

## Guidelines for Health and Well-Being at School

2021-2022 School Year

St. Matthew's Day school prides itself on offering a developmentally appropriate program that provides for the cognitive, socio-emotional, and physical needs of our young students through our play-based program. We are committed to the health and wellbeing of our students, and staff. We know that our parents are well-informed and are looking for continued guidance in what our school year will look like during this continued season of COVID.

We are faced with the impossible task of blending what we know are developmentally appropriate practices with the current mandates that are being provided to us by the CDC and DOE and that serve as a guideline to our approach for the school year. We have highly skilled staff who will make every effort to combine these two divergent demands while maintaining the elements of our program that has allowed St. Matthew's to be a beloved institution of early childhood for the last 47 years. St. Matthew's Day School was able to successfully navigate the 2020-2021 school year, keeping children and staff healthy and safe.

As we look ahead, we will continue with the procedures we put into place last year that worked well in keeping everyone safe and healthy. We thank our parents for following our guidelines while we continue to face some unpredictability in this coming school year. Our children have the opportunity to learn what it means to be part of a community here at St. Matthew's: to be thoughtful, brave and flexible in facing and solving problems.

### **Meeting your Teacher:**

Traditionally, our staff has visited students and families at their homes; this year we are going to continue to have school/classroom visits. The students will have the opportunity to engage in a small activity with their teacher and choose their letter link. Your child's teacher will be contacting you the last two weeks of August to set up a meet and greet visit at school.

### **At Home Guidance:**

Parents will be asked to look for any signs of illness at home before school. We are asking that you err on the side of caution and keep your child at home if they display any symptoms, especially those of COVID-19. Please keep us informed if your family is facing any health challenges. Email: [director@stmatthewsva.org](mailto:director@stmatthewsva.org) or call 703-494-3090.

### **At School Guidance:**

During carline, we will continue to check your child's temperature prior to entering the school building.

We are asking that you provide a child's size mask or face shield covering for your child. Masks will be sent home daily for washing. At the current time, masks are not required, but we will encourage them to be worn in situations when social distancing is not possible. Staff members will be wearing masks throughout the day and should parents/guardians need to enter the building you will be required to wear a mask.

Upon entry into the building, the children will wash their hands. Handwashing will be encouraged, and hand sanitizer will be provided as needed throughout the day.

We will continue to organize the daily routine around the High Scope curriculum. The routine includes large group time, center time, playground, story time, small group, and snack.

We are asking that parents pack water in a small water bottle or leak-proof sippy cup for snack time.

Teachers will continue to clean classrooms extensively to include high touch spaces, and toys.

There will be increased cleaning of common spaces and bathrooms.

With many thanks,

Kathy Lundgren

Director, St. Matthew's Day School