

MAINLAND REGIONAL HIGH SCHOOL'S RESTART & REOPENING PLAN

**STUDENT, PARENT & GUARDIAN
FREQUENTLY ASKED QUESTIONS (FAQ)**

One Family, One School, One Community,

In this TOGETHER

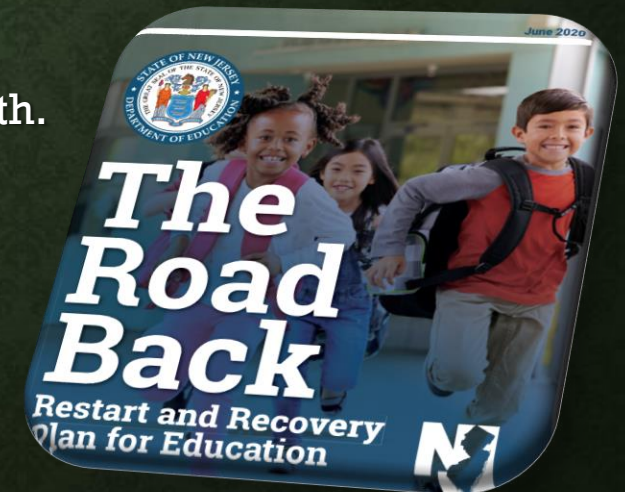
WHAT IS MAINLAND REGIONAL HIGH SCHOOL'S REOPENING PLAN?

- Mainland Regional High School's Restart and Reopening Plan outlines three instructional models: (1) **HYBRID**, (2) **VIRTUAL** and (3) **CONTINGENCY**. Each of these instructional models will be explained in this presentation.
- The Plan also outlines health, safety and wellness expectations that include but are not limited to disinfecting, sanitization and cleaning of school buses and the facility as well as revisions to transportation, student flow-entry-exit, meal distribution, class size, clear expectations for remote virtual instruction and both academic and social emotional supports for students and faculty.
- In preparation for the 2020-2021 school year, the District purchased laptop computers for each student and hired a wellness counselor to support students and faculty outside of the classroom.

WHAT GUIDED MAINLAND REGIONAL'S DECISION-MAKING REGARDING THE RE-OPENING OF THE HIGH SCHOOL?

- Student, faculty and parent/guardian survey data.
- Restart and Reopening Steering Committee
 - Continuity of Learning Subcommittee
 - Conditions for Learning Subcommittee
 - Health, Safety & Wellness Subcommittee
- The Road Back: Restart and Recovery Plan for Education issued by the NJDOE
 - NJDOE School Reopening FAQ
- Guidance from the CDC, New Jersey and Atlantic County Departments of Health.
- Current and existing Executive and Administrative Orders
- Best practices in remote online learning
- Correspondence with members from the community

Committee members were students, teachers, administrators, parents, members of the Board of Education and community, residents, and the school nurse.



WHAT GUIDED MAINLAND REGIONAL'S DECISION-MAKING REGARDING THE RE-OPENING OF THE HIGH SCHOOL?

- Based on survey data, email correspondence and committee recommendations the following three goals were developed.
 - To deliver and facilitate high quality instruction to students, regardless of delivery model that ensures **academic growth**.
 - To ensure safety and wellness of students, faculty, staff and the community at large, which includes **protecting the physical health of everyone**.
 - To deliver and facilitate high-quality instruction to students, regardless of delivery model that **closes identified learning gaps**.



WHY CAN'T STUDENTS RETURN TO 5-DAY A WEEK IN-PERSON INSTRUCTION?

- Simply, the more students that are physically in the High School for in-person instruction, LESS time will be available for **face-to-face** student-teacher interactions in **real-time** for instructional purposes. The District's HYBRID and VIRTUAL instructional schedules maximize face-to-face student-teacher interactions in real-time as well as create opportunities for ongoing student support academically and social-emotionally each school day.
- Transportation, contractual limitations and restrictions on class size directly impact the District's ability to have students in the High School 5-days a week for in-person instruction.

WHAT IS A **HYBRID** SCHEDULE? WHY DID THE DISTRICT CHOOSE THIS HYBRID MODEL?

