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ANCHORAGE MONTESSORI SCHOOL
COVID-19 Mitigation Plan
Revised January 2022
Please Note that this is an Updated Plan

Summary of Revisions:

These focus on quarantine timelines, travel, masking, and vaccination. Please note this updated plan has two major changes: Return to school from travel and quarantine and isolation guidelines. Additional informational links regarding COVID-19 vaccines for children 5 to 11 years old are also included.

*Quarantine wording has been adjusted to align with the latest CDC guidelines that are endorsed by the Alaska DHSS. Please see subheading **Updated CDC Guidance on Quarantine and Isolation** below as the details are important. This basically changes the length of required quarantine for a person who has been a close contact of a COVID-19 positive person. The link leads to the CDC web page that specifically outlines the processes, procedures, and contingencies. Please refer to it.*

A brief summary: Both quarantine and isolation are shorted to a minimum of 5 days with substantial guidance. There are two options: 5-day quarantine starting the day after the isolation period of the COVID-19 positive close contact. The quarantined person should get tested on day 5 and can return to school or work on day 6 if the test returns negative and there are no symptoms or fever present. That person should still be monitored for 5 additional days after the close contact and wear a mask. Since our Toddlers are not wearing masks they will need to quarantine for the full 10 days.

No quarantine is necessary for fully vaccinated persons.

Isolation: If a person tests positive for COVID-19 and has no symptoms they can leave isolation on day 6. Please note isolation starts on the day after the positive test results are received. Monitor for symptoms up to 10 days and wear a mask. If symptoms develop then isolation starts over.

Please refer to the CDC guidance via the link below:

Updated CDC Guidance on Quarantine and Isolation:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://helpdeskforhr.com/2021/12/28/breaking-news-cdc-updates-and-shortens-recommended-isolation-and-quarantine-period-for-general->

[population/?utm_source=ActiveCampaign&utm_medium=email&utm_content=Weekly+Updates+from+HelpDesk&utm_campaign=Hdforhr+feed](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html)

PLEASE NOTE: Fully vaccinated students DO NOT need to quarantine or test if they come into close contact with a COVID-19 positive individual if they are asymptomatic.

AMS will continue implementing our hygiene and mitigation practices. We will continue to maintain a “symptom free” environment.

The link to the updated state travel guidelines has been added. Please note that for fully vaccinated students return in from travel there is no requirement for quarantine or testing before returning to school. Proof of vaccination status will need to be presented. Please see the guidance below for unvaccinated persons. All students returning to school must be asymptomatic.

CDC Travel Guidance:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

From the State of Alaska DHSS website:

Any attendees who have come from out-of-state or have recently traveled out-of-state will need to abide by the State of Alaska’s interstate travel mandate. <https://covid19.alaska.gov/travelers/>

Please note that AMS will be following the CDC guidance and monitoring the Alaska guidance as it develops.

Returning from interstate travel:

Recent travel out of state? ***Please note that if your child has recently returned from out of state travel and is fully vaccinated, they will not need to quarantine or test before returning to school.*** Proof of vaccination will be required.

If not vaccinated Self-quarantine and get tested after travel:

- Get tested with a [viral test](#) 3-5 days after returning from travel.
 - Check [for COVID-19 testing locations near you](#) external icon.
- Stay home and self-quarantine for a full **5 days** after travel.

AMS can provide an at home test if requested. *Testing is always encouraged as is a COVID-19 vaccination for anyone in the available age groups.*

Families are expected to report any known exposures to COVID-19 positive individuals to the school. Strict confidentiality guidelines will be followed.

Any child with a fever of ≥ 100.4 will be sent home or other COVID-19 related symptoms and asked not to come back until one of the return to school options below is met.

If child becomes ill while at school s/he will be appropriately isolated until they can be picked up.

Timely pick up of ill children is required and the child will need to stay out of school until one of these options is followed.

Face coverings are required for all students aged 3 and older unless there is an underlying health concern as noted by the child's health care professional.

<https://m.youtube.com/watch?v=wr8QIbfN1-4>

Vaccinations are strongly encouraged for any eligible family member. There are informational links included in this Plan. You are also encouraged to stay informed by following the vaccination updates. Your health care provider can advise you as needed.

