ST. JOSEPH’S ACADEMY REOPENING PLAN
2020-2021 School Year
SJA MISSION STATEMENT

St. Joseph’s Academy is a private, Catholic high school for girls in St. Louis, Missouri, sponsored by the Sisters of St. Joseph of Carondelet. Our mission is to provide quality Catholic education for young women in an environment that challenges them to grow in faith, knowledge, and respect for self and others. Our community expects these young women to make a profound impact in the world.

SJA’S STRATEGIC RESPONSE TO COVID-19

St. Joseph’s Academy has prepared a strategic leveled approach for the reopening of campus for the 2020-2021 school year, as we work to anticipate the health and safety challenges that our community may face throughout the year. When reopening the school in August, the goal is to mitigate the risk of COVID-19 within our student and faculty/staff populations, while providing an excellent education and community connections for the young women we serve.

Why a leveled reopening approach?

› Our leveled approach was developed with the specific mission, number of people in our building, facilities, and needs of our SJA community at the center of each discussion and decision.

› Our leveled approach will give us the ability to pivot efficiently between the levels of learning identified in this document in the most seamless and non-disruptive way possible, should it be necessary at any time.

› While we are encouraged by the recent information from infectious disease physicians on the St. Louis County Reopening Task Force that children are much less likely to become infected, transmit, or be hospitalized with serious consequences from COVID-19, we MUST acknowledge that there are numerous adults in our school environment who educate and care for our students each day.

› Assuring the health and safety of faculty, staff, and others in our community, who may be at higher risk of serious illness from COVID-19, has been a crucial part of the calculation for reopening levels and readiness.

› We will continue to reevaluate the school schedule every two weeks based on health and safety recommendations and pivot to different levels as needed.

Based on the information above and scientific evidence supported by our safety, academic, and connectivity task forces, we believe that the Hybrid (Level 3) Model is the safest and best-suited option for St. Joseph’s Academy to reopen in August.

We recognize that there is MUCH to consider in the decisions and policies surrounding COVID-19. While we have worked diligently to think of all possible scenarios for the upcoming year, we also acknowledge that we might not have thought of everything. Due to the fluidity of information regarding COVID-19, changes to this reopening plan may be necessary in the weeks and months ahead based on constantly unfolding information, local mandates, and our lived experience as a community. We are confident that this year will be an exceptional experience for all of our students, faculty, and staff. In the pioneering spirit of the Sisters of St. Joseph, we are leading the way to be the solution in this unprecedented time.

For any questions regarding the reopening of St. Joseph’s Academy, please email reopening@sja1840.org.
Reopening Plan

The St. Joseph’s Academy’s task force committees and leadership team are implementing campus modifications and protocols that will generate conditions meeting or exceeding the baseline level of safety needed for SJA students, faculty, and staff to return to campus in August. The school will follow specific health and safety precautions determined by local, state, and federal agencies as well as those recommended by the SJA safety task force and medical consultants. SJA will mitigate health and safety risks but cannot eliminate all risk in regards to COVID-19.

The reopening task force worked diligently to develop a reopening strategy that allows for prioritizing the health and safety of our students and faculty/staff, flexibility, and transparency. The Administration recognizes that some families may not be comfortable with their daughter(s) returning in August and has developed reopening options for our families to navigate.

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With the recommendations of St. Joseph’s Academy’s reopening task force committees, which includes medical professionals, administrators, faculty, and staff, St. Joseph’s Academy is able to implement physical modifications to the campus needed to support the return of students to campus in August 2020.

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**SCHOOL AWAY FROM SCHOOL (SAS)**

**Level 4**

Your daughter(s) will continue with St. Joseph’s Academy’s SAS, with regular modifications to ensure that students are receiving a well-balanced and academically fulfilling experience. On-Campus classes can be accessed virtually.

Parents choosing this option must notify St. Joseph’s Academy.

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**Level 3 – Hybrid Modified Schedule**

Tight health & safety precautions

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**Level 2 – All students on campus with modified schedule/health & safety precautions**

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**Level 1 – All students on campus. Return to regular school/schedule.**

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**ON-CAMPUS LEARNING**

Your daughter(s) will begin the 20-21 academic year on campus with the expectation that specific health and safety procedures will be required in Levels 2 & 3.

