

Please find enclosed pertinent information regarding the opening of both the elementary and junior-senior high school this coming fall. The entire faculty and staff has worked diligently to prepare a plan that considers the health and safety of our entire community, while also providing our students with the best opportunity for academic success. We hope this evening's informational meeting will answer any questions you may have regarding the Groton Central School District's Instructional Model for the fall so that you have the information needed to make the best decision for your family.

Thank you,
Margo Martin, Superintendent

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COVID EDUCATIONAL INFORMATION

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



Stay at least 6 feet
(about 2 arms' length)
from other people.



Cover your cough or sneeze with a
tissue, then throw the tissue in the
trash and wash your hands.



When in public, wear a
cloth face covering over
your nose and mouth.



Do not touch your
eyes, nose, and mouth.



Clean and disinfect
frequently touched
objects and surfaces.



Stay home when you are sick,
except to get medical care.



Wash your hands often with soap
and water for at least 20 seconds.



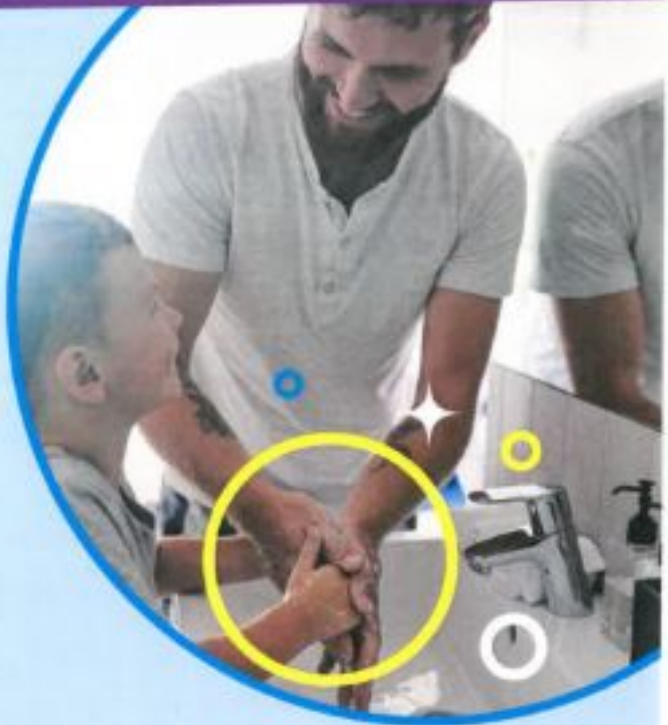
[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

2020-04-15 10:00 AM

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

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How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated.
- **Get medical care when needed.** Call your doctor before you go to their office for care. But, if you have trouble breathing or other concerning symptoms, call 911 for immediate help.
- **Avoid public transportation, ride-sharing, or taxis.**



Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
 - See COVID-19 and Animals if you have questions about pets: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



Monitor your symptoms.

- **Common symptoms of COVID-19 include fever and cough.** Trouble breathing is a more serious symptom that means you should get medical attention.
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately.**

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency. If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office.** This will help the office protect themselves and other patients.



If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.



Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.



Clean all "high-touch" surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**

- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective.

How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:



- **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)AND
 - other symptoms have improved (for example, when your cough or shortness of breath has improved)AND
 - at least 10 days have passed since your symptoms first appeared.

- **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use of medicine that reduces fevers)AND
 - other symptoms have improved (for example, when your cough or shortness of breath has improved)AND
 - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

VISITOR QUESTIONNAIRE

(COVID-19)

As the coronavirus disease continues to remain a concern and evolve, the safety of our employees, students, suppliers, and customers remains our top priority. Our team is monitoring the situation closely and will be updating company policies periodically based on guidance from State and local authorities, and recommendations from the Centers for Disease Control and Prevention (CDC) and the World Health Organization (W.H.O.). Only essential visitors and personnel are permitted.

To help prevent the spread of COVID-19 and reduce the risk to our school community, we are conducting a screening to help us take precautionary measures to ensure the safety of you and everyone on our campus. Thank you for your time and participation.

Visitor Name:
Company Name/Organization:
Phone Number (Personal):
Date:
Time:
Reason for Visit:

Please complete the following section – place an “X” in the box that corresponds to your answer.

QUESTIONS	YES	NO
1. Have you had any cold or flu-like symptoms in the last 14 days (may include fever (100.0 degrees), cough, sore throat, or shortness of breath)?		
2. Have you had close contact OR cared for someone diagnosed with COVID-19 within the last 14 days?		
3. Have you traveled outside the country or to a state with widespread community transmission of COVID-19 per the NYS Travel Advisory within the last 14 days? If YES please list country:		
4. Have you had contact with anyone who has traveled outside the country or to a state with widespread community transmission of COVID-19 per the NYS Travel Advisory within the last 14 days?		

(If you answered “YES” to any of the questions above, access to the facility will be denied.)

The information you provide on this form will be used to determine your access to our facility. If your condition or answers change at any time, you must resubmit a new questionnaire for reevaluation prior to continuing your stay at Groton Central School District.