Vaccination Informational Links:

<https://yourlocalepidemiologist.substack.com/p/vaccines-for-5-11-year-olds-fda-meeting>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>

<https://www.cdc.gov/vaccines/acip/meetings/slides-2021-11-2-3.html>

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html?s_cid=10482:can%20you%20get%20the%20covid%20vaccine%20if%20you%20had%20covid:sem.ga:p:RG:GM:gen:PTN:FY21

<https://www.crh.org/healthy-tomorrow/healthy-tomorrow/2021/05/12/covid-19-vaccine-approved-for-children-ages-12-17>

Overview

The purpose of this Mitigation Plan is to ensure as well as possible the safety of all students, staff, and families. With the spread of the coronavirus or COVID-19, Anchorage Montessori School (AMS) must remain vigilant in mitigating the outbreak with the objective of protecting the health of everyone concerned. AMS has remained open in large part due to the strict adherence to the mitigation protocols, the hard work of staff, and the cooperation of our families.

With the latest appearance of the predominant Omicron variant and new surge of positive cases, it is vital that we maintain our focus on prevention.

To ensure the health and safety of all students, families, and staff anyone showing any of the symptoms related to COVID-19 will be sent home and will need to remain out of school until one of these guidelines is satisfied:

1. Stay home for 5 days after your first symptom or positive test, whichever is earlier. Continue to monitor for up to 10 days. The child may return to school on Day 6 when they have not had a fever in the last 24 hours without fever reducing medicine, if, the other symptoms are improving.
2. If there is a negative test the child may return to school once they have not had a fever in the last 24 hours without the use of fever reducing medicine, if, the other symptoms are improving.
3. If the child does not get a test, they are to stay home for 10 days. They may return after 10 days if they have not had a fever in the last 24 hours without the use of fever reducing medicine, if, the other symptoms are improving.
4. If the child or staff member's healthcare provider determines that the symptoms are from something else, they may return to school or work with a note from the provider, if, there has been no fever in 24 hours without the use of fever reducing medicine and the other symptoms are improving.

We are advising that all staff and students sent home for any of the potential COVID-19 symptoms see their primary care provider and get tested. This guidance is in line with the guidance provided by the Alaska Department of Health and Social Services, and the Office of Epidemiology.

****Please note that anyone with a confirmed case of COVID-19 must isolate for at least 5 days.***

The administration is responsible for overseeing the implementation of this Plan and set a good example by always following the Plan. This involves practicing good hygiene and schoolwide safety and prevention practices. The administration will ask for and monitor the same behavior from all employees.

This Plan is based on the information available for the CDC, OSHA, the State of Alaska, and the Municipality of Anchorage and may be changed and amended based on further information.

A copy of the Mitigation Plan will be provided to staff and families. It is also posted on the Anchorage Montessori School website: <https://www.anchoragemontessorischool.org/covid-19/>

Staff will be trained in following these guidelines and the Mitigation Plan.

Staff will explain and model safety, physical distancing, handwashing, and hygiene procedures to students in an age-appropriate manner.

The executive director and administrative staff will engage in School and Science ECHO Zoom meetings and monitor CDC, State, and Municipal websites for up-to-date guidance.

Signage and Information

Signs are posted at the entrance. Everyone entering the building must read them. They give clear and precise information on COVID-19, its symptoms, when not to enter the building, risk factors, information on our daily health checks, and other conditions of exclusion of students.

Information regarding this Plan and resources related to COVID-19 will be disseminated to all families and employees.

Additional signage will be posted throughout the building including handwashing procedural illustrations in each classroom and restrooms.

Informational links and information are included at the end of this Plan.

Family Responsibilities

Asked to monitor and screen child each day for these symptoms:

- 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

Parents will be asked to keep child(ren) home if ill and follow the procedures outline above.

Families are asked to review and follow [CDC information and guidance](#).

Return to School Options for Anyone With COVID-19 Symptoms:

1. Stay home for 5 days after your first symptom or positive test, whichever is earlier. After day 5 days the child may return to school on either day 6 when they have not had a fever in the last 24 hours without fever reducing medicine and the other symptoms are improving.

2. If there is a negative test taken on day 5, the child may return to school on day 6 once they have not had a fever in the last 24 hours without the use of fever reducing medicine and the other symptoms are improving.
3. If the child does not get a test, they are to stay home for 10 days. They may return after 10 days if they have not had a fever in the last 24 hours without the use of fever reducing medicine and the other symptoms are improving.
4. If the child or staff member's healthcare provider determines that the symptoms are from something else, they may return to school or work with a note from the provider if there has been no fever in 24 hours without the use of fever reducing medicine and the other symptoms are improving.

Drop-Off and Pick-Up

Children will be picked up at the door by a staff member wearing a face covering.