In the event local authorities require SJA to close, or reinstitute a stay-at-home order, students will transition to School Away from School Learning (SAS).

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St. Joseph’s Academy will reopen in August and students will return to the physical campus.

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As a family, you have determined that you are comfortable with your daughter(s) returning to the physical campus.
On-Campus Learning

St. Joseph’s Academy is preparing for on-campus school operations to resume in August 2020. The year will begin in LEVEL 3, and ideally, transition to LEVEL 2 and then to LEVEL 1 (click the links to see each schedule). It is conceivable that back and forth transitions may occur between the levels throughout the year.

For levels 2 and 3, SJA will follow specific health and safety precautions which will be in accordance with local, state, and CDC guidelines. The transitions between levels will be based on advice from the safety task force, COVID-19 data within our school community, and COVID-19 data for St. Louis County and surrounding areas. Specific plans regarding on campus modifications and protocols can be found on page 6 of this reopening plan.

All questions on the Student Health Screening Form must be answered every day before coming to school.

Drop-off and arrival times are outlined in A Day in the Life.

Each family will be assigned a numbered parking spot.

Parents/carpool driver or student driver will park in the same spot each day.

To prevent lines and gatherings, students will enter the school building through the same assigned door each day. The entry door will be located near the family parking spot.

Each student will leave for the day through the same assigned door in which she entered and go to the family parking spot to be picked up.

Students not picked up immediately after school are required to go to the supervision area available until 6:15 p.m.

Athletic offerings will be based on MSHSAA recommendations and requirements. St. Louis County guidelines will also be followed. Information will be communicated by the Athletic Director.

Activities and clubs will meet via Zoom and in person when possible.

For details on this and more information, please see Level 3: A Day in the Life of an SJA Student.
Preparing for Interruptions

St. Joseph’s Academy has modified its regular schedule to a full block schedule through the first semester to allow for efficient pivots from On-Campus learning to School Away from School (SAS). If possible, the schedule will revert to the regular schedule for second semester.

Based on forecasting and scenario planning, St. Joseph’s Academy expects that until a COVID-19 vaccination is developed, there may be transition from On-Campus learning to School Away from School (SAS) learning and back during the school year.

St. Joseph’s Academy is prepared for possible waves of interruptions to On-Campus learning. We will remain in the current level of school learning unless the number of positive results reach the thresholds as outlined by St. Louis County.

› The St. Louis County School Reopening guidelines state in the event a person diagnosed with COVID-19 is determined to have been in the building and poses a risk to the students or faculty/staff, the school may close for 1-2 days for sanitizing and cleaning of the building or exposed area if unable to clean during the nighttime closing.

› The St. Louis County School Reopening guidelines suggest that if over 5% of the student body in a building or district test positive any day, 4% test positive over 2 days in a row, or 3% test positive for 3 days in a row, then that building or district closes for 10 days (percentages may change as more scientific data becomes available).

⚠ Information regarding all schedule changes will be communicated to parents via email and/or School Messenger (see Parent School Connection).
Physical Campus

The following health and safety strategies will be incorporated in the following areas including, but not limited to:

- Masks required during classes and in public gathering spaces (see Health & Hygiene for SJA’s mask expectations).
- Student capacity limits to allow for social distancing (6 feet) in classrooms, lunch areas, gymnasium, etc.
- Students will be spaced 6 feet apart in classrooms. Assigned classroom seating for contact tracing, if needed.
- Continued use of online and virtual platforms, in conjunction with in-person services (a “hybrid” approach).
- Designated inside and outside areas for unstructured periods. Outside classrooms will be created.
- Designated family parking spot to prevent lines and gatherings at arrival and dismissal.
- Increased planning and technology enhancements for learning and connecting students with their teachers.
- Required health screening process. An oral temperature is strongly recommended.
- Walk-on-the-right hallway and stairwell patterns and increased passing time in between classes.
- No visitors, including parents, during the school day. Essential visitors will need pre-approval.
- Everyone entering the building is required to wash/sanitize their hands.
- Lunch will still be available, although served in a different format.
- The school calendar will be published in two-month increments. Major dates such as Thanksgiving break and Christmas break will remain the same on the school calendar.
- Enhanced sanitizing processes of frequently touched surfaces.