Signature (visitor): _____ Date: _____

-OFFICE USE ONLY- ACCESS TO THE FACILITY BY: _____ (initials) . APPROVED . DENIED
--

BUILDING CLEANING PROCEDURES

CLASSROOMS & OFFICES

- 1) Empty all trash containers; pencil sharpeners
- 2) Disinfect all door handles with Virex
- 3) Disinfect light switches with Virex
- 4) Disinfect telephone with Virex
- 5) Disinfect all desks with Virex
- 6) Disinfect all chairs with Virex
- 7) Sweep floor with microfiber dust mop
- 8) Mop floor with microfiber wet mop and Stride
- 9) Make sure all windows are shut and doors are locked
- 10) GES - Clean bathroom in the classroom according to procedures below
- 11) GES - Clean sinks in rooms that have them
- 12) GES - Disinfect all drinking fountains with Virex
- 13) GES - Load paper towels, and fill soap dispensers
- 14) GES - vacuum carpets/rugs
- 15) Disinfect with Clorox 360 Spray
- 16) *Disinfect all toys and manipulatives*
- 17) Complete Cleaning Log

BATHROOMS & LOCKER ROOMS

- 1) Empty all trash containers
 - a. Empty feminine sanitary disposal boxes in ladies' bathrooms
 - b. Disinfect with Virex
- 2) Spray sinks and toilets with Virex
 - a. Wash sink with Virex wipes
 - b. Clean toilets with toilet brush - flush and rinse with clean water
- 3) Disinfect light switches with Virex
- 4) Disinfect all drinking fountains with Virex
- 5) Disinfect all soap and paper towel dispensers with Virex
- 6) Clean mirrors with glance window cleaner and a clean cloth
- 7) Check walls and all partitions for writing or dirt
 - a. Use Go-Getter and magic eraser to remove writing etc. - wipe down afterward with a clean cloth
- 8) Stock toilet paper, paper towels, and soap
- 9) Sweep all floors
- 10) Mop all floors (including shower floors) with Virex
- 11) Clorox 360 Disinfecting Spray
- 12) Complete Cleaning Log

HALLWAYS

- 1) Disinfect all interior and exterior door handles and doorbells with Virex
- 2) Disinfect all light switches with Virex
- 3) Disinfect all drinking fountains with Virex
- 4) Sweep, spot mop, remove black marks
- 5) Vacuum carpets
- 6) Elevator – vacuum, disinfect buttons with Virex

CAFETERIA

- 1) Disinfect all tables with Virex
- 2) Disinfect door handles and light switches with Virex
- 3) Sweep floors, moving tables and washing the floor with the floor machine and Stride
- 4) Put all tables back
- 5) Empty all the remaining garbage cans from the kitchen and put on school truck
- 6) Mop serving area and kitchen floors
- 7) Clean main entrance and kitchen bathrooms
- 8) Complete Cleaning Log

GYMS

- 1) Sweep floor with dust mop
- 2) Mop floor with microfiber mop
- 3) Wipe down high touch areas
- 4) Pick up trash
- 5) Wash glass on doors
- 6) Complete Cleaning Log

FITNESS CENTER

- 1) Vacuum floor
- 2) Mop floor with a microfiber mop
- 3) Wipe down high touch areas
- 4) Pick up trash
- 5) Spray Clorox 360
- 6) Complete Cleaning Log

CLEANING & DISINFECTING
FOLLOWING A SUSPECTED OR CONFIRMED COVID-19 CASE

The building maintenance staff will provide for the cleaning and disinfection of exposed areas in the event an individual is confirmed to have COVID-19, with such cleaning to include, at a minimum, all heavy transit areas and high-touched surfaces. If someone is suspected or confirmed to have COVID-19 appropriate protocol will be followed, to include the following:

- A. Close off areas used by the person who is suspected or confirmed to have COVID-19. (The district does not necessarily have to close operations, if it can close off the affected areas (e.g. classroom, restroom, hallway), but will consult with the local health department in development of the cleaning protocol following a suspected or confirmed case of COVID-19.)
- B. Open outside doors and windows to increase air circulation in the area.
- C. Wait 24 hours before cleaning and disinfecting the area, unless 24 hours is not feasible, in which case, wait as long as possible.
- D. Clean and disinfect all areas used by the person suspected or confirmed to have COVID-19, such as offices, classrooms, bathrooms, lockers, and common areas.
- E. Once the area has been appropriately cleaned and disinfected, it can be reopened for use.
 - a. Individuals without close or proximate contact with the person suspected or confirmed to have COVID-19 can return to the area and resume school activities immediately after cleaning and disinfection.
 - b. The district will refer to the DOH's ["Interim Guidelines for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure"](#) for information on "close and proximate" contacts.
- F. If more than seven (7) days have passed since the person who is suspected or confirmed to have COVID-19 visited or used the facility, additional cleaning and disinfection is not necessary, but routine cleaning and disinfection shall continue.

