



Return to the Ridge

Resource Guide for Families

2021-2022

Revisions as of March 9, 2022

- Updated mask policy to mask optional, except in the following situations, based on updated guidance from the DOH:
 - Indoor all-school gatherings and indoor full-division (MS or HS) gatherings
 - Indoor performing arts classes and extracurricular activities
 - Forest Ridge buses (masks must be worn at all times while inside the bus)

Revisions as of February 14, 2021

- Updated isolation policy

Revisions as of January 16, 2021

- Updated mask policy

Revisions as of November 9, 2021

- Updated quarantine requirements for unvaccinated individuals considered close contacts

Revisions as of October 28, 2021

- Unvaccinated Individuals traveling via commercial transportation are required to quarantine upon their return
- 48 hours fever free, without fever reducing medication, is required to return to school
- Updated CDC recommendation for fully vaccinated people who have a known exposure to someone with suspected or confirmed COVID-19 to be tested 5-7 days after exposure, regardless of whether they have symptoms

The ***Return to the Ridge Fall 2021-2022 Resource Guide for Families*** is designed to provide students and families with the health and safety information necessary to make a smooth transition to full time on-campus learning as we begin the 2021-2022 school year. While it is important that parents/guardians read through this document in its entirety, it is also meant to serve as a reference for families as questions arise. Our health and safety practices have been informed by the recommendations of the CDC and the Washington State Department of Health (DOH). If you have questions, please contact our COVID-19 Site Coordinator, Melissa Jones, at mjones@forestridge.org.

On July 28th, 2021, the Washington State Department of Health updated its acceptable safety requirements for in-person instruction. Updates in this version reflect recently released CDC recommendations and seek to achieve two primary goals:

- Minimize transmission of COVID-19 among students and staff in K-12 schools and to their families and broader community.
- Maximize in-person instruction.

COVID-19 is an ever-changing landscape as the trajectory of disease prevalence in our state and nation may require changes in our state's response efforts. As a result, the Washington State Department of Health and the CDC will periodically update their requirements to reflect appropriate safety requirements for in-person instruction. Changes to their requirements will impact Forest Ridge's practices and policies related to COVID-19. Please note that, over time, there may be a difference in requirements between vaccinated and unvaccinated students.

Important Contact Information

Melissa Jones, COVID-19 Site Coordinator: Contact if you've traveled outside of the state, if you or your family has been exposed to or diagnosed with COVID-19 or if you have questions about COVID-19 related policies and procedures.

- mjones@forestridge.org

Christina Dyson, School Office Coordinator: Contact to report changes to student attendance (absence from class, late arrival, and/or early dismissal) or arranging to drop off student materials.

- cdyson@forestridge.org

Stephanie Nicols, School Reception: Contact for general information or questions.

- stnicols@forestridge.org
- 425-641-0700

Kathi Hand, Principal: Contact if your family develops a medical need for remote learning.

- khand@forestridge.org
- 425-641-0700

Health and Safety Practices

Our Leadership Team has adopted a multi-layered approach to mitigation, implementing several strategies together at once, as we plan for the 2021-2022 School Year. We will operate with the following practices to care for the health and well-being of our community. Our health and safety practices have been influenced by the recommendations of the CDC and the Washington State Department of Health. If you have questions, please contact our COVID-19 Site Coordinator, Melissa Jones, at mjones@forestridge.org.

Family Responsibility

All members of the Forest Ridge community have a shared responsibility to prevent the spread of COVID-19. In conjunction with public health experts, the state has issued general distance and health and safety protocols, which are intended to reduce transmission. **It is critical that everyone follows these guidelines and does their part to keep others healthy.**

Our families play a vital role in keeping our community safe. Our efforts rely heavily upon your willingness to follow the guidelines and directives of the school and state and local government and health officials. These include wearing masks where mandated, monitoring your own health symptoms, staying home when you are sick and following all quarantine rules as outlined by the school. Please note that fully vaccinated individuals are still required to follow all of our on-campus health and safety policies, including staying home if showing any symptoms of illness.

