



COVID FREQUENTLY ASKED QUESTIONS 3.0

This supplemental document provides updates to prior Preschool, K-5th, and 6-8th Grade FAQs based on recent changes in guidelines from the Centers for Disease Control (CDC), California Department of Public Health (CDPH), and San Francisco Department of Public Health (SFDPH) as of January 12, 2021. Please continue to refer to the FAQs 2.0 on [the SFS website](#) for information not covered in this document.

Major changes are highlighted for your convenience. Given the rapid developments that are occurring during the pandemic, the information provided is subject to change.

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Are there any updates to the COVID-19 Social Contract?

The [Social Contract](#), which guides the collective behavior of our community is determined by the best practices and scientific principles of our local, state, and federal health authorities.

[Recent modifications](#) in the duration of quarantine are reflected in the updated version of the COVID-19 Social Contract below. Specifically, the Centers for Disease Control (CDC) and the San Francisco Department of Public Health (SFDPH) now recommend a quarantine of 10 days (instead of 14) after potential exposure to COVID-19.

SFS COVID-19 SOCIAL CONTRACT

In-person learning is highly dependent on the partnership of the community members, on and off campus. Although the risk of viral transmission cannot be completely eliminated, it can be mitigated significantly by a social contract between all stakeholders. Furthermore, our collective ability to adhere to this contract will be critical to the pace at which we are able to reopen campus and will help to keep the gates open as long as possible.

We expect all staff and families to be respectful of each other, to collectively safeguard the health and safety of others, and to abide by the policies, procedures, and orders related to COVID-19 implemented by the state, county, and school.

The following are community expectations in anticipation of reopening (within 10 days of in-person learning) and must continue throughout in-person learning.

- Protect yourself and others with mask-wearing, physical distancing, handwashing, and meticulous hygiene in and outside of school.
- Limit exposure by avoiding high-risk behaviors and large gatherings or situations in which people are not observing recommended behaviors, such as wearing masks and practicing physical distancing.
- Avoid higher-risk travel outside the Bay Area while you are working/your student is learning on campus or 10 days before a scheduled return to campus.
 - Higher-risk travel includes situations involving interactions within 6 ft of individuals outside of their household if they or those around them are not wearing masks at all times, especially indoors or in large groups (e.g., air travel)
 - If higher-risk travel is unavoidable, please inform the school and, upon return to the Bay Area, the traveler(s) should undergo a 10-day quarantine per CDC and SFDPH recommendations.
- Observe routine medical practices, e.g., routine annual checkups, immunizations, and flu vaccines.

Once campus is reopened for your grade or division, in addition to items above

- Stay home when you, or any member of your household, are sick or experiencing COVID-19 symptoms.
- Conscientiously conduct the daily health screen.
- Partner with staff to help children learn the new health and safety protocols.

- Limit the personal items your child brings onto campus each day and reinforce policies around the sharing of food, supplies, and other items with other students.
- Notify SFS regarding sick household members or if any household members have had close contact (less than 6 ft for more than 15 min) with someone who has tested positive for COVID-19. Depending on the situation, your student may have to stay home for 10 days.
- Notify the school and undergo testing if you suspect your child or a household member has COVID-19 and await test results from home.
- Be kind, attentive, and helpful to anyone around who may be in need of support in following safety health practices. Provide respectful and gentle safety reminders and suggestions to those who may need them, and respond graciously when others provide them.

Community-wide approaches to mitigation are needed for school to open and remain open. All community members must adhere to our social contract in the 10 days prior to returning to campus. SFS will proactively communicate and, as necessary, take administrative action regarding the observance and enforcement of these expectations which may include a student or staff member not being able to participate in in-person learning / teaching.

What is the policy on travel outside of the Bay Area?

Because the Bay Area has had relatively fewer COVID cases than much of the state and country, and because the nature of travel brings people (potentially asymptomatic carriers of the virus) in close proximity, those who return from outside of the Bay Area are subject to a mandatory quarantine for 10 days. (The Bay Area is defined as the following counties: San Francisco, San Mateo, Santa Clara, Alameda, Contra Costa, Solano, Sonoma, Napa, Marin, and Santa Cruz.)

We urge SFS staff and families to avoid travel outside the Bay Area while you are working/your student is learning on campus or 10 days before a scheduled return to campus. If travel is unavoidable, please inform the school and, upon return to the Bay Area, the traveler(s) should undergo the 10-day quarantine per [SFDPH recommendations](#).