TRANSPORTATION CLEANING PROCEDURES

BUSES

- 1) Put on Personal Protective Equipment (PPE)
- 2) Open emergency doors for ventilation
- 3) Spray all seats with Crew (let sit 1-2 minutes)
- 4) Wipe down all seats with a towel
- 5) Wipe downs driver's area and handrails with disinfecting wipes
- 6) Spray windows with glass cleaner and wipe down windows with paper towels (as necessary)
- 7) Sweep bus floor
- 8) Mop bus floor with Crew
- 9) Spray disinfectant through bus
- 10) Dispose of PPE
- 11) Empty garbage can
- 12) Wash hands with soap and water or use hand sanitizer (with at least 60% alcohol)

OFFICES and DRIVER'S ROOM

- 1) Empty all trash containers; pencil sharpeners
- 2) Disinfect all door handles with Virex
- 3) Disinfect light switches with Virex
- 4) Disinfect telephone with Virex
- 5) Disinfect all desks with Virex
- 6) Disinfect all chairs with Virex
- 7) Sweep floor with a microfiber dust mop
- 8) Mop floor with microfiber wet mop and Stride
- 9) Make sure all windows are shut, and doors are locked
- 10) Vacuum carpets/rugs
- 11) Disinfect with Clorox 360 Spray
- 12) Complete Cleaning Log

MAINTENANCE BAY

- 1) Empty all trash containers; pencil sharpeners
- 2) Disinfect all door handles with Virex
- 3) Disinfect light switches with Virex
- 4) Disinfect telephone with Virex
- 5) Disinfect all desks with Virex
- 6) Disinfect all chairs with Virex

- 7) Sweep floor with a microfiber dust mop
- 8) Mop floor with microfiber wet mop and Stride
- 9) Make sure all windows are shut, and doors are locked
- 10) Vacuum carpets/rugs
- 11) Disinfect with Clorox 360 Spray
- 12) Complete Cleaning Log

BATHROOMS

- 1) Empty all trash containers
 - a. Empty feminine sanitary disposal boxes in ladies' bathrooms
 - b. Disinfect with Virex
- 2) Spray sinks and toilets with Virex
 - a. Wash sink with Virex wipes
 - b. Clean toilets with toilet brush - flush and rinse with clean water
- 3) Disinfect light switches with Virex
- 4) Disinfect all drinking fountains with Virex
- 5) Disinfect all soap and paper towel dispensers with Virex
- 6) Clean mirrors with glance window cleaner and a clean cloth
- 7) Check walls and all partitions for writing or dirt
 - a. Use Go-Getter and magic eraser to remove writing etc. - wipe down afterward with a clean cloth
- 8) Stock toilet paper, paper towels, and soap
- 9) Sweep all floors
- 10) Mop all floors (including shower floors) with Virex
- 11) Clorox 360 Disinfecting Spray
- 12) Complete Cleaning Log

HEALTH SERVICES PROTOCOLS

Excerpt from Groton CSD Return to School Comprehensive Plan

A. Screening and Testing

Health Screening & Temperature Checks

- All students must have their temperature checked daily, at home, prior to coming to school. If a student has a temperature greater than 100.0 degrees Fahrenheit, he/she will be denied access to the school campus or sent directly to the dedicated area in the building prior to being picked up or otherwise sent home.
- Families can use the Health Screening App to complete their child's daily screening questionnaire.
 - a) The daily screening questionnaire will determine whether the individual has:
 - experienced any symptoms of COVID-19, including a temperature of greater than 100.0 degrees Fahrenheit, in the past 14 days; and/or
 - knowingly been in close or proximate contact in the past 14 days with anyone who has tested positive for or has symptoms of COVID-19; and/or
 - Tested positive through a diagnostic test for COVID-19 in the past 14 days; and/or
 - Traveled internationally or from a state with widespread community transmission of COVID-19 per the [New York State Travel Advisory](#) in the past 14 days.
- All visitors to the buildings (with the exception of delivery personnel) will be required to complete a "Visitor Attestation Statement" questionnaire directly upon arrival to the building.

Positive Screen Protocols

- The school nurses for both GES and the Jr-Sr High will provide training to all faculty and staff on the signs and symptoms of COVID-19, including, but not limited to the following:
 - a) fever or chills
 - b) cough
 - c) shortness of breath or difficulty breathing
 - d) fatigue
 - e) muscle or body aches
 - f) headaches
 - g) new loss of taste of smell
 - h) sore throat
 - i) congestion or runny nose
 - j) nausea or vomiting
 - k) diarrhea
- If a student presents with any of the listed symptoms, faculty will be advised to take the following steps:
 - a) The faculty member will call the Nurse and let her know the name of the student that is displaying symptoms and is being sent to the health office for

further screening. Students in grades 6-12 will be advised to put their mask on before proceeding to the nurse. Faculty will assist students in K-5 in putting a face mask on and, if necessary, will escort the child to the health office.

