



MJ1 FREQUENTLY ASKED QUESTIONS

Face Coverings- All adults and students are required to wear face coverings when in the school building, with the exception of time for eating/drinking or other designated “face coverings breaks” that would take place outside. Face coverings will also be required for students riding the bus to/from school. MJ1 will provide a face covering for all students and staff. Students and staff are encouraged to provide their own personal face coverings, if you so choose. Primary students may receive a school provided gaiter. The school will be washing the gaiters nightly as they will not be brought home. Students will be provided a lanyard so face coverings will not be placed on table tops while eating.

Handwashing & Sanitizing - Students will participate in hand washing/sanitizing at regular intervals. Schools will have supplies of hand sanitizer and soap to allow for frequent hand-washing, and classrooms and school facilities will be disinfected regularly. Handwashing expectations will be posted and taught throughout the school day.

Social distancing - Students and staff will maintain four to six feet of social distancing as much as possible.

Gloves - Teachers and other staff will not be asked to wear gloves. Cleaning, kitchen, nursing, and other special staff will be asked to wear gloves based on health guidelines.

How will social distancing be enforced in classrooms? Classrooms will be set up to follow the health and safety guidelines in our approved plan. Classroom seating has been revised to maximize distancing between students as much as possible. Desks will be rearranged so that students are all facing the same direction, when possible and plexiglass barriers will be used in certain areas.

Is the school taking students' temperatures daily? No, It is expected that parents take their child's temperature each morning before school.

If students have symptoms, will they be required to bring a medical note stating that they are negative for COVID-19? We can not require students to be tested, but strongly encourage families to have their student tested if they have symptoms. Students with a temperature of 100.4 or above will not be able to stay at school. Students should stay home if they are known to be ill (fever, cough, shortness of breath, sore throat, abdominal pain, fatigue, muscle aches, headache, and/or loss of taste/smell). [Attached is additional guidance \(flow chart\) from Oneida County. Attached is a Parent's Guide to COVID-19 and Schools.](#)

Will schools be provided with sufficient hand sanitizer and cleaning supplies? Schools will have supplies of hand sanitizer and soap to allow for frequent hand-washing, and classrooms and school facilities will be disinfected regularly. Students will participate in handwashing/sanitizing

at regular intervals including each time they enter and exit a doorway. Sanitizer stations have been placed at all doorways (internal and external).

What happens if a student or staff member tests positive? Schools do not test for COVID 19. Schools monitor for symptoms and take appropriate measures to isolate individuals showing symptoms.

1. If a staff or student show signs of COVID 19 at school, they will be placed in our health services room.
2. Individuals with symptoms will then be screened by the nurse and advised on the next steps.
3. If individuals are advised to be tested for COVID 19, they can only return to the building if they have negative test results or are released from quarantine by the county health department. The results (in writing from the clinic) must be shared with our nurse prior to returning.
4. If an individual tests positive, Oneida County or Vilas County Health Department will implement their contact tracing protocols.
5. Contact tracing means anyone that has come in close contact with the individual.
 - a. Living in the same household as a sick person with COVID-19
 - b. Caring for a sick person with COVID-19
 - c. Being within 6 feet of a sick person with COVID-19 for a period of 15 minutes or longer
 - d. Being in direct contact with secretions from a sick person with COVID-19 (ie: being coughed on, sharing utensils, etc.)
6. Students/staff who have tested positive will be allowed back at MJ1 after being cleared by a the county health department.

Will Personal Protective Equipment be provided for students? What about for staff? MJ1 has purchased masks, gaiters, face shields, thermometers, gloves, hand sanitizer and disinfectant spray to help maintain a safe environment and prepare for the return to school.

Will students be able to share materials? All students will have access to individual supply boxes. Items can be put into differentiated bags/bins and disinfected at the end of the day. We will ask students not to share items as much as possible. If shared, items should be disinfected between use. Group work can still happen, however, students will need to follow social distancing guidelines. Schools and teachers will use visual cues and reminders.

What will happen during fire drills/emergency evacuation, shelter in place drills and lockdown/lockout? While this hasn't been addressed directly at this time by CDC, we will continue to respond to general emergencies, including evacuation plans, and crisis intervention. We will plan for safe distancing protocols for fire drills, evacuation, and shelter in place. Staff with crisis intervention training will be identified to assist with behavioral and emotional emergency responses.

Can MJ1 share its criteria for shifting between models? What triggers closure? A joint decision will be made by MJ1 School District and Oneida Health Department.

How will bathroom use be different? How will we keep it safe? All restrooms will be cleaned nightly and high-risk touch points (faucet knobs, flush handles, partition locks, ADA railings) will be disinfected repeatedly during the day. Schools will stagger bathroom breaks to minimize close contact with students from another cohort. Classrooms that have their own bathroom will not participate in class bathroom breaks at the hallway bathrooms. MJ1 has hired additional custodial staff to clean high touch point areas.