Student Faith Formation and Wellness

Students’ faith formation will continue to be supported through our Campus Ministry program, theology courses, and other modified faith experiences such as liturgies, retreats, and service opportunities.

Counselors continue various means to support students’ mental health.
Digital Platforms

Canvas will continue to be our school’s main information system. Students and parents can access class assignments, videos, announcements, grades, calendars, and more.

PowerSchool allows students access to their daily schedule.

Zoom is a video conferencing platform that will be used to provide LIVE virtual classes and activities.

Communication information will be sent to parents via email and School Messenger. Regular communications will be sent via the weekly parent email blast and posted on the SJA website.
Level 4: School Away from School

School Away from School (SAS) does not change the mission of providing quality Catholic education in an environment that challenges each student to grow in faith, knowledge, and respect for self and others. In this level we continue to educate in a balanced approach, call forth spiritual courage and confidence, encourage leadership and the pursuit of individual passions, foster the desire to serve, and expect excellence.

The purpose of the Level 4 schedule is threefold:

- To keep everyone safe by being off campus and in an online learning environment, in the event that St. Joseph’s Academy is required to close as a result of a COVID-19 pandemic outbreak.
- To support any family who chooses the School Away from School option at any time during the COVID-19 pandemic.
- To ensure your daughter continues her education if she or a household member tests positive for COVID-19 or shows any symptoms.

The school day extends from 8:30-2:50 p.m. and is a rotating block schedule. The week will generally look like the following:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>C Day</td>
<td>D Day</td>
<td>A Day</td>
<td>C Day</td>
<td>D Day</td>
</tr>
</tbody>
</table>

- All students will be off campus all five days, and meet with their teachers via Zoom in synchronistic learning, or in asynchronistic learning through teacher directed content and videos through Canvas.
- Modifications will be on the SJA calendar and updated regularly to reflect changes.

<table>
<thead>
<tr>
<th>C and D Days</th>
<th>A Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Period 1 3A-C or 1A-D 8:30-9:45 (75 minutes)</td>
<td>Period 1 9:10-9:40</td>
</tr>
<tr>
<td>LACE or LUNCH 2</td>
<td>Period 2 9:50-10:20</td>
</tr>
<tr>
<td>11:40-12:10 (30 minutes)</td>
<td>Period 6 or Lunch 2 12:20-12:50</td>
</tr>
<tr>
<td>Period 2 4A-C or 2A-D 9:55-11:10 (75 minutes)</td>
<td>Period 1 9:10-9:40</td>
</tr>
<tr>
<td>Period 3 8A-C or 5A/6A-D 12:10-1:25 (75 minutes)</td>
<td>Period 2 9:50-10:20</td>
</tr>
<tr>
<td>Period 4 10:30-11:00</td>
<td>Period 7 1:00-1:30</td>
</tr>
<tr>
<td>11:10-11:40</td>
<td>Period 8 1:40-2:10</td>
</tr>
<tr>
<td>Period 5 11:50-12:20</td>
<td>Period 9 2:20-2:50</td>
</tr>
</tbody>
</table>
The purpose of the Level 3 schedule is to reduce the number of students by 50% on campus in order to follow the 6-foot social distancing guidelines in all classrooms and other areas of the campus, as a result of the COVID-19 pandemic.

The week will generally look like the following:

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>

- **Monday & Tuesday:** Students whose last names begin with A-K will attend face-to-face classes on campus while L-Z will be off campus and attend classes or do assignments online.

- **Wednesday, A Day / M.O.R.E. Day:** Meeting | Organizing | Reflecting | Educating
  - M.O.R.E. Day is a day for students in each class to connect with one another and build community.
    - One designated grade level will be on campus.
    - Grade level designations are listed for the first four weeks of school below.
    - Grade levels not designated to be on campus will follow their A Day schedule online from home (listed below).
    - Grade designations for M.O.R.E. days will be on the school calendar.

- **Thursday & Friday:** Students whose last names begin with L-Z will attend face-to-face classes on campus while A-K will be off campus and attend classes or do assignments online.

