



## Rural Utah Child Development

Creating an environment of opportunities where Head Start children and families are empowered to change their lives.

August 14, 2020

### COVID-19 PLAN

Rural Utah Child Development (RUCD) is excited to be able to reopen classrooms this fall.

This plan was created using the guidance of school districts, local Health Departments, the Office of Licensing, the Office of Child Care, and other Head Start programs in the state of Utah.

As new information comes in, we may adjust our plan. Our goal is effective communication with parents, as we journey through this year together. We hope to be successful in protecting the health of families and staff, while providing the educational and comprehensive services to support you and your child in your school readiness goals.

Mom did you know that if  
you play in mud and then  
don't wash your hands  
you can get grownupvirus?

- Joseph, age 5



#### *Information for Parents*

This newsletter is to help inform parents about RUCD guidelines during the COVID-19 pandemic.

Please visit our website at [www.rucd.org](http://www.rucd.org) and click on the COVID-19 link for updates and additional resources.

## Q&A:

### *What will this school year look like for my child?*

#### **Are there other options for learning if I am worried about my child attending the classroom?**

Families may choose either the classroom setting or a weekly virtual home visit.

- Parents who wish to enroll their child in virtual learning must notify their Site Manager or Family Educator to coordinate a plan for the virtual option.
- When possible, virtual visits will be scheduled outside of class times.

#### **Will my child be required to wear a mask?**

Children three years of age and older attending Head Start classes will be provided with and encouraged to wear face coverings during class time.

- Face coverings should be removed when eating and sleeping with social distancing followed to the greatest extent possible.
- RUCD will provide a mask for each enrolled child, or children may choose to wear one of their own.
- Masks provided by RUCD will remain at the center and will be washed daily.
- Cloth face coverings should not be worn by anyone who has trouble breathing, is unconscious, can't move, or is otherwise unable to remove the face covering without assistance.
- Parents will need to provide documentation from a medical professional to be exempt from face covering requirements.

#### **What precautions are in place to ensure my child has a healthy learning environment in the classroom?**

Steps to minimize risk in the classroom include:

- Cleaning and sanitizing periodically throughout the school day
- Sanitizing the entire classroom each day after the children leave
- Utilizing UV lights, large spray sanitizers, and other methods to disinfect large areas



Staff will:

- Encourage frequent handwashing
- Wash hands often with soap and water for at least 20 seconds
- Help children wash hands
- Teach children to avoid touching eyes, nose, and mouth with unwashed hands
- Teach children to cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands

Reid: why do you have your helmet on?

Silas: just for safety. Don't want to get Covid right?

- Reid, age 2; Silas, age 4

There are many resources available to help parents prepare children to wear a mask at school. Click on the link to view a few stories to share.

[Social Stories for Young and Old on COVID-19](#)

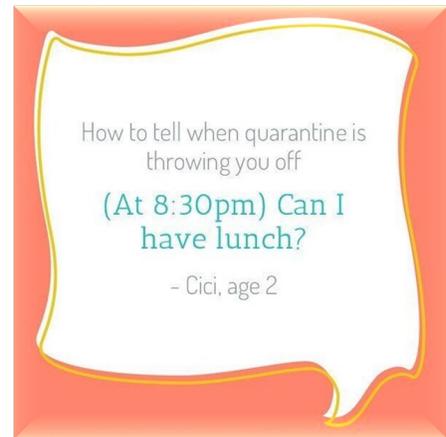
## Will Head Start still provide meals?

Children will receive nutrition services regardless of the option they choose. The following adjustments have been made for center-based classes:

- Meals will no longer be served family-style while current restrictions are in place.
- Staff will serve all meal components to the children.
- Staff will wear gloves while preparing and serving meals.

Toothbrushing will be suspended until further notice.

- Children will be encouraged to brush their teeth at home, before coming to school, and at bedtime.
- A toothbrush and paste will be provided monthly for each enrolled child.



## What will rest time look like for my child?

During nap time, children will be six feet apart when possible, and positioned head to toe.

- Cots are sanitized after each use.
- No items brought from home will be allowed.

