personal preference
 - Medium:
 - If you are immunocompromised or high risk, talk to your treating physician about wearing mask.
 - If you live with someone immunocompromised or high risk,
 - Test before you get together; and
 - Wear a mask indoors with them.
 - High:
 - Wear a mask indoors in public, regardless of vaccination status or individual risk
 - **Note: As of February 28, 2022, all schools within the Diocese of Pittsburgh are in low transmission. Therefore, masking is a matter of personal preference at this time.**
 - CDC County Check Tool: [Use and Care of Masks | CDC](#)
- **Exposure to or Infection with COVID-19**
 - If you are exposed to or infected with COVID-19, you should wear a well-fitted mask for 10 full days any time you are around others inside your home or in public.
- **Public Transportation**
 - Effective January 29, 2021, masks must be worn on public transportation traveling to or within the U.S.
 - Exception: Effective February 25, 2022, masks are not required on public or private school busses.
 - Masking on buses will be the determination of the public school district.
- **Note on Any Mask Requirements:**
 - Individuals not in compliance with a current mask requirement will not be permitted in School buildings and may jeopardize enrollment.
 - In the event masks are required, exemptions for the face mask requirement will be granted to those who provide documentation from the individual's treating physician (PCP or Specialist) indicating the individual is under the physician's care and cannot wear a face mask due to a specified medical condition. Please use the enclosed Medical Exemption Form.
 - Masking and Physical Activity/Sports
 - No masks shall be required while participating in high intensity aerobic or anaerobic activities, including during a physical education class in a well-

ventilated location and able to maintain a physical distance of six feet from all other individuals.

- No masks shall be required when a child/student is participating in a sports practice activity or event, whether indoors or outdoors.

Quarantines and Isolation

- **Students and their Parents/Guardians understand and agree that anyone who contracts COVID-19 or becomes exposed to someone with COVID-19 will need to be isolated or quarantined pursuant to CDC guidelines before returning to School premises.**

SCENARIO	WHO	QUARANTINE/ISOLATION GUIDANCE
#1 Negative Test	Everyone, regardless of vaccination status.	None
#2 COVID-19 Like Symptoms	Everyone, regardless of vaccination status	<ul style="list-style-type: none"> • Get tested for COVID-19 and do not attend school until test results are received. <ul style="list-style-type: none"> ○ Negative test result: Return to school based on clinical criteria for alternative diagnosis. If no alternative diagnosis is known, return to school 24 hours after symptoms are improved. ○ Positive test result: Follow return to school guidance for scenario #3. • If not tested, assume individual is positive, and follow return to school guidance for scenario #3.
#3 Tested Positive for COVID-19 (Isolate)	Everyone, regardless of vaccination status.	<ul style="list-style-type: none"> • Do not attend school and isolate at home for 5 days. <ul style="list-style-type: none"> ○ If severely ill or immunocompromised, isolate at home 10 days. • If no symptoms or symptoms are resolving, after 5 days, isolation is complete and individual can return to school. • Individual should wear a mask while at school and outside of the home when around others for 5 additional days. <ul style="list-style-type: none"> ○ 3-ply surgical, KN95, and N95 masks are recommended and must be worn if provided. ○ Masks must be worn at all times and during all activities, including sports, for these 5 days. ○ If a mask cannot be worn, the individual should quarantine for these 5 days.