<table>
<thead>
<tr>
<th>C and D Days (8:30 a.m.-2:50 p.m.)</th>
<th>A Day / M.O.R.E. Day (9:10 a.m.-2:50 p.m.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>75-minute classes/10-minute passing</td>
<td>30-minute online* classes/10-minute passing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday/Tuesday: A-K on campus; L-Z online</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday/Friday: L-Z on campus; A-K online</td>
</tr>
</tbody>
</table>

**Faculty/Department/Committee/Level Mtgs: 7:50-8:50 a.m.**

<table>
<thead>
<tr>
<th>Period 1</th>
<th>8:30-9:45</th>
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<tbody>
<tr>
<td>(3A-C or 1A-D)</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Period 2</th>
<th>9:55-11:10</th>
</tr>
</thead>
<tbody>
<tr>
<td>(4A-C or 2A-D)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LACE or LUNCH 1</th>
<th>LACE or LUNCH 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:10-11:40</td>
<td>11:40-12:10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Period 3</th>
<th>12:10-1:25</th>
</tr>
</thead>
<tbody>
<tr>
<td>(8A-C or 5A/6A-D)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Period 4</th>
<th>1:35-2:50</th>
</tr>
</thead>
<tbody>
<tr>
<td>(9A-C or 7A-D)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Period 5 or LUNCH 1</th>
<th>11:50-12:20</th>
</tr>
</thead>
</table>
Level 3: A Day in the Life of an SJA Student

On-Campus Learning:

During the Hybrid Level 3 modified schedule, students whose last names begin with the letters A-K will participate in on-campus, face-to-face learning on Mondays and Tuesdays and students whose last names begin with the letters L-Z will participate in on-campus, face-to-face learning on Thursdays and Fridays.

**Before leaving home:**
- With a parent, complete the Student Health Screening Form every time you come to school.
- Bring your own filled water bottle from home.
- Make sure you have your mask.

**Regarding student health:**
- STAY HOME if you answered “YES” to any of the screening questions, show any symptoms, even minor symptoms, or have a pending test for COVID-19. Make sure your parent emails St. Joseph’s Academy at health@sja1840.org to report your situation. For further advice, please check with your pediatrician.
- Do not disguise symptoms and come to school, i.e. giving medication to reduce a fever or other symptoms.
- If you experience symptoms at any time throughout the day, you must report to the main office and you will be placed in an isolated sick area until you are able to go home.

**Your first-period class begins at 8:30 a.m. Please plan for:**

**Prior to entering the building:**
- Your family will have an assigned parking spot that will be communicated to you at the beginning of August. If you do not drive, your driver will pick you up and drop you off via this spot.
- You will have an assigned entry door that will be communicated to you at the beginning of August. You must enter and exit the building through your assigned door.
- You are required to social distance with no less than 6 feet and wear a mask even if you are visiting with your friends. Please watch this video on the proper way to wear a mask:

Students may arrive for clubs/activities at or before 7:30 a.m. If you arrive earlier than 8:15 a.m., you will be directed where to go by an adult at your entrance.

**Upon entering the building:**
- Masks must be on and worn properly.
- Continue to be diligent about social distancing (6 feet).
- Use the hand-sanitizer as you walk in the door.
- Do not congregate in the hallways (lockers will not be used).
Go straight to your first-period class if arriving any time after 8:15 a.m.

If you arrive late to school, you must still follow the aforementioned guidelines listed above (health screening form, social distancing, and masks on). Please call the main office from your parking spot at 314-394-4300 and wait in your car for directions.

If you have an unstructured period first, you may arrive late but in time for your class, you must still follow the aforementioned guidelines listed above (health screening form, social distancing, and masks on). Please call the main office from your parking spot at 314-394-4300 and wait in your car for directions.