- The Hybrid Instructional Model is a mix of Real-Time/Face to Face (Synchronous) Instruction (Virtual and In-person) and Independent/Self-Paced (Asynchronous) Instruction.
- Students in this Model will have four real-time/face to face sessions with their teachers each week (3 Virtual through Teams and 1 In-person in the Classroom)
- Students in this Model will have one day of Remote, Asynchronous Learning each week.
- This Model allows for the most Real-time/Face to Face (synchronous) interactions between teachers and students.
- This Model allows for Social Distancing to be maintained during in-person instruction.

	Virtual	Virtual	Virtual		Face-to-Face	Face-to-Face
	Synchronous (A&B)	Synchronous (A&B)	Synchronous (A&B)		Synchronous (A) Asynchronous (B)	Synchronous (B) Asynchronous (A)
	Day "A"	Day "B"	Day "C"		Day "D"	Day "E"
MOD	Extra Help/Planning 7:30-9:00	Extra Help/Planning 7:30-9:00	Extra Help/Planning 7:30-9:00	MOD	Cohort A	Cohort B
1	9:00 AM	9:00 AM	9:00 AM	1	8:00 AM - 8:42 AM	8:00 AM - 8:42 AM
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Break	10 minutes	10 minutes	10 minutes	3	9:32 AM - 10:14 AM	9:32 AM - 10:14 AM
3	10:20 AM	10:20 AM	10:20 AM	4	10:18 AM - 11:00 AM	10:18 AM - 11:00 AM
4	10:55 AM	10:55 AM	10:55 AM	Lunch	11:00 AM - 11:35 AM	11:00 AM - 11:35 AM
Lunch	11:30 AM - 12:00 Noon	11:30 AM - 12:00 Noon	11:30 AM - 12:00 Noon	6	11:35 AM - 12:17 PM	11:35 AM - 12:17 PM
6	12:00 Noon	12:00 Noon	12:00 Noon	7	12:21 PM - 1:03PM	12:21 PM - 1:03PM
7	12:35 PM	12:35 PM	12:35 PM	8	1:07 PM - 1:49 PM	1:07 PM - 1:49 PM
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	35 Minute MODs	35 Minute MODs	35 Minute MODs		42 Minute MODs	42 Minute MODs

HYBRID SCHEDULE

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HOW WILL COHORTS OF STUDENTS BE SELECTED?

- Cohorts will be created alphabetically after taking into consideration households, transportation capacity and course enrollment.
- Every effort will be made to keep members of the same family or household together.
- Students will not be able to choose or change their cohorts.

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WHAT IS THE **VIRTUAL** SCHEDULE?

- The Virtual Instructional Model provides those students and families who choose not to come to the high school a way to stay connected to their classes and continue to learn while staying at home.

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VIRTUAL SCHEDULE

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WHEN DO STUDENTS AND THEIR FAMILIES NEED TO NOTIFY THE HIGH SCHOOL OF WHETHER MY STUDENT WILL BE HYBRID OR REMOTE?

- No later than August 17th, 2020. All families are asked to complete the Form posted to our website indicating their preference for the start of the school year. It is important that everyone provide this information to allow the district to plan accordingly.

CAN MY STUDENT CHANGE THEIR MIND ABOUT THE MODE OF INSTRUCTION FOR MY STUDENT?

- Students that are in the Hybrid Instructional Model may request a switch to the All Remote Instructional Model by notifying the Principal at least 7 days before the desired date of transition to All Remote Instruction.
- Students that are in the All Remote Instructional Model may request a switch to the Hybrid Instructional Model by notifying the Principal at least 14 days before the start of the next marking period. No changes from the Remote Instructional program to the Hybrid Instructional Program will be made other than at the start of a Marking Period.

WHAT IS THE **CONTINGENCY** SCHEDULE?

- If schools are not allowed to open in September, or are forced to close after opening, we will switch to an all remote schedule.
- The all remote schedule still includes 4 Real-time (face to face) interactions between teacher and student each week.
- There is also 1 Asynchronous day per week for students. This day will be used for independent work and extra-help.