Will students who have a medical reason to not wear a face covering still be required to wear one? Students with a Doctor's note or specific accommodation with a student's IEP will be exempt. Alternative coverings like shields would be allowed to reduce the transmission.

How will we keep the buildings clean and sanitized? Teachers and staff will be supplied with spray bottles and/or sanitizing wipes to assist in disinfecting classrooms, desks, work stations, and supplies during the day. Maintenance will clean and disinfect nightly and teachers and staff will be requested to disinfect desks prior to any new students entering the classroom during the day. Toys or classroom items that cannot be easily cleaned or sanitized (such as plush toys) will be removed.

What if a student or teacher has a family member at home with COVID-19? Vilas and Oneida Health Department requires anyone who has had direct, close contact with an infected person to be quarantined for 14 days.

Are families required to disclose a positive COVID-19 test result? This is a Vilas or Oneida Health Department decision.

When will a nurse and health aide be physically in the building? Our nurse is in the building from 9:00am - 3:00pm. We will also have a health service aide from 7:15am - 1:15pm.

How will schools and students deal with absences due to the COVID-like symptoms? Our attendance policy now reflects guidance from the DPI regarding COVID-19 absences, which includes excused absences for students who are in quarantine or have COVID-19 symptoms.

Recess and Physical Education

Recess and gym will happen outside whenever possible and students will be kept in their classroom cohorts. Recess and gym will be staggered to avoid the mixing of cohorts. Students are allowed to use and share playground/gym equipment with their cohorts. Only one cohort will be allowed in an outside area at a time.

What will be the student to teacher ratios in their classrooms?

4K - 3 → 16:1 or less
4 - 8 → 20:1 or less

Can kids sit at the same tables and engage with one another? We will maximize social distancing as much as possible, which includes spacing out desks and tables.

What happens if/when students need to move to a new classroom? All students will have a teacher escort to their new room.

How are we going to provide proper ventilation for school? From an air circulation standpoint, will windows be open? Yes, windows may be open. In addition, air handlers will be circulating outside air as much as possible. MJ1 is following CDC and other agency recommendations.

How will meals work? There will be two lunch room areas - the Commons and Multipurpose room. Students in grades 4K-1 and Creative Minds will have lunches delivered to the classrooms.

Will visitors/volunteers be allowed in school buildings? At this time visitors/volunteers are not allowed, including parents/guardians.

Will MJ1 still have art, band, choir, STEAM etc.? Yes, MJ1 will still have art, band, choir, STEAM, etc. MJ1 is following health guidelines put forward by local and state health officials, as well as the CDC, on best practices toward keeping these activities safe – including which instruments and equipment can be used for in-person learning, and how equipment should be cleaned. MJ1 band teacher is making instrument coverings. Some activities, like choir, will happen in outdoor settings, as much as possible.

Transportation Students will have assigned seats on the bus. Members of the same household will be required to share a seat(s). The bus driver and all students will be required to wear a face covering on the bus for the duration of the ride.

Bus boarding and exiting protocols - Proper social distancing will occur to provide for the safe entry and exit from the school bus.

Sports - We are hoping to at least provide intramurals for our sports seasons. The safety of our students being paramount in our decision making and each sport may look different depending on the risk level. At this time cross country is scheduled for one meet and other

fall sports will be intramural.

Community ed - Community ed classes are suspended at this time

Field trips and overnight trips These activities will not be allowed at this time.

What are the face coverings guidelines for students who need to see lips or facial expressions to understand/communicate? Face coverings will be used as normal in large group settings. The Special Education Department purchased some clear face coverings for these teachers/provides to wear. One-on-one therapies or lessons may lend themselves to removal of the face coverings. Plexiglass shields have been installed in the therapist rooms.

How will MJ1 accommodate students with IEPs? We will accommodate them as they are written. If changes need to be made, we will reconvene and update the IEP.

How will we know when school closure happens and transitioning to virtual learning?

We will try to let families know as soon as possible. Communication will be through automated phone messenger, email, Firebird Flash, facebook, and school website.

I don't have a computer at home, how will my student do virtual learning?

All students will be provided a MJ1 school chromebook to use during a school closure.

I don't have internet at home, how will my student do remote home learning or virtual learning?

Some MiFi's (WiFi hotspot) have been purchased by the district. Families that currently do not have internet at home, and have cell phone service may be provided a MiFi to use with school chromebooks.

What would my child's schedule be during virtual learning?

Your child's classroom teacher will provide the virtual schedule at open house or during the first week of school.

Will lunch be provided if school closes?

If school closes for more than 5 days, lunch will be available for pick up.

Remote Home Learning Model

Will the remote home-learning option have online videos of lectures from MJ1 teachers? No. We are not allowed to have video cameras in classrooms during class.

Can there be a weekly mix of in-person and home-learning?

No

Is the remote home learning teacher the same as the in-person teacher? (i.e. is MJ1 contracting teachers or reorganizing home-learning/online instructors?)