Throughout the day:
- Continue to social distance (see Health and Hygiene section).
- Go to your designated area during any unstructured period you might have.
- Expectations of passing time will be shared during orientation.
- Lunch:
  - The lunch process and eating areas will be explained during orientation.
  - Hot lunches will not be available at this time.
  - A pre-made bagged lunch will be available for purchase. Food Service (café staff) will communicate the process for advanced lunch purchases.
  - You may also bring your own lunch.
- You will have access to the outdoor campus. This will be explained more during orientation.
- Mask breaks: you will be instructed on this process during orientation.
- If you need to leave school early for an appointment, you will report to the main office. Parents must call the main office in advance for any early dismissal requests. Please see the Student Handbook for details regarding early dismissals.
- If you have an unstructured period the last period of the day, you may leave early and must check out in the main office.

Off-Campus Learning:

During the Hybrid Level 3 modified schedule, students whose last names begin with the letters L-Z will participate in off-campus virtual learning on Mondays and Tuesdays and students whose last names begin with the letters A-K will participate in off-campus virtual learning on Thursdays and Fridays.

Your first-period class begins at 8:30 a.m. Please follow the guidelines and instructions of your teachers for live-streaming or other forms of online learning. Instructions will be communicated to students on their designated orientation day.

- Attendance will be taken.
- Uniform top is required, and when on Zoom, you must show your entire face.
The MORE (Meeting, Organizing, Reflecting, and Educating) day has been developed to enhance the community experience for St. Joseph's Academy students during the Hybrid Level 3 or Level 2 Schedules. Students will experience programming with their classmates such as Mass, class activities, counseling meetings, etc. If your grade level is not scheduled to be on campus, you will follow the A Day/MORE Day off-campus class schedule. Per the requirements of your teachers, you will be accessing your learning from home via Canvas.

The following classes will be on campus on the following dates*:

<table>
<thead>
<tr>
<th>Wed., August 19</th>
<th>Wed., August 26</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshmen</td>
<td>Seniors</td>
</tr>
<tr>
<td>Wed., September 2</td>
<td>Wed., September 16</td>
</tr>
<tr>
<td>Sophomores</td>
<td>Juniors</td>
</tr>
</tbody>
</table>

*Future dates will be posted on the school calendar.

*Students who are in SAS when their grade level is meeting will be informed on an individual basis of how they will be participating in their class M.O.R.E. day.

On-Campus Intentional Connectivity and Formation

M.O.R.E. days are required school days

Arrive by 9:00 a.m. You will be provided information of where to check in for the day.

Prior to entering the building:

› Your family will have an assigned parking spot that will be communicated to you at the beginning of August. If you do not drive, your driver will pick you up and drop you off via this spot.
› You will have an assigned entry door that will be communicated to you at the beginning of August. You must enter and exit the building through your assigned door.
› You are required to social distance with no less than 6 feet and wear a mask even if you are visiting with your friends.

Upon entering the building:

› Masks must be on and worn properly.
› Continue to be diligent about social distancing (6 feet).
› Use the hand-sanitizer as you walk in the door.
# Level 2: Modified Schedule

The purpose of the Level 2 schedule is to continue health and safety measures with all students on campus most days. Once social distancing guidelines have been lessened, this schedule allows for flexibility to move in and out of levels, if circumstances require the school to do so.

The week will generally look like the following:

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>C Day</td>
<td>D Day</td>
<td>A Day Online*/M.O.R.E. Day</td>
<td>C Day</td>
<td>D Day</td>
</tr>
<tr>
<td>All Students</td>
<td>All Students</td>
<td>M.O.R.E. Day</td>
<td>All Students</td>
<td>All Students</td>
</tr>
</tbody>
</table>

- **Monday, Tuesday, Thursday, and Friday** all students are on campus.
- **Wednesday, A Day*/M.O.R.E. Day**: Meeting | Organizing | Reflecting | Educating
  See the specifics of A Day/M.O.R.E. Day in the Level 3 Hybrid Schedule and The Day in the Life.

* Students not on campus for M.O.R.E. Day will follow their A Day schedule online from home (below).