- b) Once the student arrives he/she will be placed in isolation and an assessment will be performed. If it is determined that the student is displaying COVID-19 symptoms, the parent/guardian will be called and the expectation will be they pick up their child within the hour. The student will remain in isolation until their parent arrives, or, if being transported by school personnel, until the bus arrives to take the student home.
- c) Symptomatic students who are waiting to be picked up will be supervised by the school nurse or her designee, who will wear appropriate PPE and remain socially distanced from the student.
- d) The school nurse will advise the parent/guardian to contact their primary care provider/pediatrician for follow-up care, including whether a COVID-19 test needs to be performed. The school nurse will also provide information on health care and testing resources available, including the Shop at Ithaca Mall at Ithaca located on Triphammer Road in Ithaca, NY.
- e) Guidelines for cleaning and disinfection of designated space will be followed, per the NYS Department of Health's [Cleaning and Disinfecting Guidance for Primary and Secondary Schools for COVID-19](#).

Return to School After Illness

- The district will follow CDC guidance for allowing a student or staff member to return to school after exhibiting symptoms of COVID-19. If a person is not diagnosed by a healthcare provider with COVID-19 they can return to school:
 - a) Once there is no fever, without the use of fever-reducing medicines, and they have felt well for 24 hours;
 - b) If they have been diagnosed with another condition and have a healthcare provider written note stating they are clear to return to school.
- If a person is diagnosed with COVID-19 by a healthcare provider based on a test or their symptoms or does not get a COVID-19 test but has had symptoms, they should not be at school and should stay at home until:
 - a) It has been at least ten days since the individual first had symptoms
 - b) It has been at least three days since the individual has had a fever (without using fever-reducing medicines); and
 - c) It has been at least three days since the individual's symptoms improved, including cough and shortness of breath.
- The district will follow the CDC provided guidance for individuals who are home on isolation regarding when the isolation may end. (See "[Discontinuation of Isolation for Persons with COVID-19 Not in Healthcare Settings](#)".)

B. Tracing and Tracking

Metrics

- The Groton CSD will follow the state-defined measure of 5% or greater infection rate (within the region) as the measure that will serve as warning signs that the level of COVID-19 transmission may be increasing in the school setting beyond an acceptable level.

- The Groton CSD may choose to modify operations prior to instituting school-wide closures to help mitigate a rise in cases.
- The process if/when COVID-19 cases are discovered at school:
 - a) The District will immediately close areas or classes where individuals were infected
 - b) The Superintendent or his/her designee will consult with Tompkins County Health Department for guidance on whether larger sections and/or the entire school will need to be closed
 - c) The Superintendent, in consultation with Tompkins County Health Department, will communicate with families in the district the nature of the suspected COVID-19 case, as well as the recommendations for proper cleaning and disinfection
 - d) After waiting twenty-four hours, or, if not able to wait twenty-four hours, as long as is feasibly possible, the building maintenance staff will clean the infected areas using the NYS DOH's [Cleaning and Disinfecting Guidelines for Primary and Secondary Schools for COVID-19](#).

Notification

- The Groton CSD will notify the state and local health department immediately upon being informed of any positive COVID-19 diagnostic test result by an individual in school facilities or on school grounds, including students, faculty, staff, and visitors. The Groton CSD, in collaboration with the local department of health, will notify parents, faculty and staff of any positive COVID-19 diagnostic test result in a manner so prescribed by the department of health.

Tracing Support

- The District will cooperate with state and local health department contact tracing personnel by:
 - Keeping accurate attendance records of students and staff
 - Keeping a log of any visitors, including date and time they were in school
 - Assisting the local health department with tracing all contacts of the individual at school
- Confidentiality will be maintained as required by state and federal laws and regulations.

Quarantine, Isolation, and Return to School

- State and local health departments will implement monitoring and movement restrictions of COVID19 infected or exposed persons, including isolation.
- Reporting plan for individuals who are alerted that they have come into close or proximate contact with a person with COVID-19, and have been alerted to such exposure via tracing, tracking or other mechanisms:
 - a) Individuals will contact their immediate supervisor and advise of the status of quarantine.
- Protocol for faculty/staff seeking to return to work after a suspected or confirmed case of COVID-19 or after the faculty/staff member had close or proximate contact with a person with COVID-19:
 - a) If an employee tests positive for COVID-19, regardless of whether the employee is symptomatic or asymptomatic, the employee may return to work

upon completing at least 10 days of isolation from the onset of symptoms or 10 days of isolation after the first positive test if they remain asymptomatic.