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Lunch			7	12:10 PM - 12:52 PM	6	12:00 Noon	12:00 Noon
6	12:00 Noon	12:00 Noon	Break	12:52 - 1:02 PM			
7	12:35 PM	12:35 PM	8	1:02 PM - 1:47 PM	7	12:35 PM	12:35 PM
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	6		7	12:10 PM - 12:52 PM	6		
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HOW DOES THE DISTRICT PLAN TO RESPOND TO THE NEEDS OF SPECIAL EDUCATION STUDENTS?

- Students who are a part of our most vulnerable populations that require more intensive, mandated services as per their IEP may follow a different schedule in order to provide them with the attention and time necessary to ensure equitable access to the curriculum. Those students will be contacted directly by their counselors/case manager to discuss.



HOW IS MAINLAND REGIONAL HIGH SCHOOL PROTECTING THE HEALTH, SAFETY AND WELFARE OF MY STUDENT?

- All students, faculty and staff are **REQUIRED** to wear face coverings (masks) throughout the school day in the facility and on school buses.
- Disinfecting wipes and gloves will be in every classroom and instructional area for students to wipe down their desks and tables.
- Disposable masks as well as face shields will be available in classrooms and instructional areas.
- Hand sanitizer will be in every classroom and instructional area as well as on school buses. Students will be encouraged to sanitize hands when entering classrooms, instructional areas and the school bus.

HOW IS MAINLAND REGIONAL HIGH SCHOOL PROTECTING THE HEALTH, SAFETY AND WELFARE OF MY STUDENT?

- Student transit throughout the facility will be limited and teachers will travel from classroom to classroom. Students would move to go to science labs and the gymnasium.
- The High School will utilize multiple entrances and exits to minimize the volume of students entering/exiting the facility for arrival/departure.
- Restrooms will be cleaned and sanitized routinely throughout the school day. Every other stall will be in use within restrooms to ensure social distancing as well as a maximum of two (2) students in a bathroom at one time.
- Social distancing signage and markers will be posted throughout the High School.



WILL I NEED TO WEAR A FACE COVERING (MASK) AT THE HIGH SCHOOL?

- Students, faculty, staff, and designated visitors will be **REQUIRED** to wear face coverings within the facility of Mainland Regional High School.
 - Face coverings can ONLY be removed while eating and/or drinking while seated at a socially distanced desk 6 feet apart.
 - Individuals that a face covering would inhibit or negatively affect their health will be required to **wear a face shield** provided by the District.
 - Students that continually REMOVE or DO NOT wear a face covering during in-person instruction will be sent home to continue their learning remotely online.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

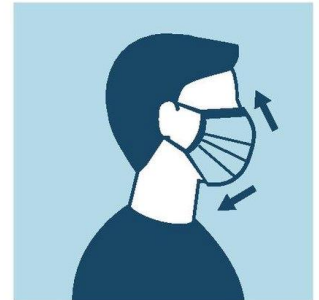
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.





WHAT ARE MY OPTIONS, IF I DON'T WANT TO WEAR A FACE COVERING (MASK)?

- Students that are medically unable or a face covering would inhibit their health will be required to wear a face shield, which will be provided by the District.
- Students that do not want to wear a face covering or face shield should select the Virtual instructional schedule.
- Students that continually REMOVE or DO NOT wear a face covering (mask) during in-person instruction will be sent home to continue their learning remotely online.

IS MAINLAND REGIONAL SCREENING STUDENTS FOR COVID-19?

- Mainland Regional High School faculty and staff will visually screen students for signs and symptoms of COVID-19.
 - Students that are suspected of being ill or demonstrating symptoms of COVID-19 will be taken to an isolation room and screened by a school nurse to determine next steps.
- Parents and guardians are asked to pre-screen their student(s) for signs of the virus or illness prior to sending them to the High School
- **Parents and guardians should NOT send their student(s) to the High School if they have a:**
 - Fever of 100° F or greater;
 - Cough;
 - Shortness of breath or difficulty breathing;
 - Chills;
 - Repeated shaking with chills;
 - Muscle pain;
 - Headache;
 - Sore throat;
 - New loss of taste or smell;
 - Fatigue;
 - Congestion or runny nose;
 - Nausea or vomiting;
 - Diarrhea





WHAT IS THE DISTRICT DOING TO CLEAN, DISINFECT AND SANITIZE THE CLASSROOMS, BUSES, COMMON AREAS, AND RESTROOMS TO PREVENT THE SPREAD OF COVID-19?

