

Central Methodist Nursery School

3700 Pacific Avenue

Stockton CA 95207

(CMNS is an outreach ministry of Central United Methodist Church)

Central Methodist Nursery School COVID-19 HEALTH AND SAFETY PLAN

To ensure the safety of our children, staff and community in the continuing epidemic of COVID-19 while preparing to reopen and provide much needed nursery school education and recreation to the children of families in our community, Central Methodist Nursery School, (“CMNS”) sets forth the following COVID-19 Health and Safety Plan (the “Plan”) made as of June 21, 2020 (the “Effective Date”).

Social and Physical Distancing

CMNS shall attempt to limit the number of people each child comes into contact with each day while also making accommodations to spread children out in the physical spaces they use as a class as follows:

- Advise staff and caregivers and children over age two that they should wear face coverings at all times and make face coverings available for use by staff and caregivers and children.
- Conduct two (2) classes per day with ample time for cleaning and sanitizing between each session.
- Each class will accommodate one half of the licensed room capacity number:
Room 1 – 11 children
Room 5 – 11 children
Room 7 – 13 children
- Use outside spaces as much as possible, staggering when necessary.
- Open windows to ventilate facilities before and after children arrive.
- Arrange developmentally appropriate activities for smaller groups and rearrange furniture and play spaces to maintain 6-foot separation, when possible.
- Cancel special events, field trips and large group gatherings, including tours to prospective students and families.
- Restrict nonessential visitors, volunteers and activities involving other groups at the same time.

Teacher to Child Ratio and Group Size

CMNS serves children ages 2 years – Kindergarten entry. The Preschool shall maintain a 2:11 or 2:13 staff to child ratio and a group size of one-half the licensed room capacity number.

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During Drop Off and Pick Up:

CMNS shall move drop-off/pick-up of students and sign in/sign out to an outdoor location outside the facility so as to reduce the number of people entering the building. In classes of more than 10 children, there will be a staggered drop off/pick up schedule. One half the children will start at 8:30 am and the second half at 8:40 am. Pick up will be 11:30 am for the first group and 11:40 am for the second group. Afternoon classes will have the same staggered drop off/pick up times if there are more than 10 children: 12:30 pm, 12:40 pm drop off, 3:30 pm, 3:40 pm pick up. Preschool staff shall escort children into their classroom at the beginning of the day and release children at the end of class to/from their parent or caregiver at the outdoor location. In conjunction, the preschool shall:

- Conduct visual wellness checks of all children upon arrival and ask health questions.
- Implement daily health screenings (described below).
- Explain to parents and caregivers that all visits should be as brief as possible.
- Encourage families to have the same parent or caregiver drop off and pick up the student each day.
- Ask parents and caregivers to wash their own hands and assist in washing the hands of their children before, drop-off, prior to coming for pick up, and when they get home.
- Ask parents and caregivers to bring their own pens when signing children in and out.
- Provide hand sanitizers, out of the reach of children, at the sign in table.

Daily Health Screenings:

In order to exclude from CMNS any child, parent, caregiver, or staff showing symptoms of COVID-19, the Preschool shall implement daily screenings before entry to the school facility. Persons who have a fever of 100.4° F or above or other signs of illness should not be admitted to the facility.

The Preschool shall:

- Screen all individuals about any symptoms (primarily fever, cough, difficulty breathing, rash or other signs of illness, or fever reducing medications taken, within the last 24 hours) – that they, or someone in their homes, might have.
- Take temperatures before working or beginning care with a no-touch thermometer wiped with an alcohol wipe after each use.
- Train staff about the new screening procedures. Notify caregivers, and as caregivers to screen themselves and children daily, and advise if children have taken any fever reducing medications in the past 24 hours, prior to coming to the Preschool.
- Exclude from the Preschool facility any persons having a temperature of 100.4°F or higher.
- Monitor staff and children throughout the day for any signs of possible illness.
- Follow the facility procedures for isolation and notify the caregiver immediately to pick up the child if staff or if a child exhibit signs of illness.

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Personal Items

CMNS shall observe the following with respect to personal items:

- All personal items of the staff shall be identified and kept separate from others.
- All personal items of children shall be kept either in cubbies separate from others or labeled and kept in a separate bag/backpack to ensure separation from others.
- Personal toys shall be kept at home.

Caring for Young Children:

CMNS shall observe the following with respect to children that are crying and/or need to be held for comfort:

- Advise staff that they can protect themselves by wearing long hair up and by wearing an over-large button-down long sleeved shirt, or bringing such a shirt to put on themselves while comforting a child.
- Advise staff to wash their hands, neck and anywhere touched by a child's secretions.
- Change the child's clothes if secretions are on it.
- If worn, the button-down shirt should be changed if there are a child's secretions on it.
- Staff should wash their hands again.