Will there be any changes to the calendar or weekly schedule?

As of now, we intend to follow the [2020-2021 school calendar](#) as currently published. As with the Thanksgiving and Winter Breaks, there may be alterations of the calendar or transitions to *School on the Go (SOTG)* in the coming months, depending on the status of the pandemic and community's adherence to the Social Contract, especially with respect to February and Spring Breaks.

Currently, the weekly schedule remains unchanged from the Fall Semester.

Monday - Thursday

Grade	Arrival	Dismissal
Preschool 3s	9:00 - 9:15 am	3:00 - 3:15 pm
Preschool 4s	8:45 - 9:00 am	2:45 - 3:00 pm

Kindergarten - 3rd Grade	8:15 - 8:30 am	3:15 - 3:30 pm
4th - 5th Grade	8:30 - 8:45 am	3:30 - 3:45 pm
6th Grade	8:30 - 8:45 am	3:45 - 4:00 pm
7th - 8th Grade at Tunnel Ave.*	8:00 - 8:30 am	3:30 - 4:00 pm
7th - 8th in <i>SOTG</i> *	Start 8:30 am	End 3:30 pm

*alternating

Fridays

Grade	Arrival	Dismissal
Preschool 3s	9:35 - 9:45 am	3:00 - 3:15 pm
Preschool 4s	9:25 - 9:35 am	2:45 - 3:00 pm
Kindergarten - 3rd Grade	9:45 - 10:00 am	3:15 - 3:30 pm
4th - 5th Grade	Start 10:00 am	End 3:30 pm
6th Grade in <i>SOTG</i>	Start 10:00 am	End 3:30 pm
7th - 8th Grade at Tunnel Ave*	9:30 - 10:00 am	3:30 - 4:00 pm
7th - 8th Grade in <i>SOTG</i> *	Start 10:00 am	End 3:30 pm

*alternating

How do I notify the School Nurse of my child's symptoms?

Each morning, the health screen should be completed at home by 8:00 am. As pandemic conditions change, we will alert you if/when questions are modified. Please answer the screening questions carefully each day.

If your child has symptoms that are consistent with COVID-19 (as defined by the SFDPH) they will not be admitted to campus.

If you have a question or concern regarding your child's symptoms, please contact Maddy Sandoval, RN in one of the following ways:

- Front Desk, (415) 239-5065
- Direct extension between 7:45 am - 3:45 pm, (415) 287-2002
- Email after 7:30 am, nurse@sfschool.org (please copy your child's head teacher and division head)

Please contact the SFS School Nurse if you have any questions, either about school attendance that day or more general information regarding safe and healthy practices and school protocols.

Will there be routine/surveillance COVID testing for staff and students?

All staff returning to campus will be tested prior to the start of in-person school. They will undergo routine testing every week. (Note: the SFPD does not recommend testing for staff who have had COVID-19 within 90 days of their last positive test).

Middle School students will be tested prior to in-person school and periodically once back on campus.

If a cohort must quarantine because of an exposure to a confirmed COVID case, the School will test every member of the cohort before their return to in-person learning. However, testing on site will no longer be offered to symptomatic students who become ill while at school. Based on the recommendations of the SFPD and the Testing Strategy Group, school policy may change as circumstances evolve.

What happens to close contacts if a staff or student tests positive? What about a household member?

Our policies have been updated based on the recently revised [SFPD Home Isolation and Quarantine Instructions](#).