- We have implemented advanced cleaning and disinfecting measures in the High School that reflect best practices from the CDC and manufacturer recommendations.
- Electrostatic sprayers and foggers will be utilized daily to enhance cleaning and disinfecting procedures.
- Disinfecting wipes and gloves for students and faculty will be available in classrooms and instructional areas to disinfect their work areas (i.e. counters, desks, tables) at the beginning of each class.
- Additional daytime custodians will be assigned to routinely clean and disinfect bathrooms as well as frequently touched surfaces. Number of students in bathrooms will be limited to two and every other stall will be in use.
- Preventative HVAC maintenance schedules meet or exceed manufacturer recommendations for filter cleaning and replacement. Scheduled repairs for identified HVAC issues.
- Revised [District Policy 3510 Operations and Maintenance of Plant](#)



WHAT ARE THE SAFETY MEASURES ON SCHOOL BUSES?

- Students will be required to wear face coverings on school buses.
- Each student on the bus will have an assigned seat. One seat per student which is a maximum bus capacity of 22 students.
- A bus aide will be on each school bus to ensure students are wearing masks and are seated in their assigned seat.
- Hand sanitizer will be available to students as they enter and exit the school bus.
- School buses will be cleaned and disinfected after each route.
- Revised [District Policy 3541.33 Transportation Safety](#)

HOW WILL LUNCH BE HANDLED WHEN I'M IN SCHOOL? CAN STUDENTS BRING A LUNCH TO SCHOOL?



- The High School will be providing multiple breakfast and lunch meals to students through home delivery during on virtual learning days as well as during in-person instruction.
- Students can bring a lunch to the High School, but they are discouraged from sharing food and drinks.
- The District is considering lunch delivery to the classroom, strategically placed food kiosks throughout the facility to limit student transit and interactions, or staggered times for students to purchase meals in the cafeteria.
- Students and their families are encouraged to pre-pay funds into their student's meal account to avoid unnecessary contact with money and food.
- Unfortunately, we will not have Unit (open campus) Lunch this school year to limit student transit and interactions including the sharing of food and drink as well as to maintain social distancing requirements.

WILL THERE BE CO-CURRICULAR CLUBS AND ACTIVITIES THIS YEAR?

- Mainland Regional High School will offer the majority of co-curricular clubs and activities during the 2020-2021 school year.
- **Co-curricular clubs and activities will meet virtually online.**
- For more information regarding co-curricular clubs and activities, please contact Director of Athletics Michael Gatley at mgatley@mainlandregional.net or go to the High School's website (www.mainlandregional.net) or click [here](#) to visit the High School's [Co-curricular and Activities webpage](#) for information about each athletic program.



WILL THERE BE HIGH SCHOOL ATHLETICS/SPORTS THIS YEAR?

- Mainland Regional High School will have athletics and sports during the 2020-2021 school year insofar that the NJSIAA or the sport's governing body permits practices and competition.
- Athletics and sports may be cancelled or postponed due to health, safety, and wellness concerns regarding student athletes that have either been in close contact with an individual diagnosed with COVID-19 and/or if they themselves have been diagnosed with COVID-19.
- For more information regarding athletics and sports, please contact Director of Athletics Michael Gatley at mgatley@mainlandregional.net or go to the High School's website (www.mainlandregional.net) or click [here](#) to visit the High School's [Athletic Programs webpage](#) for information about each club and activity.

**IF A PARENT
OPTS-OUT OF
SENDING THEIR
CHILD TO
SCHOOL, CAN
THEY STILL
PARTICIPATE IN
SPORTS OR
OTHER EXTRA-
CURRICULAR
ACTIVITIES?**

- Yes. Students may still participate in sports and extra-curricular activities if they are utilizing the full-time remote learning option, if such sports and extra-curricular activities are otherwise permitted.