- b) If an employee has had close or proximate contact with a person with COVID-19 for a prolonged period of time AND is experiencing COVID-19 related symptoms, the employee may return to work upon completing at least 10 days of isolation from the onset of symptoms.
- c) If an employee has had close or proximate contact with a person with COVID-19 for a prolonged period of time AND is not experiencing COVID-19 related symptoms, the employee may return to work upon completing 14 days of self-quarantine.
 - However, if such an employee is deemed essential and critical for the operation or safety of the workplace, upon a documented determination by their supervisor and the Superintendent in consultation with appropriate state and/or local health authorities, the exposed, asymptomatic employee may return to work so long as the employee adheres to the following practices prior to and during their work shift, which should be monitored and documented by the employee's immediate supervisor and employee:
 1. **Regular monitoring:** The employee must self-monitor for a temperature greater than or equal to 100.0 degrees Fahrenheit every 12 hours and symptoms consistent with COVID-19 under the supervision of the district's occupational health program.
 2. **Wear a mask:** The employee must wear a face mask at all times while in the workplace for 14 days after the last exposure.
 3. **Social distance:** The employee must continue social distancing practices, including maintaining, at least, six feet of distance from others.
 4. **Clean and disinfect workspaces:** The district must continue to regularly clean and disinfect all areas, such as offices, bathrooms, common areas, and shared electronic equipment.
 5. **Maintain quarantine:** The employee must continue to self-quarantine and self-monitor for temperature and symptoms when not at the workplace for 14 days after the last exposure.
- d) For further guidance, refer to DOH's "[Interim Guidance for Public and Private Employees Returning to Work Following COVID-19 Infection or Exposure](#)"

School Closures

- The District will collaborate with the local health department to determine the parameters, conditions, or metrics that will serve as early warning signs that positive COVID-19 cases may be increasing beyond an acceptable level.
- The District will consider closing school if absentee rates impact the ability of the school to operate safely.
- In the case of a school closure, continuity of instruction will continue via an all-remote, digital learning plan that follows the same schedule as the in-person learning model in both buildings.

STUDENT SUPPORT SERVICES

SUPPORTING YOUR CHILD AS THEY RETURN TO SCHOOL

Hello Parents/Guardians of Groton Students,

We are looking forward to serving the faculty, students and families in the upcoming 2020-21 school year. We want the community to have access to the Student Services Team whenever necessary. If anyone is interested in connecting a student with a Student Services staff member, we encourage them to fill out this Google Form: <https://forms.gle/8z7H8FjpQdQHUZM7> (This will be used to check in with students, please do not use it for emergency communication).

In the event of a crisis situation or noticing a concerning behavior change, call the Crisis Line at 1-800-273-8255, they are available 24/7. In the event of a mental health/ safety-related emergency, please contact 911 or go to the nearest Emergency Room immediately. For further emergency resources please see attached resource list.

The National Association of School Psychologists states that acknowledging some level of concern is appropriate and can result in taking actions that reduce the risk of anxiety and undue stress. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm. This article, [How Parents Can Help Their Children Navigate Their Feelings During School Reopenings](#), may offer a response to a variety of concerns your students may have.

For ongoing support, we have compiled some important information regarding social and emotional support for students and families. We recognize that this is a difficult and stressful time for everyone, and that concern over COVID-19 can make children and families anxious. These resources and information are available at our website: <https://sites.google.com/grotoncs.org/groton-student-services>. The website will be updated with new resources and information, so please check back.

In addition, Student Services has created a Google Classroom with wellness-focused resources and activities geared towards helping students cope during these challenging times. All students in K-12th grade will be enrolled and will have access. Please feel free to check this out with your child.

Please contact any of us with any questions, comments, or concerns. We are all here for you and in this together.

Your Groton Central School Student Services Team,

Patti Cortese-School Counselor (Grades 6-9) pcortese@groton.cnyric.org
Trina Luttinger-School Social Worker (Grades K-12) tluttinger@groton.cnyric.org
Laura May-School Counselor (Grades 6-12) lmay@groton.cnyric.org
Erin Pericozzi- School Psychologist (Grades 6-12) epericozzi@groton.cnyric.org
Allyson Wilkins-School Psychologist (Grades K-5) awilkins@groton.cnyric.org

Coronavirus, Kids, and Signs of Stress

<https://www.lifespan.org/lifespan-living/coronavirus-kids-and-signs-stress>

With the current **coronavirus pandemic**, your child may experience **stress** and symptoms of anxiety. Most children will experience mild or intermittent symptoms, such as having days or times when they eat less, have trouble sleeping, seem more irritable, or express more worries. However, some children may have difficulty adjusting to the changes we are all experiencing due to the pandemic and may need more support to cope during this time.

Signs your child may need more support: It's important for parents to be aware of the common symptoms children exhibit when stressed or feel anxious. These signs may indicate a child needs additional support to manage these feelings. Also, it's important to understand how intense and how often these symptoms are occurring. This can be helpful in evaluating how a child is coping.

Parents should watch for the following:

- **Changes in sleep patterns.** If sleeping less or more becomes a pattern day after day it could be a sign of stress. Children may describe having difficulty **falling asleep**, or waking in the middle of the night or early morning and being unable to fall back asleep. Younger children may start avoiding bedtime routines or seek out parents in the middle of the night. Others may also start sleeping more, perhaps even through meals, daily routines, or fun activities, or taking frequent naps. Young children who have not done so for a long time may return to **bedwetting**.
- **Changes in eating patterns.** Patterns of eating less or eating more may also signal a child is anxious or stressed. Children may report not feeling hungry and begin skipping meals or eating smaller portions. Some may demonstrate less interest in their favorite foods. Others may start asking for food more frequently, eat larger portions, and express feeling hungry all the time, even after eating.
- **Increased aches and pains.** It is common for children to experience headaches, **upset stomach**, and other aches and pains when stressed and anxious. If children are experiencing pains frequently throughout the week and these pains are interfering with their ability to participate in daily routines or favorite activities, then this is a sign that your child may need more support.
- **Increased focus on their body** and looking for evidence of illness. It is common to become more aware of our body and physical sensations within our body when we have worries about our health and becoming sick. However, if your child starts seeking out frequent reassurances about their health, it could be a sign they are having difficulty coping. Examples may include asking to have their temperature taken frequently, asking if they look sick, or spending a lot of their day checking their symptoms and evaluating whether or not they might be sick. This could be an indication your child is having difficulty coping with current stressors and may benefit from additional support.
- **Changes in mood and behavior.** These changes can vary widely so if your child does not seem like their usual self for a few days, talk to them about how they are feeling. Watch for frequent tearfulness, sadness, irritability, **anger**, and fearfulness as well as increased oppositional, aggressive responses and arguing. Children may also exhibit decreased interest in having fun or taking part in their favorite activities.
- **Increased clinginess/difficulty separating.** When stressed, children often want to be around and feel connected to those who help them feel safe. It is natural for children to want to spend more time with and need extra hugs from their parents during times of stress. However, if children demonstrate intense, prolonged distress when separating from parents, are no longer

able to sleep at night in their own room or bed or are unable to tolerate having parents out of view or in a different room, then this is a sign that they may be struggling with their emotions.

- **Withdrawal/isolation.** Many children respond to stress by disengaging. Signs parents should watch for include your child starting to spend more time in their room and refusing to join the family in daily activities, especially those they typically enjoy. They might also become quieter and less interactive, or demonstrate decreased interest in favorite activities. These can all serve as cues for parents that your child is having difficulty coping.
- **Difficulty concentrating.** We are often easily distracted when worried. If worries and stressors are distracting your child to the point that they can no longer complete school assignments or sit through a favorite movie or television show, then they may benefit from additional supports to cope with their stress and anxiety.
- **Increased worries/inability to focus.** It is natural for your child to express worries about the current pandemic. However, if your child spends a lot of their day talking about these worries, or finds it difficult to stop focusing on these worries, then this is a signal they may need support to help with their feelings.

Getting help:

It's important to talk with your child about the current situation. Please keep in mind that how children respond to stressors varies widely. If you have concerns about your child, please seek out guidance and support.

Who to go to if you feel your child may need more support:

1. Your child's primary care provider and/or the behavioral health specialist in your child's primary care provider's practice.
2. Teachers/school counselors can help guide parents to resources and support for their child. Please see additional resource sheets provided by Groton Student Services Staff.

Please be safe, and remember we are all in this together.

Written by Sarah Hagin, PhD. See link at top for full article.

MENTAL HEALTH RESOURCES AND SUPPORTS

IN THE EVENT OF AN EMERGENCY, CALL 911 OR GO TO YOUR NEAREST HOSPITAL

- **Cayuga Medical Center (Ithaca):** 607-274-4011
- **Guthrie Cortland Medical Center (Cortland):** 607-756-3500

Local and National Phone Supports (24 hours/day, 7 days/week):

- **Crisis Line:** 1-800-273-TALK/ 1-800-273-8255 or 607- 272-1616.
- **Crisis Text Line:** Text Got5 to 741741
- **Guthrie Cortland Medical Center Crisis Support Line:** 607-756-3771

Local Mental Health Clinics:

Mental health clinics provide individual and group counseling, educational programs, and crisis support.

- **Tompkins County Mental Health (TCMH):** 607-274-6200
- **Cayuga County Mental Health:** 315-253-0341/315-253-2746
- **Cortland County Mental Health:** 607-758-6100
- **Family and Children’s Services of Ithaca:** 607-273-7494
- **Family Counseling Services (Cortland):** 607-753-0234

Dial 211 or log onto www.hsctc.org for information about other local mental health organizations

Mobile Crisis Services:

Provides support to individuals and families in their specific county who are experiencing urgent concerns relating to behavioral/mental health issues. Provides brief crisis intervention and support.

Tompkins County Mobile Crisis Team (MCT): Available to Tompkins County residents Monday-Friday 8:30am-4:30pm by calling TCMH at 607-274-6200. Available after hours, Monday-Friday from 4:30pm-1am and Saturday-Sunday from 10am-1am by calling the Crisis Line at 607-272-1616.

Cayuga County Mobile Crisis Team (MCT): Available to Cayuga County residents Monday-Friday from 5:00 pm-12am; Saturday-Sunday and holidays from 6:00 am-12am. To access, call 911 and ask for Mobile Crisis Services. Cayuga County Mental Health also has after-hours crisis services available after 4:30pm Monday-Friday and all day Saturday-Sunday. To access, call 315-253-0341.

Cortland County Mobile Crisis Team (MCT): Available to Cortland County residents Monday-Friday from 6:00 pm-12 am; Saturday- Sunday and holidays from 6:00 am-12am.To access, call Guthrie Cortland Medical Center’s Crisis Support Line at 756-3771 or law enforcement at 911.