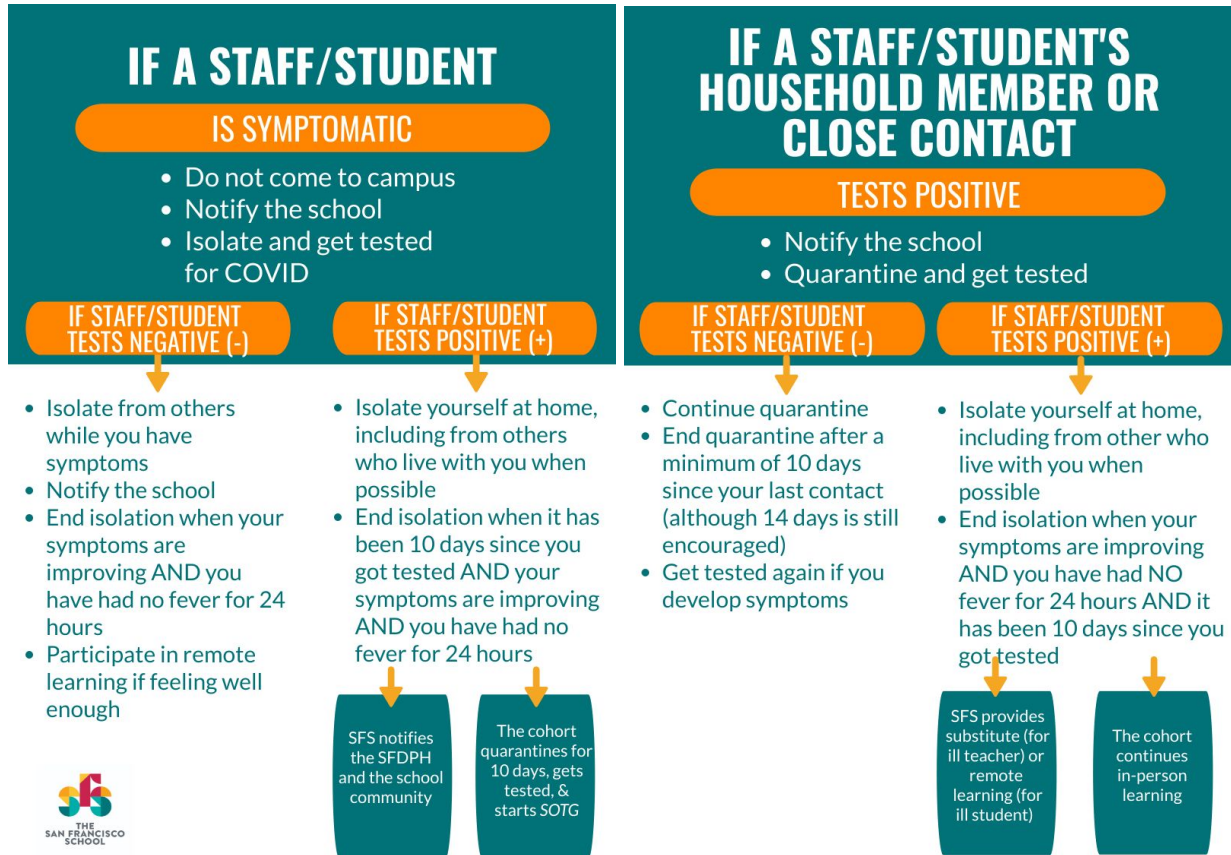
In partnership with the SFPD, the school community will be notified if a staff member or student tests positive for COVID-19. All staff/students within the cohort should undergo testing and quarantine for 10 days. During the quarantine period, students will attend *SOTG*.

If a household member of a staff/student tests positive, that staff/student will stay home and quarantine. The School will notify the student/staff's cohort who will continue to attend school on campus.

Close contacts should

- Quarantine for 10 days
- Get tested (preferably six days after the last close contact) if they don't develop symptoms. If they do develop symptoms, they should get tested right away.
- Continue to watch for symptoms from days 10-14, and if they develop symptoms during this time, they should get tested, stay home (except to get medical care), and take steps to protect others in their household.

Those who have had COVID-19 in the last three months (confirmed by a lab test) do not have to quarantine after an exposure as long as they have no symptoms. They must watch for symptoms for 14 days after their last close contact with the person who has COVID-19, and if they develop symptoms, they should quarantine at home until they can consult with their health care provider. Their health care provider will decide if they need to be tested or stay in quarantine.



Based on [SFPDH's Home Isolation and Quarantine Instructions](#), 12/28/20

Where should one get tested?

If you need a COVID test outside of those offered at school, we recommend being tested by your healthcare provider. Testing is also provided by [the City of San Francisco](#). Please avoid using testing through [Curative](#) given reports of high false positive rates at this time.

When should the School be notified of a student's positive COVID test?

The SFPDH mandates families to notify the School within an hour of learning if a student's COVID test is positive or inconclusive (documentation should be provided to the School within 48 hours).

How will a student's cohort be affected when someone tests positive in their sibling's cohort?

As above, if someone within a student's cohort is COVID positive, that cohort must quarantine.

Per the SFPDH, that student's sibling does not need to be quarantined. However, in some circumstances, the School Nurse may determine (with guidance from SFPDH) that the student's sibling should be quarantined as well.

