

## FCA Health and Safety Guidelines and The Knights' Pledge

Dear Families,

As we transition back to school, we are asking for your help reducing illness by following our guidelines and pledging to keep students at home when they have any symptoms of illness. We will be very lenient with student absences for illness or symptoms, and we encourage you to err on the side of caution. Students will be permitted to make up missed work.

The Centers for Disease and Control and Prevention (“CDC”) indicates you may have COVID-19 if you have:

|  |                                   |
|--|-----------------------------------|
| <b>Fever or chills</b>                             | <b>New loss of taste or smell</b> |
| <b>Cough</b>                                       | <b>Sore throat</b>                |
| <b>Shortness of breath or difficulty breathing</b> | <b>Congestion or runny nose</b>   |
| <b>Fatigue</b>                                     | <b>Nausea or vomiting</b>         |
| <b>Muscle or body aches</b>                        | <b>Diarrhea</b>                   |
| <b>Headache</b>                                    |                                   |

We are asking for your commitment along with all parents, students, and staff to:

- **Keep sick children home.** If your child has any symptom listed above or a fever of 100 degrees or higher, seek appropriate medical attention, and keep students home until they are symptom-free and fever-free for 24 hours without fever-reducing medication. If your child has tested positive for COVID-19, your child must be kept at home in accordance with CDC guidelines. **By delivering your child to school or placing your child on the school bus, you are assuring FCA and other parents that your child is not ill and is fever-free.**

- **Report absences.** Report your child’s absence and share possible COVID-19 symptom information with us, so we can track possible case numbers.

- **Remind children of the following important health habits and requirements:**

- **Wash hands.** Practice good hand hygiene by washing your hands often with soap and water for at least 20 seconds.
- **Cover** your mouth and nose with a tissue when you cough or sneeze. Use an elbow if no tissue is available.
- **Do not share** personal items – pens, pencils, cell phones, electronic devices, laptops, water bottles, drinks, food, or unwashed utensils.
- **Avoid touching** your eyes, nose, and mouth whenever possible.

Students returning to in-person education includes risks of contracting COVID-19. Those risks are very serious, particularly for persons at high risk for severe illness from COVID-19. Even with everyone following all guidelines and all cleaning efforts, risks remain. If you decide the risks are too great for your child or your family, your student may move to remote learning.

If at any time you have concerns, please contact us. We are asking for your support and commitment by emailing us your commitment to the pledge below.

Sincerely,

Craig Carpenter, Superintendent

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God-this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-His good, pleasing and perfect will. Romans 12:1-2

### **The Knights' Pledge -- for Students/Parents/Staff**

**I have read** and understand the importance of following FCA's guidelines and State Orders in reducing the known risks associated with students returning to school.

**I pledge** to follow FCA's guidelines and State Orders and I join other students, parents, and staff in their efforts to keep our students and staff healthy.

**As a student, or staff member,** I further pledge to stay home and call in my illness when I have a fever over 100 degrees, have any symptom of COVID-19, have a pending or positive COVID-19 test, or if anyone at home has a pending or positive COVID-19 test.

**As a parent/guardian,** I further pledge to keep my child or children home if they have: a fever over 100 degrees, have any symptom of COVID-19, have a pending or positive COVID-19 test, or if anyone in the home has a pending or positive COVID-19 test; **and,** I will make arrangements in advance to prepare for this possibility.

Parents/guardians who do not wish to send their child for in-person instruction may enroll in our remote learning option.

**Please carefully read and follow the guideline in the above pledge.** If you have a question or concern, please contact us.