		<ul style="list-style-type: none"> If individual has a fever, continue to stay home until 24 hours after fever resolves.
<p>#4 Exposed to Someone with COVID-19 outside the home + up to date on COVID-19 vaccinations OR 90 Day Natural Immunity (Close Contact/Quarantine)</p> <p>“Close Contact”: Someone who was within 6 feet away of an infected person for 15 consecutive minutes in an indoor setting, with or without a mask. A person is deemed infected 48 hours prior to the onset of symptoms or taking a COVID test that returned positive and through his/her isolation period.</p>	<p>Exceptions to Quarantine:</p> <ul style="list-style-type: none"> Up to date on vaccinations <ul style="list-style-type: none"> Pfizer <ul style="list-style-type: none"> Age 5+ Primary Series Age 12+ Primary and Booster Moderna <ul style="list-style-type: none"> Age 18+ Primary and Booster J&J <ul style="list-style-type: none"> Age 18+ Primary and Booster Natural Immunity Had confirmed (tested positive using a viral test) COVID-19 within the last 90 days 	<ul style="list-style-type: none"> No quarantine is required. Individual should wear a mask while at school and outside of the home when around others for 10 days. <ul style="list-style-type: none"> 3-ply surgical, KN95, and N95 masks are recommended and must be worn if provided. Masks must be worn at all times and during all activities, including sports, for these 10 days. If a mask cannot be worn, the individual should quarantine for these 10 days. If individual develops symptoms during quarantine or upon return to school, they should get tested, stay home, be excluded from school, and follow return to school guidance for scenario #2.
<p>#5 Exposed to Someone with COVID-19 outside the home + NOT up to date on COVID-19 vaccinations + No 90 Day Natural Immunity (Close Contact/Quarantine)</p> <p>“Close Contact”: Someone who was within 6 feet away of an infected person for 15 consecutive minutes in an indoor setting, with or without a mask. A person is deemed infected 48 hours prior to the onset of symptoms or taking a COVID test that returned positive and through his/her isolation period.</p>	<p>Exceptions to Quarantine:</p> <ul style="list-style-type: none"> Up to date on vaccinations <ul style="list-style-type: none"> Pfizer <ul style="list-style-type: none"> Age 5+ Primary Series Age 12+ Primary and Booster Moderna <ul style="list-style-type: none"> Age 18+ Primary and Booster J&J <ul style="list-style-type: none"> Age 18+ Primary and Booster Natural Immunity Had confirmed (tested positive using a viral test) COVID-19 within the last 90 days 	<ul style="list-style-type: none"> Quarantine at home for 5 days. If no symptoms after 5 days, quarantine is complete and individual can return to school. Individual should wear a mask while at school and outside of the home when around others for an additional 5 days. <ul style="list-style-type: none"> 3-ply surgical, KN95, and N95 masks are recommended and must be worn if provided. Masks must be worn at all times and during all activities, including sports, for these 5 days. If a mask cannot be worn, the individual should quarantine for these 5 days. If individual develops symptoms during quarantine or upon return to school, they should get tested, stay home, be excluded from school, and follow return to school guidance for scenario #2.
<p>#6 Exposed to Someone with COVID-19 IN the home</p>	<p>Exceptions to Quarantine:</p> <ul style="list-style-type: none"> Up to date on vaccinations <ul style="list-style-type: none"> Pfizer <ul style="list-style-type: none"> Age 5+ Primary Series 	<ul style="list-style-type: none"> If the infected household member is not isolating within the house, the unvaccinated close contact should: <ul style="list-style-type: none"> Get tested immediately; Quarantine through isolation period of household member; and

	<ul style="list-style-type: none"> ○ Age 12+ Primary and Booster • Moderna <ul style="list-style-type: none"> ○ Age 18+ Primary and Booster • J&J <ul style="list-style-type: none"> ○ Age 18+ Primary and Booster • Natural Immunity Had confirmed (tested positive using a viral test) COVID-19 within the last 90 days 	<ul style="list-style-type: none"> ○ Quarantine 5 days from end of isolation period; ○ Get tested again 5 days after end of isolation period of household member; and ○ Mask an additional 5 days. • If the infected household member IS isolating within the house, the unvaccinated close contact should: <ul style="list-style-type: none"> ○ Get tested immediately; ○ Quarantine 5 days from date of last exposure to the infected household member; and ○ Get tested again 5 days after date of last exposure to the household member; and ○ Mask an additional 5 days.
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Travel

- School families should discuss travel plans with the school principal.
- Students and families should be aware that in the event any school trip destinations require masking and/or vaccination against COVID-19, participation will be limited to those fully compliant with such requirements.
- Domestic Travelers
 - Not Up to Date with COVID Vaccinations
 - Get tested 3-5 days after returning from travel, and
 - Self-quarantine for 5 days after travel
 - All travelers
 - Self-monitor for symptoms, and get tested if symptoms develop
 - Exception: Those who have had COVID-19 within 90 days do not need to test or quarantine.
- International Travelers
 - Not Up to Date with COVID Vaccinations
 - Self-quarantine for 5 days after travel
 - All travelers
 - Get tested 3-5 days after returning from travel, and
 - Self-monitor for symptoms, and get tested if symptoms develop
 - Exception: Those who have had COVID-19 within 90 days do not need to test or quarantine.