## Level 2: Modified Schedule

<table>
<thead>
<tr>
<th>C and D Days (8:30 a.m.-2:50 p.m.)</th>
<th>A Day/M.O.R.E. Day (9:10 a.m.-2:50 p.m.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>75-minute classes/10-minute passing</td>
<td>30-minute online* classes/10-minute passing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Faculty/Dept/Committee/Level Mtgs: 7:50-8:50 a.m.</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>Period</th>
<th>Time</th>
<th>Period</th>
<th>Time</th>
<th>Period</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8:30-9:45</td>
<td>1</td>
<td>9:10-9:40</td>
<td>6</td>
<td>12:20-12:50</td>
</tr>
<tr>
<td>2</td>
<td>9:55-11:10</td>
<td>2</td>
<td>9:50-10:20</td>
<td>7</td>
<td>1:00-1:30</td>
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<tr>
<td></td>
<td>(3A-C or 1A-D)</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11:10-11:40</td>
<td>3</td>
<td>10:30-11:00</td>
<td>8</td>
<td>1:40-2:10</td>
</tr>
<tr>
<td>LACE or LUNCH 1</td>
<td>11:10-11:40</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LACE or LUNCH 2</td>
<td>11:40-12:10</td>
<td>4</td>
<td>11:10-11:40</td>
<td>9</td>
<td>2:20-2:50</td>
</tr>
<tr>
<td></td>
<td>11:40-11:40</td>
<td>5</td>
<td>11:50-12:20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(8A-C or 5A/6A-D)</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Period 4</td>
<td>1:35-2:50</td>
<td>5</td>
<td>11:50-12:20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(9A-C or 7A-D)</td>
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</tbody>
</table>
Once it is determined it is safe to return to Level 1, we will transition to our regular modified block schedule (A-B-C-D-E).

The school day extends from 7:50-2:50 p.m. and is a rotating block schedule with five minutes passing time.

The week will generally look like the following:

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Day</td>
<td>B Day</td>
<td>C Day</td>
<td>D Day</td>
<td>E Day</td>
</tr>
</tbody>
</table>

All students will be on campus all five days.
St. Joseph’s Academy can mitigate, but cannot eliminate the risk of contracting COVID-19. Undoubtedly, our community will experience cases of COVID-19. In these uncertain and unusual times, we must be in partnership with each other.

To help ensure the health and safety of the St. Joseph's Academy community and to help prevent the spread of COVID-19, we expect parents to:

› ensure that your daughter is completing the Health Screening Form every day.
› notify St. Joseph’s Academy when your daughter is exhibiting any symptom on the health screening form and do not send her to school. Email health@sja1840.org.
› notify St. Joseph’s Academy if your daughter tests positive for COVID-19. Email health@sja1840.org.
› notify St. Joseph’s Academy if your daughter has direct, close contact with anyone who has tested positive for COVID-19 within the past 14 days. Close contact is defined as closer than 6 feet for 15 minutes or longer. Email health@sja1840.org.
› work with the local health department by providing a list of close contacts and contact information helping to ensure timely and efficient contact tracing, which is necessary to prevent the spread of the disease.
› notify your daughter’s counselor if there are concerns over her mental health so appropriate resources and support can be offered.

Parents can expect St. Joseph's Academy to:

› notify parents and employees of St. Joseph's Academy when a student or employee has tested positive for COVID-19. Where it is known that there has been direct, contact (closer than 6 feet for 15 minutes or more) parents will be individually notified.
› keep the names of those with confirmed cases confidential in accordance with FERPA regulations.
› work with the local health department by providing a list of close contacts and contact information to help with timely and efficient contact tracing which is necessary to prevent the spread of the disease.
› sanitize and clean any areas in the building a COVID+ person may have been.
› continue to support student-centered Counseling Department services that promote your daughter’s resilience and mental well-being.
› communicate regularly through the parent email blast and SJA website.

If a student tests positive for COVID-19 (SARS-CoV-2) or comes in direct, close contact with a person testing positive, the CDC guidelines listed on the next page will be followed.
When You Can be Around Others After You Had or Likely Had COVID-19

If you have, or think you might have COVID-19, it is important to stay home and away from other people. Staying away from others helps stop the spread of COVID-19. If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately.

Please click here for a message from the CDC about becoming re-infected with COVID-19.

When you can be around others (end home isolation) depends on different factors for different situations. Find CDC's recommendations for your situation below.

I think or know I had COVID-19, and I had symptoms.