WILL STUDENTS BE ABLE TO USE LOCKERS OR THE LOCKER ROOMS DURING THE SCHOOL DAY?

- Unfortunately, student lockers and locker rooms **WILL NOT** be available to students to prevent close contact, maintain social distancing and prevent the spread of COVID-19.
 - Students are also encouraged to wear comfortable clothing to the High School to participate in Physical Education class.
- Students are encouraged to bring their District assigned laptop to the High School for in-person instruction as well as any relevant materials.
- Students are expected to keep their belongs and instructional materials with them throughout the school day.

WILL PHYSICAL EDUCATION CLASSES UTILIZE THE POOL AND AQUATIC CENTER?



- Physical Education classes will not utilize the pool and aquatic center.
- The pool and aquatic center are also closed to the public because of scheduled repairs that require extensive preparation and time on task to complete the repairs.

WILL MAINLAND REGIONAL HIGH SCHOOL BE LIMITING OR OFFERING FEWER ELECTIVE COURSES THIS SCHOOL YEAR? WHEN WILL I BE INFORMED IF AN ELECTIVE I CHOSE IS NOT RUNNING?

- Mainland Regional will be running the majority of the courses in High School's Program of Studies including electives. At this time, only a handful of electives have been cancelled due to low enrollment numbers and/or the elective presents challenges in maintaining social distancing and sharing equipment in addition to adhering to face covering requirements.
- Your case manager or school (guidance) counselor prior to the start of the school year will contact each student directly impacted by the cancellation of an elective to select other elective course that is being offered.

WHEN WILL I RECEIVE MY CLASS SCHEDULE?

- Students will be able to access their 2020-21 class schedule in Infinite Campus a week prior to the 1st day of the 2020-21 academic year.
- Incoming Freshman will receive information/instructions on accessing Infinite Campus by 9/3/20, which is the date of Virtual Freshman Orientation.
- Course requests for 2020-21 have already been completed, but students should email their School Counselor if they would like to make a change.
- We anticipate most of our elective classes will still be offered for the 2020-21 academic year.

HOW WILL MY STUDENT SEE THEIR SCHOOL COUNSELOR?

- Counselors will primarily meet with students virtually via Teams
- Counselors will be in constant contact with students regarding their academic progress, social/emotional well-being, and post-secondary planning
- In-person meetings may occur on a day when a student is in the building depending on the student's class schedule

HOW WILL MY STUDENT SEE THEIR SCHOOL COUNSELOR FOR COLLEGE APPLICATIONS?

- Counselors will primarily meet with students virtually via Teams
- In-person meetings may occur on a day when a student is in the building depending on the student's class schedule
- Mr. Anthony, Post-Secondary Development Counselor, will be running a series of Virtual College Application Workshops for both parents and students this Fall
 - Summer Common App Workshop for Seniors (8/19, 8/20, 8/26, 8/27)
- College Admissions Representative visits this Fall will be Virtual – Students will be able to register for upcoming visits in Naviance
- College Application materials will be submitted electronically via Naviance

WILL THE SAT, ACT AND PSAT BE OFFERED AT MRHS?

- Yes, however the August SAT at MRHS has been canceled
- SAT – We plan to offer the SAT at MRHS for each test date this school year, beginning with the 9/26/20 SAT.
- ACT – We plan to offer the ACT at MRHS on 10/24/20.
- PSAT – We still plan to administer the PSAT to all Juniors during the school day on 10/14/20.



WHEN WILL MY STUDENT RECEIVE MY COMPUTER FOR INSTRUCTION?

- The Pandemic has created massive disruptions to international supply chains. We expect the new computers to arrive in September.
- If a student needs a computer before this shipment arrives, we will be able to provide one of our existing machines.

WHAT IF MY STUDENT DOES NOT HAVE INTERNET ACCESS?

- The school will provide any student that needs consistent connectivity with a Wi-Fi hotspot that includes unlimited data so that they have the connectivity they need to participate in the Hybrid or Virtual Instructional Model.