<p>Guidance for Handling COVID-19 Cases in Schools</p>

- Schools will make efforts to monitor for COVID-19 related symptoms of students, faculty and staff. If a community, or specifically school, has cases of COVID-19, local health officials will be contacted to help identify those individuals and follow up on next steps. Below you will find some specific guidance related to situations involving the school, community and COVID-19. **All guidelines are subject to change due to updated public health guidance.**

- **If a school community member has a suspected case of COVID-19 or is demonstrating symptoms, the following steps will be taken:**
 1. Immediately separate staff and students with COVID-19 symptoms (such as fever, cough, or shortness of breath) at school. Individuals who are sick should go home or to a healthcare facility depending on the severity of symptoms. CDC guidance for caring for oneself and others who are sick should be followed.
 2. Provide an isolation room.
 3. Call home for transportation, if necessary.
 4. Direct to return in accordance with the CDC and Health Department Guidelines set forth above.

- **If a school community member has a confirmed case of COVID-19:**
 1. Notify the local health officials to ask for guidance.
 2. Send the individual home while local health officials determine next steps.
 3. Quarantine close contacts, related to the suspected case of COVID-19, according to health official guidance as set forth herein.
 - a. **A person is a close contact if they were within 6 feet of an infected person for 15 minutes or more in an indoor setting with or without a mask from 48 hours before symptom onset or undergoing a COVID test that returned positive.**
 4. Communicate to school community that there was a confirmed case – without using a name or identifying information of the person(s) involved.
 5. Clean and sanitize the areas that may have been infected by the identified case of COVID-19.
 6. Evaluate if any other cases related to the case were identified and decide to extend or end the quarantines of close contacts.
 7. The COVID-positive individual can return consistent with CDC and Health Department Guidelines set forth above.

General Principles for the Building and Operations

General Activities

- It is our intent that visitors will be allowed back into the building. They will need to follow all health and safety requirements in place at the time of their visit.
- High touch surfaces shall be cleaned and sanitized frequently.

- Hand sanitizers will be available in the hallways, near entrances and in strategic areas.
- Sharing supplies will be limited, and when materials must be shared, cleaning in between use is recommended.
- Students and teachers will use individual technology devices when possible.

- When possible, special teachers and departmental teachers will go into the students' classrooms. If students transition to other classroom spaces, assigned seats will be maintained for contact tracing purposes.
- Students will now be able to sing during music class. We continue to recommend social distancing of 3 feet to the maximum extent possible and all facing the same direction.
- To increase ventilation, windows will be opened if and when possible.

Sharing the Faith

- School Masses will follow school protocols.
- Principals will work with pastors and/or chaplains to develop a Mass schedule that is either in person or live-streamed.
- Attendance of parents and general community at the school liturgies will follow school guidelines. If the Mass is live-streamed, parents and families can also attend virtually.

Entering the Building

All who enter the building should adhere to the following:

- Wear a mask properly (covering nose and mouth and fitted snugly against the sides of the individual's face) in accordance with current school policies.
- Exercise good hygiene and proper handwashing, including sanitizing hands upon entering the building
- Implement physical distancing measures
- Support proper cleaning and disinfection
- **Screen Health Daily** at home **before** coming to the school premises.
 - **Prior to entering School premises, all members of the school community are asked to ask themselves the questions below. Should the answer to any of the questions on any given day be "Yes," you are expected not to come on or send your child to School premises.**
 - Have I or has my child had a fever as defined by the CDC during the past 24 hours?
 - Have I or has my child had a new or unexpected cough during the past 7 days?
 - Have I or has my child been around anyone exhibiting these symptoms within the past 14 days?
 - Do I or my child live with anyone who has been sick, has exhibited symptoms of COVID-19, or is currently under quarantine for exposure to COVID-19?
 - Have I or has my traveled domestically or internationally, necessitating quarantine consistent with CDC guidelines?
 - Have I or has my child disregarded CDC guidelines and failed to limit his/her exposure to COVID-19?

