

COVID-19 GUIDELINES FOR STUDENTS AND FAMILIES

Guidelines for Students:

- Be mindful and considerate of your own and others' health and safety concerns.
- Prepare for a unique school year and remain engaged in your learning, no matter the format.
- As always, seek help as needed from teachers, administrators, and counselors; know that FPA wants you to be safe and successful this school year.
- Wear a mask or face covering while on the bus, in common areas, during transition times, in classrooms, and when arriving and dismissing from school.
 - Each family is responsible for sending their student(s) to school with a clean mask and or face shield each day. Families may decide whether a mask, face shield, or combination of both is the best option for their student(s). Masks and face shields may be of any color or pattern. Masks and face shields should be cleaned regularly and in good condition. They should properly fit the individual so that vision is not obstructed. They should not contain any inappropriate or offensive words or graphics. The area covering the mouth and nose may not be cut out or of mesh material that inhibits the mask from serving its purpose.
- Perform the COVID-19 screener and temperature check (as found under the COVID-19 tab on freedomprep.net) before going to school each day.
- Follow the FPA "COVID-19 protocol for families" (as found under the COVID-19 tab on freedomprep.net) and do not go to school if any of the following apply to you:
 - Fever greater than 100.4 degrees
 - Cough, shortness of breath, or difficulty breathing
 - Sore throat
 - Can't smell/loss of sense of taste
 - Diarrhea, nausea, or vomiting
 - Chills or muscle aches
 - If you are showing COVID-19 symptoms and have been exposed to someone who has tested positive for COVID-19 in the last two weeks.
- If you develop COVID-19 symptoms at school you will be isolated in the high school office until a ride home is available.
- Follow the FPA "COVID-19 guidelines for how to discontinue home isolation" (as found under the COVID-19 tab on freedomprep.net) if you become sick.
- Wash your hands frequently and avoid touching your face.
- Practice proper respiratory output etiquette - cough or sneeze into elbow.
- Practice social distancing when possible.
- Quickly move between classes, do not congregate with others in the hallway or restroom.
- Avoid contact with high touch areas when possible.
- Sit in assigned seat in class to promote social distancing and contact tracing.
- If you ride the bus, wear a mask/face shield and follow all FPA bus rules (as found under the COVID-19 tab on freedomprep.net).
- Plan on activities and athletics as scheduled, adhering to approved social distancing and safety measures.
- Bring a personal water bottle to school each day (refill stations will be available, drinking fountains will not).
- Avoid using your locker throughout the day, we encourage you to carry all that you need with you in your backpack from class to class.
- When you leave school each day, take everything with you that you would need if the school had to close and learning switched to online only.

- Enter the building through your assigned door and go straight to the appropriate class when you arrive at school.
- Exit the building quickly when school ends, or go to the appropriate after school activity location; avoid loitering or hanging out in the building where social distancing is more difficult. Students will be asked to leave the building if they are found loitering.
- Meetings with teachers are by appointment only. Please email your teacher to arrange for all appointments.

Guidelines for Families:

- Be mindful and considerate of your own and others' health and safety concerns.
- As always, seek help as needed from teachers, administrators, and counselors; know that FPA wants your child to be safe and successful this school year.
- Perform the COVID-19 screener and temperature check (as found under the COVID-19 tab on freedomprep.net) with your child before school each day.
- Do not send your child to school if they are sick or have any COVID-19 symptoms.
- Follow the FPA "COVID-19 protocol for families" (as found under the COVID-19 tab on freedomprep.net) and do not send your child to school if any of the following apply to your child:
 - Fever greater than 100.4 degrees
 - Cough, shortness of breath, or difficulty breathing
 - Sore throat
 - Can't smell/loss of sense of taste
 - Diarrhea, nausea, or vomiting
 - Chills or muscle aches
 - If you are showing COVID-19 symptoms and have been exposed to someone who has tested positive for COVID-19 in the last two weeks.
- Follow the FPA "COVID-19 guidelines for how to discontinue home isolation" (as found under the COVID-19 tab on freedomprep.net) if your child is sick.
- Communicate with school secretaries when your child is absent due to illness.
- Family members should not come to school for any reason if they have COVID-19 or any of its symptoms.
- All family and visitors are required to wear appropriate face coverings while at school. Family and visitors without proper face coverings will be required to wait outside for their student. All family and visitors are required to enter through either school office.
- Reinforce the expectation for frequent hand washing, mask wearing, and social distancing with your student.
- Each family is responsible for sending their student(s) to school with a clean mask and or face shield each day. Families may decide whether a mask, face shield, or combination of both is the best option for their student(s). Masks and face shields may be of any color or pattern. Masks and face shields should be cleaned regularly and in good condition. They should properly fit the individual so that vision is not obstructed. They should not contain any inappropriate or offensive words or graphics. The area covering the mouth and nose may not be cut out or of mesh material that inhibits the mask from serving its purpose.
- Monitor your student's use of technology in the home. Inappropriate use of technology may result in loss of student privileges.
- Keep contact information (e-mail and cell phone number) up to date so school staff can contact you directly with important information.
- Go to freedomprep.net and click on "COVID-19" for school updates and information related to COVID-19.