Staff in charge of a group will sign in and sign out the student each day.

Each child will be screened at the door and a temperature check will occur. Each child and staff member's temperature will be logged each day and at other times during the day if a fever is suspected.

Note: These logs and other required record keeping are essential. They will be maintained .

No Visitors will be allowed in the building. If a parent needs to enter the building, they will need to wear a face covering and will be screened.

There is a staggered Drop-Off and Pick-Up schedule. Physical distance guidelines will be followed during the Drop-Off and Pick-Up which may include children remaining in vehicles until met by the staff member.

Each level and classroom will have separate and designated drop off and pick-up points.

Students arriving late should be dropped off at the Office and they will be escorted to their classrooms.

The school day will run in the following manner until further notice:

- Full Day Toddler Drop-Off at 7:30 am and Pick Up at 4:00 pm.
- Half Day AM Toddler Drop Off at 8:15 am and Pick Up at 11:15 am
- Half Day PM Toddler Drop Off at 12:15 pm and Pick Up at 3:15

- Full Day Primary Drop Off at 7:30 am Pick Up at 3:30 pm
- Primary *After Care Students* Pick Up 4:00 pm
- Half Day AM Primary Drop Off at 8:15 am and Pick Up at 11:15 am
- Half Day PM Primary Drop Off at 12:15 am and Pick Up at 3:15 pm
- Elementary *Before Care Students* Drop Off at 7:30 am
- Elementary Drop Off (*No Before Care*) at 8:30 am and Pick Up at 3:15 pm
- Elementary *After Care Students* Pick Up at 4:00 pm

Please Note: Due to the requirement of not mixing groups we will be placing all 5-year-old (Kindergarten age) students in the same classroom with one teacher and one assistant.

Also, due to the need to mitigate potential risks and maintain isolated groupings, AMS is closing at 4:00 pm until further notice.

Group Size and Outside Time

Group size will be no more than 20 children with no mixing of groups.

Each group will have its own entry and exit point, as well as its own room and outside area.

Activities will be held outside when possible.

If it is necessary for an outside area to be shared there will be a staggered schedule with complete and thorough sanitizing of equipment between groups.

Activities that require projection of voice and/or physical exertion must only take place outdoors with a minimum of 10 feet between each person understanding the limitations of physical distancing with young children.

Physical distancing will be practiced, modeled, and encouraged in an age-appropriate manner. Staff will model and instruct as needed.

There will no field trips that involve mixed groups or other outside groups. There will be no trips off campus where others may congregate.

Staff Responsibilities

Staff members will have pre-shift screening, and this will be logged.

No staff member may report to work if showing symptoms of COVID-19. Their return to work (school) will be based on one of the four Return to School Options as noted earlier in this Plan.

The same staff member(s) will remain with that group throughout the day except for providing administrative supervision, staff breaks, absentee coverage, and/or food delivery.

In these instances, staff must wash hands following CDC guidance before entering a new group, as well as disinfect any items they may carry (pen, clipboard, tablet, computer).

Staff must wash hands frequently using soap and water including before and after food preparation, assisting a child with eating, and changing diapers.

If soap and water are not available in an area a supply of hand sanitizer with at least 60% alcohol will be used.

Face coverings need to be worn by all employees except for eating and/or playing a musical instrument. In these specific instances physical distancing of at least 6 feet is required.

Staff will be instructed not to touch the face covering and take it home for washing daily. Staff will remind children not to touch their face.

Any staff member showing signs of illness will be isolated until their departure.

Staff members will report known exposures to COVID-19 positive individuals to the facility administration. Strict confidentiality guidelines will be followed.

The school will report to families and staff any known exposures to COVID-19 positive individuals while respecting the privacy of the individual.

- Employees who have symptoms should notify their supervisor and stay home.
- All staff members are encouraged to engage in safe practices when in the community as these activities may have an effect in the workplace.

Symptoms, Exclusion, and Program Closure

Occurrence of COVID-19 in the Workplace:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

If there is a confirmed case of COVID-19 at school the area where the confirmed case was discovered will close for 24 to 72 hours for a complete deep cleaning and disinfection. The length of the closure will depend on the investigation by and the decisions of the Alaska Department of Health and Social Services.

Longer closures may be necessary. In the case of a closure for 14 days or more AMS will revert to the Montessori In The Home program involving both remote learning and prepared learning packets for families to pick up.