The sibling's cohort would not need to quarantine unless a member of that cohort tested positive.

Will the SFS community be notified when there is a COVID-19 case at school?

The School will notify the community if there is a confirmed case on campus. Out of respect for the individual's privacy and to comply with state and federal laws, the School will not share any information identifying individuals who test positive for COVID (though they may choose to share this information voluntarily).

If my child must be absent from school, can they participate as a virtual student?

If a student is absent for illness or family reasons, they are excused from school and the parent/guardian or student should contact their teacher(s) about any missed work. This allows the child to recover if ill or to be present in family matters, as they would have in pre-COVID times.

If a student feels well but has to isolate or quarantine due to COVID protocols, they can join their classes via the virtual student portal. (The School may need up to 24 hours to set up the hardware and provide staff training for remote learning access).

When your student needs to be absent, please email as early as possible (including the night before) with copies to the School Nurse, division head, and head teacher (or for 6th Grade, Daniel Munda). If the student must stay home due to COVID protocols, remote learning access will be established as quickly as possible, and the division head/teacher will send the specific GMeet address and a calendar invitation to the GMeet (which will appear directly on the student's school iPad).

How will the School decide to be in *School on the Go* and not in-person?

Science confirms that to date, school transmission mirrors but does not drive community transmission. Even when COVID-19 is widespread in the general community, COVID-19 transmission in childcare and school facilities has remained rare. Almost all cases of COVID-19 in childcare centers in San Francisco have been in staff and children who were infected outside of the facility. Routine testing of elementary school staff and students has thus far provided reassuring evidence of the lack of transmission in supervised programs for children.

According to the SFPDPH, decisions for campus closure due to community surges is best done with direction from public health officials as it may not decrease the risk to staff and children, and in fact may lead to more COVID-19 infections due to staff and children spending more time in settings where the risk of transmission is higher.

Closure is more likely to be required when there are multiple cases in multiple cohorts or cases affecting a significant portion of students and staff. Generally, closures are for 14 days and are meant to prevent further transmission as well as to better understand how transmission occurred so that repeat outbreaks may be prevented.

During this current period of *School on the Go*, the School is assessing the scheduling of staff and using an exposure metric to further mitigate risk of transmission with the goal of allowing SFS to provide in-person even more safely. Despite this, at times, campus closure may be necessary when staffing issues preclude our safe adherence to the Health and Safety Plan.

Is carpooling or sharing rides permitted?

According to the [SFPDH](#), travel in a small, enclosed space without physical distancing is associated with higher risk of COVID-19 transmission. If your child is not able to commute to and from school with other members of your household, carpool with as consistent and stable a group as possible. All persons within the vehicle should be masked at all times. Windows should be open and the fan turned up to ventilate the vehicle with outdoor air as much as possible.

Can community members socialize outside of school?

At the time of this writing, the County of San Francisco is under the current [Stay Safer at Home Order](#). This requires all residents to stay in their residences to the extent possible and minimize trips and activities outside the home and prohibits gatherings among different households to help reduce the transmission of the virus. Created during the winter holiday season, the Order addresses the impact of traveling and gatherings, the full extent of which may not be determined for several weeks after the holiday seasons end; restrictions will be tightened or loosened as conditions warrant.

The Health Order states that gathering with people from other households is prohibited at all times. A subsequent exception was made, allowing two people from different households to meet outdoors as long as they maintain at least six feet of physical distance and wear face coverings at all times except when eating or drinking. Outdoor gatherings away from home with people from the same household are limited to 12 people total (or six people if eating/drinking).

Please avoid outdoor gatherings such as playdates. Indoor socialization such as playdates, parties, and sleepovers are not allowed.

Are extracurricular activities permitted?