We expect that everyone will be honest about their adherence to the school's safety protocols. To do otherwise would compromise the safety of the school community. In addition, it is important to note that decisions about masking, social distancing and other mitigation strategies are complex and influenced by many variables. We do not know what issues families may be dealing with at this time. While all students will be required to adhere to the School's COVID-19 related baseline protocols, it is critical that we respect the decisions that individual students and families make that go beyond our school rules. For example, a student or adult may choose to wear a mask where it is not required, or to sit farther apart from classmates than mandated. Individual choices that go above and beyond our documented safety regulations must be respected and not questioned by others.

Health and Safety Policies and Guidelines

- **Vaccination Policy:** Vaccination is the most effective mitigation strategy to stop the spread of COVID-19. Therefore, in accordance with the Washington State Department of Health vaccine guidance, Forest Ridge ***strongly encourages*** all our eligible students (currently those age 5 and older), and their eligible family members, to get fully vaccinated as we enter the 2021-2022 school year. You are considered fully vaccinated:
 - Two weeks after you have received the second dose in a two-dose series (PfizerBioNTech or Moderna) or
 - Two weeks after you have received a single-dose vaccine (Johnson and Johnson/Janssen)
- **Vaccination Verification Policy:** Forest Ridge must verify the vaccination status of every member of our faculty/staff and student body. Doing so will allow us to implement the proper quarantine requirements for students post travel and/or exposure. Parents/guardians must indicate their student(s)'s vaccination status [by completing this form](#). Proof of vaccination must be submitted to Melissa Jones, COVID-19 Site Coordinator, via email before the start of the school year. Acceptable proof of vaccination includes:
 - CDC vaccination card which includes name of person vaccinated, type of vaccine provided, and date(s) administered, or
 - A photo of the vaccination card.
 - Documentation of vaccination from a health care provider with the information listed above.
 - State immunization information system record with the information listed above.
 - Other school immunization record system that provides the information above.

Please note that any student whose vaccination status is not recorded with the School will be treated as an unvaccinated student when enforcing health and safety protocols.

- **Isolation When COVID-Positive:** Any student or staff member who is positive for COVID-19 must isolate at home for at least 5 days, regardless of vaccination status.

If a student or staff member tests positive for COVID-19, they can return to campus when **all** of the following criteria are met:

- At least 5 days have passed since symptoms began or since the date of their positive test, **AND**
 - They test negative on a rapid antigen test on or after the evening of day 5 since symptoms began or since their positive test, **AND**
 - If returning to campus anytime between Day 6-10, must wear a well-fitted mask around others at all times (KN95 or better preferred) and eat outdoors while socially distanced or alone in an indoor space, **AND**
 - No symptoms are present or symptoms are resolving, **AND**
 - No fever within the past 48 hours without the use of fever reducing medications.
- **Daily Health Screening:** Parents and guardians should screen their student daily for symptoms of COVID-19. However, you are no longer required to complete the Magnus Health screening app and students will not be screened upon arrival to campus.
- **Travel Policy:** Forest Ridge will continue to enforce the CDC's travel guidance for our faculty, staff and students. Currently, this guidance includes different quarantine requirements for vaccinated and unvaccinated individuals.

Unvaccinated individuals who travel outside of Washington State via commercial vehicle (i.e. airplane, train, bus, etc.) must:

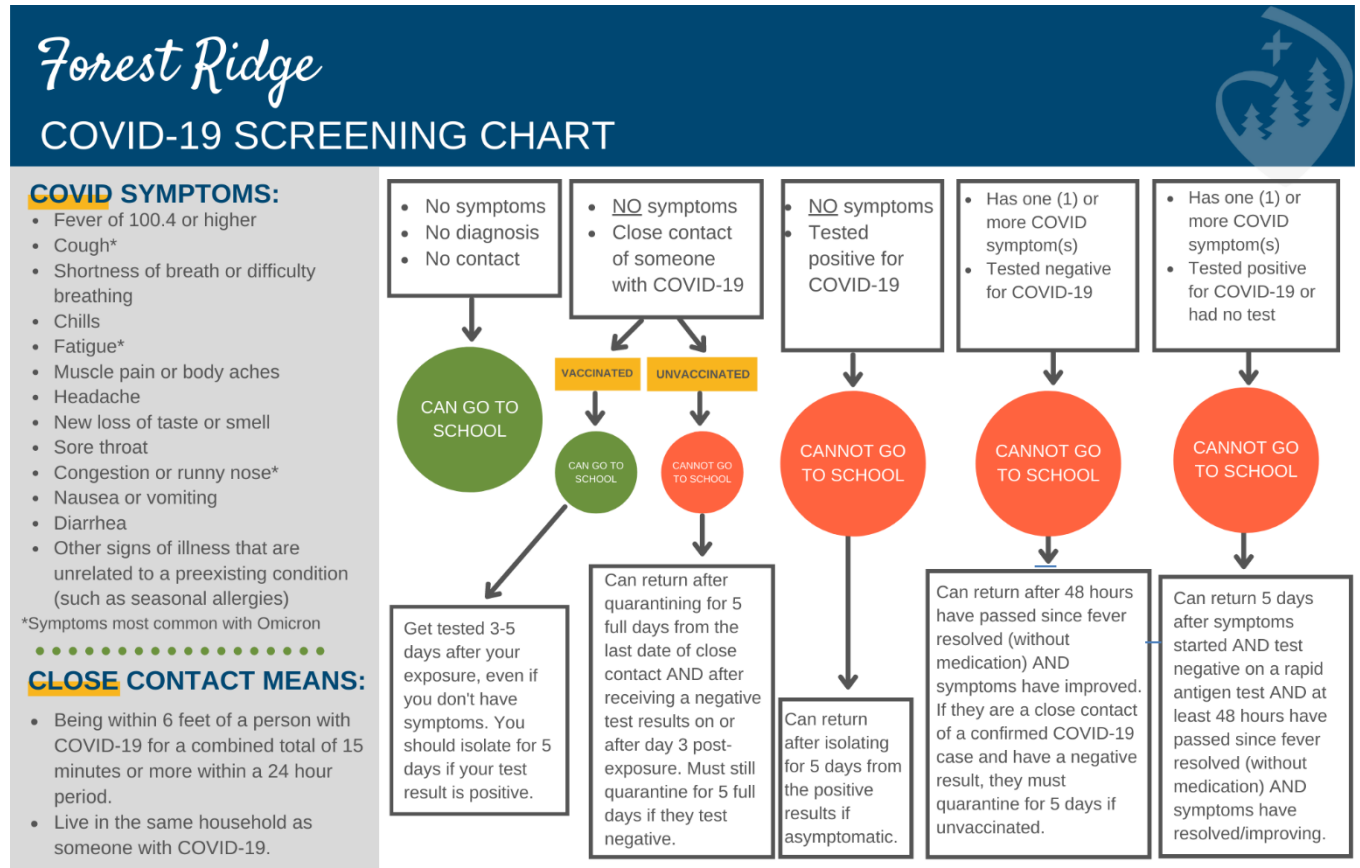
- ☐ Get tested 3-5 days after travel **AND** stay home and self-quarantine for a full 7 days after travel.
 - Even if you test negative, stay home and self-quarantine for the full 7 days.
 - If your test is positive, isolate yourself to protect others from getting infected.
- ☐ If you don't get tested, stay home and self-quarantine for 10 days after travel.
- ☐ Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.
- ☐ Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

Unvaccinated individuals who drive out of state are not required to quarantine upon their return.

Fully vaccinated individuals who travel outside of Washington State are not required to quarantine post-travel provided they are not exhibiting any symptoms of COVID-19.

- **Visitors to Campus:** To minimize our students' exposure to COVID-19, the Forest Ridge campus will only be accessible to visitors via invitation. As such, campus will not be entirely closed, but non-essential visitors, including parents/guardians and families, will only be allowed on campus if invited by a member of our faculty or staff for an event or individual meeting. All visitors must check in at the Sacred Heart Center for a health screening and to receive a visitor badge. Forest Ridge reserves the right to deny entrance to campus to anyone who is exhibiting signs of COVID-19. At this time, regardless of vaccination status, visitors to campus will be required to wear masks indoors.