SAMPLES STUDENT SCHEDULES

Grades UPK - 6

AM Shift

8:00: Bus Arrival to School (**5 days/week**)

8:00 - 10:55: Core Instruction in Reading, Writing and Math (**5 days/week**)

*** NOTE: Students will be divided into cohort groups and stay “after school” 1 day/week to participate in encore classes (music, art, PE)**

10:55: Normal Dismissal w/ a Grab-n-Go lunch (**4 days/week**)

10:55 - 11:25: Supervised lunch (**1 day/week**)

11:25 - 1:00: Instruction in Two Encore Classes (music, art, PE) (**1 day/week**)

1:00: “After School” Dismissal (**1 day/week**)

Or...

PM Shift

*** NOTE: Students will be divided into cohort groups and arrive at school early for “before school” 1 day/week to participate in encore classes (music, art, PE)**

9:30: “Before School” Bus Arrival to School (**1 day/week**)

9:30 - 10:55: Instruction in Two Encore Classes (music, art, PE) (**1 day/week**)

10:55 - 11:25: Supervised Lunch (**1 day/week**)

*** The normal school day for PM Shift begins at 10:55 am**

10:55 - 11:25: Normal Bus Arrival to School and Supervised lunch (**4 days/week**)

11:25 - 2:08: Core Instruction in Reading, Writing and Math (**5 days/week**)

2:08: Dismissal (**5 days/week**)

SAMPLE SCHEDULE

Grades 7-12

AM Shift: 7:55 - 10:49

7:55: Bus Arrival and Grab-n-Go Breakfast (M-F)

8:00 - 10:49: Attend 4 Scheduled Classes (M-F)

10:49: Grab-n-Go Lunch and Dismissal (M-F)

12:48 - 2:15: Attend Two Courses Virtually (M-W-F)

***NOTE: M-W-F schedules will be different from Tu-TH schedules**

M-W-F

4 Core subjects at school

2 Encore subjects virtually

Tu - Th

2 Encore subjects at school

2 Core subjects at school

- Tu: ELA & Math
- Th: Science & Social Studies

Or...

PM Shift: 10:55 - 2:15

8:00 - 9:23: Attend Two Courses Virtually (M-W-F)

10:49 - 11:19: Bus Arrival and Supervised Lunch (M-F)

11:19 - 2:15: Attend 4 Scheduled Classes (M-F)

2:15 - Grab-n-Go Breakfast for the following morning and Dismissal (M-F)