## What about the outdoor playground?

Centers with more than one classroom will stagger outdoor times. The playground equipment will be sanitized after each use.

## Will my child's enrollment be affected by absences?

Staff will partner with parents to encourage children to attend and participate in school when they are healthy and free of symptoms. Enrollment will not be affected if parents stay in contact with the school regarding daily absences. Staff will continue to coordinate with families to remove barriers to regular, on-time attendance to the extent possible.

## Can I volunteer in my child's class?

While volunteers and guests have always been vital and a highlight to our students, to minimize exposure to students and staff, no visitors or volunteers will be allowed until further notice. Parents will only be allowed in the building to pick up and drop off their child(ren).



Parents will have the opportunity to engage in their child's education through a variety of methods, such as center Facebook pages, ReadyRosie parenting curriculum, virtual parent and child activities, and more.

**When does school start and what time does my child’s class start and end?**

Refer to the chart on the right for your child’s schedule. Changes have been made to minimize the number of individuals at the site at one time, and to allow time for staff to receive training and prepare for the upcoming school year.

**What do I need to do when dropping off and picking up my child?**

Specific entryways and exits have been designated in some centers to minimize contact. Please wear a mask when entering the building and during pick-up.

**What if my child has symptoms?**

Parents are encouraged to check for illness prior to school.

Children will be screened upon arrival and mid-day for possible signs of illness. Parents will be required to answer two questions daily upon arrival related to child and family symptoms:

1. Has your child or anyone in your household had the following symptoms in the last 24 hours: temperature over 100.4°, new onset or worsening cough, shortness of breath, sore throat, sudden change in taste or smell, muscle aches or pains?
2. Has your child been exposed to anyone who has tested positive for COVID-19?

If the answer is yes to one or both questions, the family will be unable to participate in center-based services or in-person home visits. A virtual option will be offered as a temporary alternative for your child and family to continue to receive services until you are healthy and symptom-free.

| Classroom         | Days of the Week | Hours              | Entrance       | Staff Return Date | First Day of School |
|-------------------|------------------|--------------------|----------------|-------------------|---------------------|
| Blanding 1        | Mon – Thurs      | 8:00 am – 2:00 pm  | South Entrance | Aug 26            | Sept 9              |
| Blanding 2        | Mon – Thurs      | 8:30 am – 12:00 pm | West Entrance  | Aug 26            | Sept 9              |
| Carbon County HS  | Tues – Fri       | 8:00 am – 2:00 pm  | SW Entrance    | Aug 10            | Aug 26              |
| Carbon County EHS | Mon – Fri        | 8:00 am – 2:15 pm  | NW Entrance    | July 6            | Aug 26              |
| Huntington        | Mon – Thurs      | 8:00 am – 2:00 pm  |                | Aug 26            | Sept 9              |
| Moab              | Mon – Thurs      | 8:00 am – 2:00 pm  |                | Aug 26            | Sept 9              |
| Monroe            | Mon – Thurs      | 8:00 am – 11:30 am |                | Aug 26            | Sept 9              |
| Price 1           | Tues – Fri       | 8:00 am – 2:00 pm  | West Entrance  | Aug 10            | Aug 26              |
| Price 2           | Tues – Fri       | 8:30 am – 2:30 pm  | East Entrance  | Aug 10            | Aug 26              |
| Richfield 1       | Mon – Thurs      | 8:15 am – 11:30 am |                | Aug 26            | Sept 9              |
| Richfield 2       | Mon – Thurs      | 12:15 pm – 3:30 pm |                | Aug 26            | Sept 9              |
| Vernal 1          | Mon – Thurs      | 8:00 am – 2:00 pm  | North Entrance | Aug 10            | Aug 26              |
| Vernal 2          | Mon – Thurs      | 8:00 am – 2:00 pm  | South Entrance | Aug 10            | Aug 26              |
| Vernal 3          | Mon – Thurs      | 8:30 am – 12:00 pm |                | Aug 26            | Sept 9              |



We look forward to a great year ahead!  
Remember to take everything one step at a time and celebrate your accomplishments...  
small, big, and everything in between!

“Moving Forward Together”