All persons that were in close contact with the infected person for 15 minutes or longer must stay home for 10 or 7 days. A current exception to this requirement is that if the close contact to the know positive person is vaccinated, there is no need for quarantine. However, parents are strongly encouraged to have

their child(ren) tested as soon as possible for SARS CoV-2 and watch for any related symptoms. This same guidance will pertain to all staff members who are close contacts.

****Please note that the guidance states that if there is a positive case of COVID-19 in the home the child will need to quarantine for 7 or 10 days starting after the last day of the 10-day isolation of the COVID-19 positive individual. PLEASE NOTE: That vaccinated individuals DO NOT need to quarantine unless they are showing symptoms. Please refer to the updated CDC guidance on quarantine.*

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- 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 list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

- Sick employees should follow [CDC-recommended steps](#). Employees should not return to work until the criteria to [discontinue home isolation](#) are met, in consultation with healthcare providers.

Accumulating evidence supports ending isolation and precautions for persons with COVID-19 using a symptom-based strategy. Specifically, researchers have reported that people with mild to moderate COVID-19 remain infectious no longer than 10 days after their symptoms began, and those with more severe illness or those who are severely immunocompromised remain infectious no longer than 20 days after their symptoms began. Therefore, CDC has updated the recommendations for discontinuing home isolation as follows:

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 5 days have passed since symptom onset **and**
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and**
- Other symptoms have improved.

*A limited number of persons with severe illness may produce replication-competent virus beyond 10 days, that may warrant extending duration of isolation for up to 20 days after symptom onset. Consider consultation with infection control experts. See [Discontinuation of Transmission-Based Precautions and Disposition of Patients with COVID-19 in Healthcare Settings \(Interim Guidance\)](#).

Persons infected with SARS-CoV-2 who never develop COVID-19 symptoms may discontinue isolation and other precautions 5 days after the date of their first positive RT-PCR test for SARS-CoV-2 RNA.

- Employees who are well but who have a sick family member at home with COVID-19 should notify their supervisor and follow [CDC recommended precautions](#).

Working with Children

Children will always be monitored .

There will be regular and frequent hand washing with soap and water for children. If hand sanitizer is used staff must monitor its usage.

Age-appropriate face coverings for students. These are required for all students 3 years old and older unless there is an underlying health concern as noted by the child’s health care professional.

When outside face coverings are still required unless the situation allows for ample physical distance. Staff will also designate “mask free” areas during recess where a small number children can remove their masks while maintaining a safe physical distance.

For 3 and 4-year-old students, the school will provide clear plastic face shields as needed for instructional purposes when physical distancing is possible. Age-appropriate learning protocols will involve the how and why people use these face coverings.

Children under two years are not to wear face coverings.

Children who are napping are not to wear face coverings.

Staff will model and encourage age-appropriate physical distancing.

The sharing of materials will be minimized. If materials are shared, they are to be disinfected between uses and staff and students are to wash their hands before and after usage.

Used materials will be kept separate until the used materials are sanitized.

Any shared items or materials will be cleaned between uses.

An adequate supply of materials will be maintained.

All meals and snacks will be in the classroom or outside weather permitting. Staff members will plate student's food. Multiple students are not to use serving utensils.

Prepackaged snacks are an option.

Certain designated sinks to be used solely for food preparation.

Children's naptime mats will be spaced out as much as possible with 6 feet being optimal. Children will be placed head-to-toe instead of face-to-face to further reduce the potential for viral spread.

Cleaning and Disinfecting

All surfaces will be cleaned and disinfected regularly.

NPBI (Needlepoint Bipolar Ionization) air purification units have been installed on all forced air heaters/cooling units to mitigate the spread of viruses, bacteria, and particulate matter.

Areas/items to be cleaned include: Tables, chairs, doorknobs, light switches, countertops, handles, sinks, faucets, and toys.

Adequate cleaning and disinfecting supplies will be maintained.

[CDC cleaning and disinfecting protocols.](#)

Extensive use of disinfecting products will be done when children are not present, and the facility aired out before children return.

If disinfection occurs while children are present staff will wipe the area again with water to remove any residue.

Encouraged Best Practices

Any person in a high-risk population is encouraged to stay home, not work in childcare settings, and avoid entering for drop off or pick up.

Informational Links:

[Municipality of Anchorage COVID-19 Updates](#)

[Germ Prevention Strategies](#)

[When to Keep Your Child Home From Child Care](#)

[When and How To Wash Your Hands](#)

[Talking with Children about Coronavirus](#)

[Meet the Helpers](#)