If compliant with SFPDH directive, participation in "Out-of-School Time Programs" (OST, afterschool and weekend programs, youth sport programs, day camps during school breaks, and other group care for children and youth not run by schools or child care programs) is permitted. [These guidelines](#) include:

- Participant screening
- Stable cohort (minimum of three-week enrollment) with size limited to 14 children, two adults
- Children and youth must only participate in one OST program at a time, even if the programs occur on different days of the week
- Staff who work with children over five years of age must be assigned to only one cohort and work only with that cohort. Staff who work only with children 0-5 years of age may

- be assigned to two cohorts
- Masks and physical distancing
- Well ventilated indoor spaces
- Limited sharing
- Avoidance of singing and playing wind (woodwinds and brass) instruments

Group sports, dance, and exercise (especially indoors) are higher risk for COVID-19 transmission and have been linked to numerous outbreaks. In other parts of the US, youth sports have been a major source of COVID-19 spread between youth. Sports, dance, and other exercise are higher-risk for COVID-19 due to heavier breathing, as well as close contact in some sports. These programs must follow the following guidelines to prevent the spread of COVID-19:

- All sports, dance, and exercise must occur outside.
- Participants must stay at least six feet apart at all times. Sports that require closer contact are not permitted. Physical conditioning and individual training for such sports (e.g., individual drills and running) is permitted as long as participants stay six feet apart at all times.
- Face masks or other cloth face coverings must be worn by all participants at all times. Participants may need to limit vigorous exercise while wearing face coverings.
- Limit sharing of equipment within a cohort. Clean shared equipment frequently. Do not share equipment between cohorts unless it has been cleaned and disinfected.
- Youth from different cohorts are not allowed to play against or with each other.
- Tournaments, events, and competitions between programs are not permitted.

Please be sure that your child's OST program is compliant with the SFPDPH guidelines.

Will SFS require students to get flu shots or COVID-19 vaccines if available?

Preventing influenza is especially important during the COVID-19 epidemic (people who have flu and COVID-19 at the same time are more than twice as likely to die). The symptoms of influenza and SARS-CoV-2 infection are similar and taking steps to prevent influenza will decrease the incidence of illness and absences in schools, and the related lost educational time and resources needed to handle such situations by school personnel and families. We strongly recommend students, staff, and families get a flu vaccine.

At this time, we cannot make a determination about a COVID-19 staff or student vaccine requirement but we will continue to update our community as we receive more guidance from SFPDPH.

Even as community members are vaccinated, we must continue to be vigilant. We are monitoring California's vaccine distribution closely so that our staff can be inoculated as soon as it is appropriate.

APPENDIX

COVID TASK FORCE

TEACHERS

- Damon Allswang, 4th and 5th Grade Math and Science Teacher
- Dimitri Barton '08, Spanish Teacher, Faculty Trustee
- Tiffany Fong, Health and Wellness Teacher
- James Harding, Music Teacher, Faculty Trustee
- Molly Treadway '99, 1st Grade Head Teacher

ADMINISTRATION

- Terri Hamer, Chief Financial and Operational Officer
- Kate McElvaney, Head of Lower School
- Steve Morris, Head of School
- Nancy Nagramada, Head of Upper School
- Laura Post, Campaign Manager
- Carly Reiter, Director of Design, Engineering, and Technology
- Maddy Sandoval, School Nurse

PARENTS/GUARDIANS

- Lynn Connolly, SFS Parent
- Liz Steinfield, SFS Parent, Trustee
- Neeta Takar, SFS Parent, Chair of Family Association

TESTING STRATEGY GROUP

- Ellen Chen, SFS Parent
- Lynn Connolly, SFS Parent
- Monica Gandhi, SFS Parent
- Terri Hamer, CFOO
- Maneesh Jain, SFS Parent, Finance Committee
- Steve Morris, Head of School
- Laura Post, Campaign Manager
- Darpun Sachdev, SFS Parent
- Maddy Sandoval, School Nurse

REFERENCES

- [Guidance for Childcare -- Directive 2020-14](#) (updated January 4, 2021)
- [Preliminary Guidance for Out of School Time Programs](#) (updated January 4, 2021)
- [C19-17 COVID-19 Surge Related Travel Quarantine](#) (updated December 30, 2020)
- [Stay Safer at Home: Shelter in Place Health Order](#) (December 9, 2020, updated December 30, 2020)
- [SFDPH Home Isolation and Quarantine Instructions](#) (updated December 28, 2020)
- [New Recommendations on Quarantine Duration for Close Contacts of COVID-19 Cases](#) (December 18, 2020)

- [Re-opening TK-12 Schools for In-Person, On-Site Instruction Interim Guidance for School Year](#) (updated December 8, 2020)
- [Schools Best Practices Directive](#) October 6, 2020)
- [CDPH COVID-19 and Reopening In-Person Learning Framework](#) (July 17, 2020)
- [American Academy of Pediatrics COVID-19 Guidance for Safe Schools](#)