You can be with others after:
- 10 days since symptoms first appeared, and
- 24 hours with no fever without the use of fever-reducing medications, and
- Other symptoms of COVID-19 are improving*

*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

Note that these recommendations do not apply to persons with severe COVID-19 or with severely weakened immune systems (immunocompromised). These persons should follow the guidance below for “I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?”

I tested positive for COVID-19, but had no symptoms.

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others, however if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.
Health and Hygiene:

It is important that each student's uniform and cloth face mask are washed every evening before returning to school the next day.

The 3-Dubs (W’s)

Staying apart brings us together. Do your part by following these preventive actions, the 3 DUBS (W’s).

Wear a Mask

Masks are required in the building. Students must provide their own masks per guidelines. Masks may be removed if a person is outside and at least 6 feet away from another person. Removing mask depends on size of crowd and types of activity. Cloth face coverings help prevent people who have COVID-19 from spreading the virus to others. According to medical guidelines, masks should be 100% cotton, preferably 2-3 layers. Masks may not have words or phrases.

Wash your Hands

Washing and sanitizing your hands is easy, and it’s one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

LATHER your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. SCrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

Everyone must sanitize or wash their hands:

upon entering the building, before eating, after eating, after restroom usage, and any time the face, mouth, nose, and eyes are touched.

Watch Your Distance

› Social distancing (6 feet) will be required for students and faculty/staff.
› Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household.
› Social distancing should be practiced in combination with other everyday preventive actions to reduce the spread of COVID-19, including wearing cloth face coverings, avoiding touching your face, especially your mouth, nose and eyes.

Social distancing will be required for students and faculty/staff. Also, anyone who was within 6 feet for 15 minutes or more (with or without a mask) of someone who tested positive for COVID-19 will be asked to quarantine.
Mental Health Continues to be Important

SJA values mental health and emotional well-being at all times, but especially during rapid change and uncertainty. We acknowledge students’ and parents’ feelings are REAL and fluctuating. We encourage all members of our community to find healthy ways to express difficult emotions as well as recognize and/or create periods of happiness, hope, joy, connection, gratitude, relaxation, laughter, and a sense of security.

We applaud the tremendous role parents are currently undertaking and duly note the increased amount of stress this pandemic has brought upon our society that undoubtedly has influenced how parents/guardians care for their loved ones. With all of this in mind, please know the SJA Counseling Office is available to help with transitions.

The Wellness Counselors at SJA remain available during all levels of learning:

- to “meet” with and/or check-in on students in a manner that each student feels comfortable, safe, and as confidential as possible.
- to educate students about tools and strategies for healthy self-care and emotional self-management that support overall mental health.
- to provide students and/or families with community resources, as needed.
- to collaborate with Parents, Teachers, the Learning Specialist, Administrators, the Registrar, the Academic Counselor, the College Advisors, etc. as needed, to support each student, while maintaining confidentiality.
- to share pertinent community resource information through parent eblasts and on Canvas to help support parents and guardians.

Supporting teens during this Pandemic:

- **Supporting Teenagers and Young Adults during COVID-19** by Child Mind Institute
- **3 Things Your Teen needs from you during COVID-19** by Psychology Today
- **How to Help Teens during the Coronavirus Outbreak** by Children’s Hospital Colorado
- **Talking with Children about Coronavirus Disease 2019** by CDC

How to help teens and children as they return to school:

- **Teens and Reopening** by Child Mind Institute
- **How to Help Teens Find a “New Normal”** by Psychology Today
- **Supporting your child’s mental health as they return to school during COVID-19** by Unicef
- **Managing Anxiety during Reopening** by Child Mind Institute

If you note ANY concerning changes in sleep, appetite, mood, thoughts of hopelessness, helplessness, self-harm or behaviors indicating symptoms of anxiety, depression or suicide, please reach out!

As a reminder: anytime there is a medical emergency, please call 911.

For a mental health crisis, when Wellness Counselors are not immediately available, please contact:

- BHR Youth Connection Helpline: **CALL:** 314-819-8802, **CHAT:** bhrsl.com or **TEXT:** BHEARD to 31658 | St. Louis’s **Life Crisis Services:** 314-647-4357
- or the **National Suicide Prevention Lifeline:** 1-800-273-8255