

“I can do all things through Christ who gives me strength.”

-Philippians 4:13



“Strong and Able”

A Guide for Navigating COVID-19 at CVCA





Safe on Campus

Doing What it Takes to Stay Together

Guided by the State of Oklahoma's Return to Learn framework, CDC recommendations, The American Academy of Pediatrics (AAP), and in accordance with local, state, and federal requirements, we will be seeking to maximize student learning and engagement, while abiding by emerging best practices for minimizing the spread of COVID-19.

Campus Check-In



Parents will drop students off under the portico on the west side of the building. If your child is late, they will come in through the school office on the north side of the building. Students who exhibit symptoms related to COVID-19, except a pre-existing condition (such as asthma), will stay home until symptoms subside.

Lunch



Students will bring a packed lunch from home in the morning. **With off-campus food deliveries (from parents or vendors), please remember our "Nut Aware" policy.** For the time being, **no parents or outside visitors will be allowed to join the students for lunch.**

Water Fountains



To begin the year, standard water fountains will be turned off. We have installed a water bottle-filling function to refill student water bottles.

Sanitizing and Cleaning



All classrooms and common areas will have hand sanitizers. Classrooms, bathrooms, and doorknobs will be sanitized daily. Students will wash their hands before lunch and sanitize whenever coming or going from the classroom.

Campus Access



For the time being, CVCA is discouraging “walk-in” visitors. Building access will be limited to students, staff, and guests invited for educational purposes. Those visitors will be asked to submit to a touch-free temperature check.

Large Gatherings



Events throughout the year will be modified to comply with current recommendations regarding crowd size and social distancing.

Music



Our music teacher will follow procedures to minimize risk. We will limit performing in group settings. As risk factors change, we will reassess group formats.

Recess



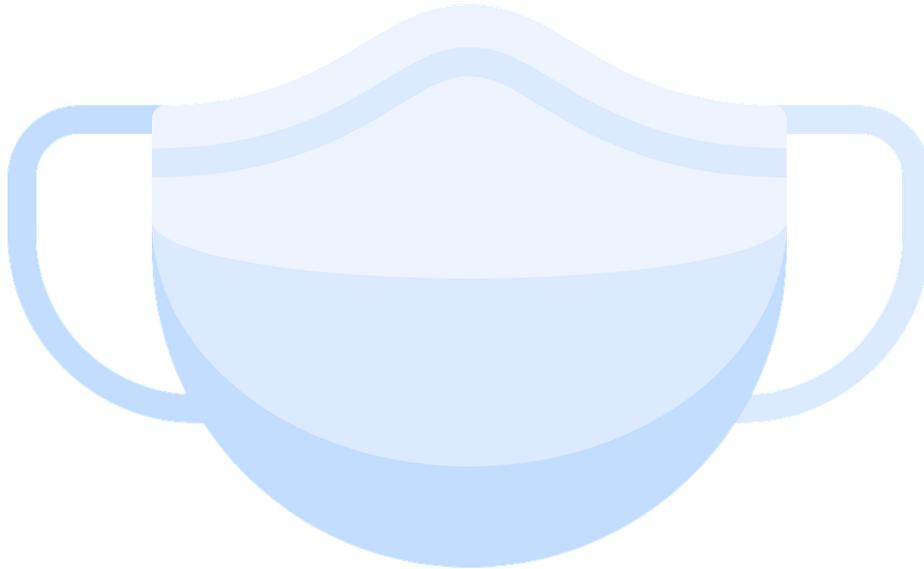
In instances in which multiple grade levels are on the playground at once, we have divided the playground for students to stay with their group. This will limit exposure during this time of higher risk. We will also do our best to limit playground activities that keep students in close proximity to one another for long periods of time.

After Care



After Care will be provided from 3:30 p.m. to 5:30 p.m. for those who need it. (\$170 per month or a flat \$15 per day, per child) The same social distancing practices will be in place that are in the classroom.

What About Masks?



Masks will be encouraged but not required when traveling through the hallways and common areas.

Otherwise, all students are encouraged to cover up, but will be free to remove their masks once they have arrived at their destination. Anyone who wishes to wear their mask in any situation will be supported.

Quarantine Procedure

How We'll Respond When People Get Sick

CVCA's plan is designed to minimize risk of any large-scale quarantine. However, we are prepared for instances of necessary quarantine:

Classroom Quarantine (On or Off Campus)

CVCA students and staff who have been in recent, close or unprotected contact with a COVID-positive case will be notified and asked to quarantine at school or at home for 5 days. At the end of 5 days they can return if they are symptom free and have a negative test result. Exposed students who show symptoms in this window can be tested (potentially to return soon after symptoms subside) or stay home for 10 days if not tested.

Policy on Absences

Students who remain engaged in remote learning will not be considered absent during periods of quarantine. Students too ill to participate even from a distance will be granted sick time in accordance with existing school policies for health-related absences.



COVID – 19 Daily Self Checklist

Please review this Daily Self Checklist each day before bringing your child(ren) to school.

If your child(ren) or someone in your family has experienced any of the following in the past 24 hours, STAY HOME and call the school to let them know. You should call your primary care physician for further direction.

If your child(ren) or someone in your family test positive for COVID-19, you should call the school and inform them.

CVCA Phone Number: 405-265-2666

Do you have:

_____ Fever (temperature over 100°) without having taken any fever reducing medications?

_____ New loss of taste or smell?

_____ Muscle aches?

_____ Sore throat?

_____ Cough?

_____ Shortness of breath?

_____ Repeated shaking/chills?

_____ Headache?

_____ Fatigue?

_____ GI symptoms such as nausea/vomiting, diarrhea, or loss of appetite?

Have you had any of the following symptoms in the past 24 hours NOT related to allergies?

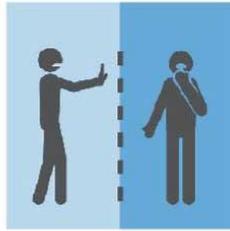
_____ Runny nose?

_____ Congestion?

Health Precautions



STAY HOME
WHEN YOU ARE
SICK



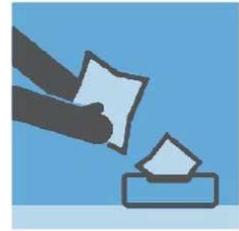
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS

Protect yourself and others from COVID-19 by taking these precautions when at home.

- Practice Social Distancing
- Get adequate sleep and eat well-balanced meals
- Wash hands often with water and soap (20 seconds or longer)
- Dry hands with a clean towel or air dry your hands
- Cover your mouth with a tissue or sleeve when coughing or sneezing
- Avoid touching your eyes, nose, mouth with unwashed hands or after touching surfaces
- Clean and disinfect "High-Touch" surfaces often
- Call before visiting your doctor
- Practice good hygiene habits