Cleaning and Sanitization:

CMNS shall intensify its regular schedule for cleaning, sanitizing and disinfection as follows:

- Routinely clean, sanitize, and disinfect frequently touched surfaces and objects, especially toy and games, doorknobs, light switches, classroom sink handles, countertops, tables, chairs, cubbies and playground structures.
- Toys that cannot be cleaned and sanitized are not to be used.
- Toys that the children have placed in children's mouths or that are otherwise contaminated by body secretions or excretions should be set aside until they are clean.
- Machine washable cloth toys shall be removed and not used at all.
- Provide multiple toy and manipulatives that are easy to clean and sanitize throughout the day.
- Designate a tub for toys that need to be cleaned and disinfected after use.

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Bathroom:

CMNS shall observe the following with respect to the bathroom:

- Maintain social distancing and limit the number of students using the bathroom at one time.
- Sanitize the sink and toilet handles before and after each child's use and teach children to use a tissue when using the handle to flush the toilet.
- Wash hands for 20 seconds and use paper towels or single use cloth towels to dry hands thoroughly.

Practice Healthy Hygiene:

CMNS shall implement and enforce strict handwashing and/or hand sanitizing guidelines for all staff and children. Hands should be washed or sanitized first thing upon arrival, before and after eating or handling food, after using the bathroom or helping a child use the bathroom, after playing outdoors, after handling garbage, after touching face or mouth, and upon otherwise transitioning to a new activity. To this end the Preschool shall:

- Teach, model, and reinforce healthy habits and social skills.
- Explain to children why it's not healthy to share drinks or food, particularly when sick.
- Practice frequent handwashing by teaching a popular child-friendly song or counting to 20, (handwashing should last 20 seconds).
- Teach children to use tissue to wipe their nose and to cough inside their elbow.
- Model and practice handwashing before and after eating, after coughing or sneezing, after playing outside, and after using the restroom.

Food Preparation and Meal Service:

CMNS shall observe the following with respect to food preparation and meal service:

- Utilize more tables to spread children out to ensure adequate spacing of children.
- Practice proper hand washing before and after eating.
- Use paper goods and disposable plastic utensils when possible, following CDC and CDPH COVID-19 food handling guidelines.
- Advise food items must be prepackage and/or fruits and vegetables handled only after proper handwashing and in accordance with food handling guidelines.
- Immediately clean and disinfect tables after meals.
- Avoid family or cafeteria-style meals, ask staff to handle utensils, and keep food covered to avoid contamination.

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Keep Environment Safe:

CMNS shall observe the following with respect to general environmental safety:

- Limit the amount of sharing.
- Keep each child's belongings separated and in individually labeled storage container, cubbies, or areas or taken home each day and cleaned.
- Ensure adequate supplies to minimize sharing of high touch materials to the extent possible (art supplies, etc. assigned to a single child).
- Clean and disinfect supplies between each user.
- Offer more opportunities for individual play and solo activities, such as fine motor activities, (i.e. drawing coloring, cutting, puzzles, and other manipulatives).
- Plan activities that do not require close physical contact between multiple children.

Napping:

Not applicable. The CMNS' children do not nap at the facility.

Teach Young Children About Social Distancing:

CMNS shall implement strategies to model and reinforce social and physical distancing and movement as follow:

- Use plastic mats or plastic shapes or other visuals for spacing.
- Model social distancing when interacting with children, families, and staff.
- Role-play what social distancing looks like by demonstrating the recommended distance.
- Give verbal reminders to children.

Preparedness Plan:

CMNS shall observe the following plan if someone is or becomes sick at the facility:

- Have an isolation area in the corner of the classroom that can be used to isolate a sick child.
- Call the parent or caregiver to pick up the child as soon as possible.
- Seek immediate medical assistance as determined necessary by agreement of the staff.
- Close off areas used by any sick person and do not use them until they have been thoroughly cleaned. Wait up to 24 hours or as long as possible before cleaning or disinfecting to allow respiratory droplets to settle.
- Notify local health officials, staff, and families immediately of any possible case of COVID-19 while maintaining confidentiality as required by the Americans with Disabilities Act.

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- If COVID-19 is confirmed in a child or staff member:
 1. Notify all parents, caregivers, and staff of the confirmed case of COVID-19.
 2. Close off areas used by the person who is sick.
 3. Open outside doors and windows to increase air circulation in the areas. Wait up to 24 hours or as long as possible before cleaning or disinfecting to allow respiratory droplets to settle.
 4. Clean and disinfect all areas used by the person who is sic, such as offices, bathrooms, and common areas unless more than seven days have passed since the person who is sick visited or used the facility, in which case, additional cleaning and disinfection in not necessary.
 5. Continue routine cleaning and disinfection.

We will follow these policies, to the best of our ability, to ensure the health and safety of our students, staff and families.

Elaine Oneto-Galbreath

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Director, CMNS