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ANCHORAGE MONTESSORI SCHOOL
COVID-19 Mitigation Plan
Revised March 2021
Please Note that this is an Updated Plan

Summary of Revisions:

These focus on quarantine timelines and travel.

*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** below. This basically changes the length of required quarantine for a person who has been a close contact of a COVID-19 positive person. There are two options: 10-day quarantine starting the day after the 10-day isolation period of the COVID-19 positive close contact. The quarantined person can return to school or work on day 11. This quarantine period can be 7 days if a negative test is received by the quarantined person. This test can be taken within 48 hours of the end of the 7-day period. That person can return to school or work on day 8 with the negative test results.*

The link to the updated state travel guidelines has been added. Please note that AMS still requires two negative tests taken at least 5 days apart before returning to school.

Overview

The Plan is essentially the same with this addition: In order 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 10 (or 7 if a negative test is received) days after your first symptom or positive test, whichever is earlier. After 10 days the child may return to school 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.

Updated CDC Guidance on Quarantine:

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

Local public health authorities determine and establish the quarantine options for their jurisdictions. CDC currently recommends a quarantine period of 14 days. However, based on local circumstances and resources, the following options to shorten quarantine are acceptable alternatives.

Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.

With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.

When diagnostic testing resources are sufficient and available, then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.

With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.

In both cases, additional criteria (e.g., continued symptom monitoring and masking through Day 14) must be met.

****Please note that anyone with a confirmed case of COVID-19 must isolate for 10 days.***

*****Please also 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 10 or 7 days starting after the last day of the 10-day isolation of the COVID-19 positive individual.***

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 must remain vigilant in mitigating the outbreak with the objective of protecting the health of everyone concerned.

During the facility's closure during inservice week, a complete cleaning and disinfection procedure was conducted by our contracted janitorial service. This service continues nightly.

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.anchagemontessorischool.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.

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.

Face coverings are required for all students age 5 and older unless there is an underlying health concern as noted by the child’s health care professional.

Parents of children aged 3 and 4 are strongly encouraged to have their child wear a face covering at school. The school will provide clear plastic face shields for students as needed. Age-appropriate learning protocols will involve the how and why people use these face coverings.

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

Travel:

Interstate Travel mandate <https://covid19.alaska.gov/wp-content/uploads/2021/02/02.14.21-Health-Advisory-2-International-and-Interstate-Travel.pdf>

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/>

Returning from interstate travel:

Recent travel out of state? Please know that if your child has recently returned from out of state travel, they must either **self-quarantine for 14 days or have two negative COVID-19 tests before returning to school**. Children 10 and under are not required to be tested would follow the same requirements of the parent or guardian they traveled with.

For returning travelers, the first COVID-19 test should be taken 72 hours prior to departure or at the airport for Alaska residents.

- The second test should be taken between 5-14 days after arrival.

- Children 10 and under do not need to be tested but are subject to the same requirements of the parent or guardian they traveled with. So, until that guardian has quarantined for 14 days or had two negative COVID-19 tests, children who are not tested must also strictly isolate.
- All travelers into Alaska should be strictly isolating until the quarantine period is over or until the traveler has two negative COVID-19 tests.
- Do not send a child to school until these requirements are met. Thank you for helping to keep others safe and keep schools open.

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.

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

1. Stay home for 10 days after your first symptom or positive test, whichever is earlier. After 10 (or 7 if a negative test is received) days the child may return to school 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.

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.

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.

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.

Symptoms, Exclusion, and Program Closure

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 must stay home for 10 or 7 days. According to the guidance, a negative test does not release one from the 14-day quarantine.

****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 14 days starting after the last day of the 10-day isolation of the COVID-19 positive individual.*

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 10 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 10 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](#).

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

1. Stay home for 10 (or 7 with a negative COVID-19 test) after your first symptom or positive test, whichever is earlier. After 10 days the child may return to school when they

- have not had a fever in the last 24 hours without fever reducing medicine, as long as, 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, as long as, there has been on fever in 24 hours without the use of fever reducing medicine and the other symptoms are improving.

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 students 5 years old and older unless there is an underlying health concern as noted by the child's health care professional.

For 3 and 4-year-old students, the school will provide clear plastic face shields as needed. Age-appropriate learning protocols will involve the how and why people use these 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, and a log will be maintained showing the items, staff member initials, and time of the cleaning. This is to be done on an hourly basis.

NPBI (Needlepoint Bipolar Ionization) air purification units will be placed on all our 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:

[State of Alaska COVID-19 Mandates.](#)

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

[Germ Prevention Strategies](#)

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

[What You Should Know About COVID-19 To Protect Yourself and Others](#)

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

[Talking with Children about Coronavirus](#)

[Meet the Helpers](#)