Lunch

- Students should wash/sanitize hands before lunch.
- Students should stay with their class as they eat lunch, if possible.

- Students should remain physically distant during lunch, ideally 6 feet apart or to the maximum extent possible.
- The table and desks should be wiped down before and after each meal.
- Meals will not be shared.
- Meals and utensils should be served directly to the student and prepackaged if possible.
- Students should wash/sanitize hands after lunch.

Recess

- Students will go to recess using the procedures established in school operations regarding movement within the building.
- Students will wash/sanitize their hands before going to recess and before returning to Class.
- Games and activities used during recess will be pre-approved locally by the principal and school health and safety committee to limit the spread of infectious disease.
- Practice physical distancing to the maximum extent possible while walking to recess.

Physical Education

- Weather permitting, PE class should be held in outside space. Weather non-permitting, PE in the Gymnasium.
- Students should wash/sanitize hands before and after activity.
- It is preferred that students carry personal water bottles for hydration before, during and after activity.
- Class equipment be sanitized frequently if possible (arrange class times to allow for a buffer between classes to allow the teacher to facilitate moving, washing and sanitizing).
- Limit shared items or keep the same groupings throughout lessons.

Classroom Operations

Classroom Set-up

- Desks should face the same direction whenever possible. There may be times when this is not possible, but the students will maintain the 3 - 6 feet of distancing to the maximum extent possible.
- Desks will be placed a minimum of 3 feet apart to the maximum extent possible.
- The first row of desks should be at least 6 feet from the teacher when he/she is teaching if possible.

Materials within the Classroom

- Classrooms should set up areas where students can store personal items that keep them isolated from use by others.
- Sharing supplies and materials will be limited, and when materials must be shared, cleaning in between uses is recommended.
- Establish procedures to wipe down surfaces and materials regularly (before and after every use is recommended).

- Remind students to wash/sanitize their hands after using a shared item.
- If students travel to an alternative room, an area and place should be established for the traveling student to store items away from those being used by others.

Virtual Learning

- While we realize that in-person instruction is the most conducive environment for student learning and well-being, the need for virtual learning may become necessary due to school required COVID-19 quarantine. These are the only instances whereby virtual learning will be utilized. The information provided below is a guide. Virtual learning experiences are determined locally.
 - **Such distance learning shall be consistent with School's mission, quality, and support, and is subject to the terms of the Student-Parent Handbook and School and Diocesan Policies.**
 - **Students and their Parents/Guardians understand and agree that in-person classes may be recorded and/or live streamed to facilitate distance learning. The teacher shall have the sole ability to make such recordings, which shall be used strictly for educational purposes by the School.**
 - **Students and their Parents/Guardians further understand and agree that any distance learning offered online by the School through educational platforms such as Google Classroom and Zoom platforms for online synchronous video instruction involve web-based activities which entail known and unanticipated risks that cannot be eliminated. As a result, School recommends the use of appropriate Internet filtering software.**
- Provide the use of a Google Classroom and Google Meet to centralize materials, lessons, instruction, assessments, feedback and communications. (Platforms may differ by school as it is locally determined.)
- Virtual instruction will take place as teachers:
 - Provide a continued focus on our Catholic identity throughout instruction and in all content areas.
 - Provide asynchronous and synchronous direct instruction by teacher.
 - Incorporate recorded instructional follow up videos.
 - Provide materials that are age- and grade-appropriate.
 - Use textbook online components with timely follow-up.
 - Use assessments with timely feedback.
 - Goal is mastery of concepts within the curriculum.
 - Use small group and large group instruction to meet the needs of students.
 - Have regular communication with parents/guardians.