MY STUDENT DIDN'T LIKE REMOTE LEARNING LAST YEAR, WHAT WILL BE DIFFERENT THIS TIME?

- The District has been working since the end of school to prepare for the possibility of more Virtual Learning this school year, including surveying our students, staff and parents.
- Our restart committees each had student representatives.
- We have done extensive research on Best Practices and will be providing training for our Staff and Students.
- Our schedule takes into consideration the feedback we received during the school closure last year and over the course of this summer.
- There will be more structure to lessons, more support for technology use, and clearer expectations for students and teachers.



HARVARD
UNIVERSITY



VIRTUAL ONLINE INSTRUCTION BEST PRACTICES & EXPECTATIONS

- Create clear expectations and timelines for communication (set at district level for all courses)
- Utilize Real-time/face-to-face (Synchronous) Learning Time for active learning, such as labs and hands-on work
- Avoid lecture, note-taking or assessments that can be given virtually and/or asynchronously
- Utilize independent/self-paced (Asynchronous) Learning Time for introducing new content, recorded lectures, and readings
- Establish and share expectations for Attendance, Camera and Microphone (set at district level)
- PD for Staff, Students, and Parents - Utilize a soft opening for school to facilitate this
- Focus on Essentials in Curriculum - Condensed Syllabus
- Provide access to content outside of synchronous meetings

Sources: [Microsoft Remote Learning Resource](#), [Nine Ways Online Learning Should Be Different](#), [Harvard Remote Teaching Best Practices](#)

I HAVE BEEN DIAGNOSED WITH OR TESTED POSITIVE FOR COVID-19, WHEN CAN I RETURN TO SCHOOL?

- Parents, faculty and staff must notify the school nurse. If you tested positive, you **MUST** stay at home and self-isolate. This means stay in a different bedroom from others in your home, and if possible, use a separate bathroom. You must self-isolate until 1 full day (or 24 hours) has passed since you had a fever without the use of fever-reducing medications **AND** other symptoms are greatly improved **AND** at least 10 days have passed since symptoms first started, or, if you had no symptoms, stay home 10 day after you received your positive test results.



IF A STUDENT WHO HAS BEEN AT SCHOOL IS IDENTIFIED AS HAVING COVID, DOES THE ENTIRE CLASS HAVE TO BE QUARANTINED FOR 14 DAYS?

- As provided in CDS guidance, if individuals have been in close contact with someone who has tested positive for COVID-19, meaning they are within 6 feet of someone for at least ten minutes, they should self-quarantine for 14 days from the date of last exposure before returning to school.
- In the case of a positive COVID test, local health departments, working in coordination with school districts, will conduct **contact tracing** to determine whether or not an individual has been in close contact with a student and advise any affected individuals, via trained contact tracers, to self-quarantine for 14 days. The local health department in coordination with the school will assess the specific circumstances of the individual with the positive test to determine those individuals that have been in close contact and need to self-quarantine – this may or may not include all students in the class.
- Revised [District Policy 5141.2 Illness](#) addresses Contact Tracing



I AM NOT SICK AND HAVE NO SYMPTOMS OF ILLNESS, BUT I AM A **HOUSEHOLD/CLOSE CONTACT*** OF A CONFIRMED COVID-19 CASE, CAN I COME TO SCHOOL?

- Monitor your health. Stay home for 14 days after last exposure to the confirmed case. Look for symptoms of illness. If symptoms are mild, you can most likely recover at home. If symptoms begin to worsen and you need medical care, call a health care provider. Wash hands often. Do not go to work/school/public places. Consider getting a COVID-19 test.
 - If they are symptomatic (sick; have COVID-19 symptoms), they should also **self-isolate** for 1 full day (or 24 hours) until they are fever-free without the use of fever-reducing medications **AND** other symptoms are greatly improved **AND** at least 10 days have passed since symptoms first started. If the symptoms are mild, they should recover at home. If the symptoms worsen and a medical evaluation is needed, call health care provider. Consider getting a viral COVID-19 test to see if you are currently infected.
 - If they are asymptomatic (not sick; have no COVID-19 symptoms), they should **self-quarantine** for 14 days **AFTER** any sick person in the household's self-isolation period ends. If the asymptomatic person develops symptoms, they should follow the self-isolation instructions above. Symptoms may take 2-14 days to appear. It is important to monitor their health long enough to ensure they do not develop symptoms. Consider getting a viral COVID-19 test to see if you are currently infected.