***NOTE: M-W-F schedules will be different from Tu-TH schedules**

M-W-F

4 Core subjects at school

2 Encore subjects virtually

Tu - Th

2 Encore subjects at school

2 Core subjects at school

- Tu: ELA & Math
- Th: Science & Social Studies

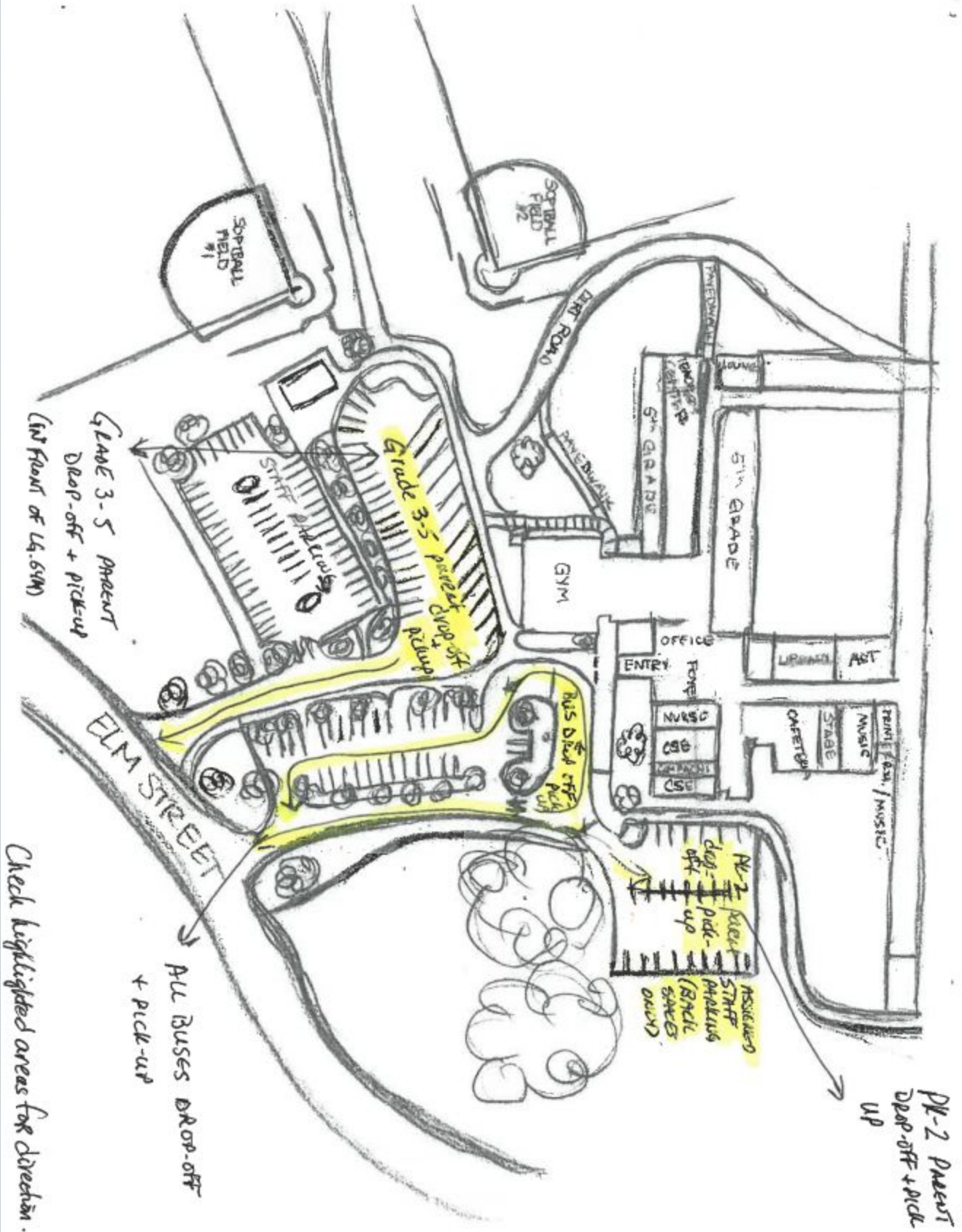
STUDENT ARRIVAL AND DEPARTURE SCHEDULE

The District will stagger arrival and pick-up times and locations of students in both buildings to maintain social distancing. **Please adhere to the parent drop-off and pick-up times to help us avoid traffic flow congestion.** We appreciate your cooperation and understanding.

AM SHIFT		
TIMES	GES	JR-SR HIGH
ARRIVALS	BUSES - 8:00am Parent Drop-Off - 7:50am	BUSES - 7:45am Parent Drop-Off - 7:55am
DEPARTURES	BUSES - 10:57am Parent Pick-Up - 10:49am	BUSES - 10:49am Parent Pick-Up - 10:55am

PM SHIFT		
TIMES	GES	JR-SR HIGH
ARRIVALS	BUSES - 10:57am Parent Drop-Off - 11:05am	BUSES - 10:49am Parent Drop-Off - 11:00am
DEPARTURES	BUSES - 2:08pm Parent Pick-Up - 2:15pm	BUSES - 2:18pm Parent Pick-Up - 2:11pm

GES TRAFFIC FLOW MAP



SEPTEMBER BREAKFAST & LUNCH MENU

 LUNCH		SEPTEMBER 2020 Groton Central School		Breakfast-Free Lunch-Free	
Monday	Tuesday	Wednesday	Thursday	Friday	
1 No School	1 No School	2 No School	3 No School	4 No School	
7 No School Labor Day	8 No School Superintendents Conference Day	9 Breakfast: Yogurt w/ graham crackers Mandarin Oranges Lunch-Ham & Cheese Sandwich Baby Carrots	10 Breakfast-Pop Tart Applesauce Lunchable-LF string cheese, Pepperoni, cucumbers and Sun Chips	11 Breakfast-Muffin Peaches Lunch- Chicken Slider Raisins	
14 Breakfast-Cereal Peas Lunch- Peanut Butter and Jelly Fruit Cup	15 Breakfast- Mini Bagels Mixed Fruit Lunch- Turkey & Cheese Sandwich Melon	16 Breakfast: Yogurt w/ graham crackers Peaches Lunch-Chicken Bacon Ranch Wrap Baby Carrots	17 Breakfast-Pop Tart Applesauce Lunch-Walking Taco's V-8	18 Breakfast- Muffin Grapes Lunch- Italian Sub Sugar Snap Peas	
21 Breakfast- Cereal Strawberry Applesauce Lunch- Peanut Butter and Jelly Fruit Cup	22 Breakfast- Mini Bagels Bananas Lunch-Egg Salad on a Roll Cucumber Slices	23 Breakfast: Yogurt w/ graham crackers Blueberries Lunch- Antipasto Salad Goldfish	24 Breakfast-Pop Tart Peaches Lunch- BBQ Chicken Cheddar Wrap Oranges	25 Breakfast-Muffin Peas Lunchable- Ham, Cheese, Pickles, Carrots, and Goldfish	
28 Breakfast- Cereal Apples Lunch- Peanut Butter and Jelly Fruit Cup	29 Breakfast- Mini Bagels Pineapple Lunch- Chicken Slider Three Bean Salad	30 Breakfast: Yogurt w/ graham crackers Blueberries Lunch- Walking Taco's V-8			

Questions call Kelley Neville-607-898-4516

Meals subject to change.

Breakfast includes 1% white milk, juice, and fruit

Lunch includes chocolate milk, fruit and/or vegetable

USDA is an equal opportunity provider and employer


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 PAY FOR MEALS ONLINE
 MySchoolBucks.com