Before Care/Aftercare (if applicable)

- Physical distancing practices to the maximum extent possible and all required protocols at the time are to be observed.
- Students are responsible for providing their own snack and beverage during their time in Aftercare. There will be no snack sharing.
- All employees should follow the same health checklist practices as school employees.
- All operational guidelines put into place in the school (e.g. movement through the building, recess, etc.) are to be practiced during sessions.
- Disinfect shared rooms regularly.
- It is recommended that materials and toys used during these programs be cleaned and sanitized daily.
- Monitored hand washing and sanitizing will be done on a regular basis.
- Follow the recommendations for any suspected illness.

Afterschool Activities & Sports

- Each principal is asked to examine the after-school activities in the school. All rooms should be disinfected after use by the activity/club.
- If in compliance with the state guidelines for events and gatherings, in-person gatherings may occur.
- Please refer to guidance issued by the Diocesan Athletic Director.

Request for Medical Exemption to Mask Requirements

If your child is unable to wear a face covering in school due to a medical or mental health condition or disability, you must provide to the school Principal/Nurse at your child's school building, this form signed and dated from your child's treating physician (pediatrician or specialist). This form must specify the medical or mental health condition or disability that precludes your child from wearing a face covering in school, as well as suggestions for alternative means for your child for preventing the spread of the virus.

A physician is defined as an M.D. for Doctor of Medicine or D.O. for Doctor of Osteopathic Medicine. Medical notes from alternative health providers, such as Chiropractors, etc., will not be accepted.

Additionally, the School will require students with a Medical Exemption to Mask Requirements to remain at least 6 feet apart from other individuals for social distancing while indoors in accordance with the Centers for Disease Control guidelines and local Health Department mandates.

A School reserves the right to not accept a Request for Medical Exemption to Mask Requirements.

A School may require that a child wear a face shield when social distancing is not possible.

The parent will need to submit this informational sheet signed, with the documentation from the physician when requesting a Medical Exemption to Mask Requirements.

Parent Signature _____

Date _____

SECTION A. To be completed by your child's parent/guardian.

Full Name of Child: _____

School: _____

Grade for 2021-2022 School Year: _____

I am requesting an exemption from the mask requirements due to my understanding that my child has a documented medical or mental health condition or disability that precludes the wearing of a face covering in school, and I am requesting an exemption from this requirement.

I understand that:

1. By not wearing a face covering in school, my child may be at increased risk of contracting or spreading COVID-19;
2. The school may consider appropriate alternative learning options for my child, including whether virtual learning is appropriate;
3. My child may be referred for an evaluation to determine if any disability prevents my child from wearing a face covering and whether and to what extent accommodations will be provided;
4. Submitting this form constitutes my permission for the School to communicate with my child's healthcare provider regarding this medical or mental health condition or disability; and
5. Submitting this form does not guarantee that my medical exemption request will be granted. The School must first review my request and provide notification if it is granted.

Parent/Guardian Name (Print)

Parent/Guardian Signature

SECTION B. To be completed by your child’s healthcare provider.

Full Name of Healthcare Provider: _____

Office Address: _____

Telephone Number: _____

Full Name of Patient (the child): _____

Subject to the penalties of unsworn falsification to authorities, I hereby certify that it is my professional opinion, with a reasonable degree of professional certainty, that [check the box that applies]:

My patient (the child) does NOT have any medical or mental health condition or disability that precludes the wearing of a face covering in school;

My patient (the child) has a medical or mental health condition or disability that relates to his or her wearing a face covering in school, but he or she can tolerate wearing a face covering in school if accommodations are provided. The recommended accommodations are (specify):

My patient (the child) has a medical or mental health condition or disability that precludes the wearing of a face covering in school.

If you checked either the second or third box, please identify the medical or mental health condition or disability and specify how that relates to your patient’s (the child’s) ability to wear a face covering in school:

If you checked either the second or third box, please specify any and all alternative means that may be used by your patient (the child), while your patient (the child) is not wearing a face covering in school, to protect your patient (the child) and others from, and to prevent the contraction and spread of, COVID-19 in school:

Physician Signature

Date