- **Stay Home if Sick:** While Forest Ridge will no longer require students to complete a daily health screening before their arrival to school, it is critical that students and faculty/staff exhibiting any signs of illness stay home, **even if symptoms are not believed to be related to COVID-19.** Parents/guardians should report illness to [Christina Dyson](#) and provide updates if the symptoms persist or change. Any student who has a fever will be required to remain at home until she is fever-free for 48 hours without the use of medication. Forest Ridge has adopted this framework for determining when you may bring your student(s) to campus, when you should keep your student(s) away from campus and the appropriate next steps.



- **Illness at School:** If a student develops symptoms at school, the student will be isolated in a designated room and parents/guardians will be called for immediate pickup. When you arrive to campus to pick-up a sick student, please call 425-641-0700 to receive further instructions about where to meet your student.
- **Communicate if Exposed:** It is critical that if your student or someone in your household is diagnosed with or exposed to COVID-19, you contact your medical professional and the appropriate health agencies. In addition, parents/guardians must contact [Melissa Jones](#), our COVID-19 Site Coordinator, to report the incident and/or determine next steps. Our ability to appropriately contact trace, eliminating the risk of an outbreak, relies on our families' compliance with this procedure. Your student's and family's identity will remain confidential.

- **If you've been fully vaccinated** and have had [close contact](#) with someone who has COVID-19, you should get tested 5-7 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.
 - **If you are NOT fully vaccinated** and have had [close contact](#) with someone who has COVID-19, you must quarantine for 7 full days from the last date of close contact AND receive a negative COVID-19 test results on or after day 5 post-exposure before you can return to school. You must still quarantine even if you test negative.
- **Indoor Mask Requirements (Updated March 10, 2022):** Beginning Monday, March 14, based on updated masking guidance from the DOH, masks will be optional indoors when on campus during periods of low and medium community levels of COVID (as per the [CDC's COVID community levels](#)), except in the following situations when masks will be required:
 - Indoor all-school gatherings and indoor full-division (MS or HS) gatherings
 - Indoor performing arts classes and performing arts extracurricular activities
 - On Forest Ridge buses (masks must be worn at all times while inside the bus)

Forest Ridge supports an individual's choice to mask or not mask (when it is not required), and will not tolerate bullying or harassment of any kind related to an individual's choice regarding masking.

Should our community COVID level move to the high category (as per the [CDC](#)), we will require masking for all individuals indoors if it continues to be recommended by the CDC. In addition, if we were to have an outbreak on campus, our COVID team will assess the campus spread and reserve the right to require certain classes or grade levels to mask indoors for short periods of time to prevent any further spread.

- **Outdoor Mask Requirements:** Per the Department of Health and CDC, face coverings are not required outdoors, regardless of vaccination status. However, we support an individual's choice to wear a mask outdoors even when not required.
- **Weekly COVID Testing:** We will continue to offer weekly COVID testing on campus until further notice.
- **Physical Distancing Practices:** In accordance with the recent Washington State Department of Health update, Forest Ridge will continue to physically distance students when in a classroom and during times when masks cannot be worn, such as eating lunch. We will maximize opportunities to increase physical space to the degree possible when indoors. During exercise, singing, cheering or shouting, we will move outside or to large, well-ventilated spaces when possible.
- **Hand Hygiene:** Increased attention to hand hygiene is an important mitigation strategy to stop the spread of COVID-19. Students should wash their hands for at least 20 seconds with soap

and warm water frequently throughout the day. In addition, they should use hand sanitizer to clean their hands upon entering new spaces. Faculty, staff and students will be required to “gel in and gel out” of all classroom spaces upon arrival and dismissal from class.

- **Ventilation:** Good ventilation and indoor air quality are important in reducing the risk of transmission of COVID-19. As a result, Forest Ridge made significant updates to our HVAC systems including the addition of hospital grade MERV 13 filters and ionizers. In addition, we will continue to use our outdoor spaces throughout the school day whenever possible and we will continue to open windows regardless of the weather. Students will be required to wear the Forest Ridge uniform this year, so it is important to have the appropriate uniform layers for comfortable outdoor learning.
- **Bus Procedures:** Every student riding the bus is required to wear a mask for the entire ride, regardless of vaccination status. Students are not allowed to eat or drink on the bus.