* Within 6 feet for more than 10 minutes or had direct contact with secretions from a person with a confirmed case of COVID-19



I AM TRAVELING TO A STATE LISTED FOR SELF-QUARANTINE UPON RETURNING TO NEW JERSEY, CAN I RETURN TO SCHOOL?

- No, you can not return to the High School for in-person instruction until the mandatory fourteen (14) day self-quarantine period has passed.
- Students that have traveled to States that require a self-quarantine upon return to New Jersey will automatically continue their studies during their self-quarantine period remotely through virtual instruction.



I HAVE BEEN DIAGNOSED WITH SOMETHING OTHER THAN COVID-19, WHEN CAN I RETURN TO SCHOOL?

- Stay home until symptoms have improved. Follow specific return guidance from the health care provider or follow the guidance from the NJ Department of Health. If symptoms related to a pre-existing condition change or worsen, talk to a health care provider to determine next steps. Siblings and household members do not need to stay home. Healthcare Provider's note upon return to school.



I CAME TO SCHOOL AND WAS SENT TO THE SCHOOL NURSE BECAUSE I AM SUSPECTED OF HAVING COVID-19 SYMPTOMS, WHAT HAPPENS?

- A student, faculty, or staff member suspected of having COVID-19 will be taken to an isolation room for a screening by the school nurse to determine next steps.
- A school nurse or their designee will stay with students, faculty and staff members in the isolation room while next steps are being determined, which may include being sent home to self-quarantine and get of COVID-19 test.
- Revised [District Policy 5141.3 Health Examinations and Immunizations](#)



WHAT SUPPORTS WILL BE AVAILABLE TO STUDENTS BEYOND THE CLASSROOM?

- Mainland Regional High School's Wellness Team that includes the Vice Principal, Javhan O'Neal (joneal@mainlandregional.net) Student Assistance Counselor, Marisa McDole (mmcdole@mainlandregional.net), Social Emotional Learning Coordinator, Dr. Kim Spagone (kspagone@mainlandregional.net) and Wellness Counselor Erika Paisley (epaisley@mainlandregional.net) have developed social emotional resources and supports for students outside of the classroom.
- Supports include infusing social emotional learning into Physical Education classes, a wellness website, addressing meal/food insecurity, virtual counseling, as well as routine and consistent case manager, school counselor and teacher check-ins.

HOW WILL MAINLAND REGIONAL HIGH SCHOOL COMMUNICATE WITH STUDENTS, PARENTS, GUARDIANS, AND FAMILIES?

- Mainland Regional High School will utilize multiple communication methods including social media (*Facebook, Instagram, Twitter*), email, the High School's student information system Infinite Campus, the LED sign on Oak Avenue, and via telephone.
- Faculty and staff will communicate with students through Microsoft TEAMS, Infinite Campus, email and the REMIND app.

WILL MY STUDENT BE ABLE TO USE THE LIBRARY?

- While it is unlikely that students will be able to browse the shelves of the library to start the school year, the library is working on methods that would allow students to request titles and receive them in a safe manner.
- All online media center/library resources will continue to be available to students.

CAN I BRING BOTTLED WATER TO SCHOOL?

CAN I USE THE WATER FOUNTAIN?

- Students are encouraged to bring their own water bottles to school for hydration throughout the school day.
- Water fountains in the High School will not be available to students but using the water bottle refilling station is permitted.



WILL 12TH GRADE STUDENTS BE ABLE TO HAVE SENIOR PRIVILEGE?

- There will not be senior privilege during the first semester, we will re-evaluate based on all relevant data and guidance regarding second semester.

MAINLAND REGIONAL HIGH SCHOOL'S RESTART & REOPENING PLAN

**STUDENT, PARENT & GUARDIAN
FREQUENTLY ASKED QUESTIONS (FAQ)**

One Family, One School, One Community,

In this TOGETHER