No, remote home learning teacher liaison is not the same teacher as the student would have if they were physically attending.

Is the twice weekly check-in with the teacher virtual or in-person?

The twice a week check-in will be through google meets, virtually.

Are the check-in days set, or flexible?

Check-in times will be set between teacher liaison, student and parents.

How long are the teacher, student check-ins?

Up to an hour for now, but flexible and will change as needed.

Can students join the in-person option at any time? Or will there be quarterly commitments with the home-learning option?

No, students can only join in-person at the start of each quarter. If a student plans to join in person please let the main office know a week before the quarter starts.

Quarters start dates:

Quarter 2 - November 4th

Quarter 3 - January 21st

Quarter 4 - April 2nd

Who will “teacher liaisons” be?

Remote home learning teacher liaisons will be MJ1 licensed teachers.

Will chromebooks be available for students?

Yes, students who choose remote home learning can access a school provided chromebook upon request to their teacher liaison.

Is lunch available for my student who is remote home learning?

Yes, you are able to pick up a 5 day meal pack weekly.

COVID-19 RESOURCES **SELF-CARE**

With all of the distressing information about COVID-19 and the upheaval we have experienced in our normal routines, it is natural to expect a wide range of thoughts, feelings, and reactions. Below are some tips to help take care of yourself and your student during this trying time and to manage the stress and anxiety you may be feeling.

Are my feelings normal?

Yes, this is normal. Many have experienced an increase in stress and distress in recent weeks as news about Coronavirus has filled all of our spaces. Some common reactions include:

- Feeling anxious, worried, panicked, or scared
- Feeling helpless
- Social withdrawal
- Difficulty concentrating or sleeping
- Sleeping too much
- Depressed moods
- Anger
- Procrastination and difficulties with motivation
- Fear about interacting with those you perceive to be infected
- Fear for my loved ones

How can we manage our stress?

If you have access to habits and techniques that have been successful for managing your stress in the past, return to these and trust what you already know about yourself. Past that, here are some important considerations for managing your stress:

Stay Connected.

- We can't expect our social lives to operate how they were, but we still have a need to feel connected with others. Utilize video tools such as Skype, Facetime, Google Hangouts, Facebook, etc. to connect visually. Find someone to talk to, whether it is a friend, family, or a professional. Most likely you are not nearly as alone as it may feel.

Be Active.

- Our routines and activity level have been altered significantly, but staying busy is vital during times of crisis, whether via exercise, relaxation, mindfulness, or other activities. Physical activity can be especially helpful for managing and preventing problematic levels of stress and emotional distress. If you can, consider a daily routine for both some type of physical exercise and time for relaxation. These can be as simple as a fifteen-minute exercise video through YouTube, quiet time with deep breathing, or winding down with a book. Learn and practice

ways to calm and center yourself. Go for a walk. Get out of the house. Take a bath. Try things until you find what works.

Have a Routine.

- If you are feeling out of control, you might benefit from finding something you can actually control. This might mean that your first hour of the day includes the same set pattern, or your last hour of the day. This might mean that you take your dog for a walk at the same exact times every day. You might benefit from a routine that is close to what you have been accustomed to for the past few months, including how you dress, when your breaks are, and when you eat meals. If your class is no longer holding live meetings, maybe you study for that class during the original class period.

Don't Look Too Far Ahead.

- You may feel overwhelmed with all of the obligations you seem to have right now, but getting ahead of yourself is an easy way to burn out and become even more overcome with stress. Take stock of the week at hand, and consider what should be prioritized. You may not be able to do everything, and if this is reality for you, wishing it away or blaming yourself (or anyone else) will not get more accomplished for you. Try to focus on what you can do rather than what you feel you should do, and remember that we can only ever do things one step at a time.

Write Through Uncertainty.

- We are dealing with a lot of uncertainty, and it is scary and intimidating. As you find yourself worrying about the unknown, write down the questions that arise in your mind. Some will not have answers (When will this all be over? How bad will it be?) or the answers will come in time. For others you can't answer, see if you can find the answer, and you might feel better.

Get Space From the News.

- You might benefit from setting some boundaries for yourself with media coverage and social media. It is important to stay informed, but you may be able to get all of the news you need by checking once or twice a day. Instead, focus on the things that are positive in your life, and try to find lightness and humor where you can.

Keep Perspective.

- This is an unprecedented situation. Remember that it is okay to have anxiety, and you can forgive yourself for not being perfect. It is also okay to backslide, as some days will inevitably be worse than others. Lower your expectations, give people the benefit of the doubt, and remind yourself that this is temporary.

Remember to Breathe.

- Whenever you are feeling out of control. Whenever you think of it. Right now, actually.

Talk with a counselor

- We have two guidance counselors and a couple of therapists here at MJ1 to support. Depending on what works for you, video chat or phone calls are available. If you do not feel you need to have a one-on-one conversation but have questions related to emotional health, please pass these along to our guidance team.