



COVID Health and Safety Plan 2022-2023

This Plan will describe the continued Safe Return to In-Person Instruction and Continuity of Education Plan referred to collectively as a Health and Safety Plan.

This Plan will be revised whenever there are significant changes to the recommendations from the Center for Disease Control (CDC), the Pennsylvania Health Department or the Allegheny County Health Department for schools.

Health and Safety Plan Summary: The Watson Institute

Initial Effective Date: August 5, 2020

Date of Last Review: August 24, 2022

Weekly review for the period of January, 2022 through August 10, 2022

Date of Last Revision: August 10, 2022

1. How will Watson's programs, to the greatest extent practicable, support prevention and mitigation policies in line with the most up-to-date guidance from the CDC for the reopening and operation of school facilities in order to continuously and safely open and operate schools for in-person learning?

For the 2022-2023 school year, the Watson Institute will plan to offer full-time, in-person learning for all students in all schools. The Watson Institute ("Watson") will use the most updated guidance from the CDC for the opening and operation of school facilities.

Watson will build upon what it learned in 2020-2021 and 21-22. In the 2020-2021 school year, a COVID Pandemic Committee was implemented and continued during the 2021-2022 school year. Program Directors from each school and program served on the Committee along with members of administration and executive leadership. They were responsible for the development of policies following the CDC guidelines. The Program Directors of each school and program were responsible for facilitating the process and

monitoring implementation of the Health and Safety Plan in their school or program. The COVID Committee continued monitoring of local health data to assess implications for operations and potential adjustments to the Health and Safety Plan throughout the school year.

To ensure a comprehensive Health and Safety Plan that reflects the considerations and needs of the Watson Institute, the COVID Committee will be maintained for the 2022-2023 school year. Inclusion of a diverse group of stakeholders is critical to the success of planning and implementation based on up-to-date guidance from national, state, and local sources. Each individual played a role in the development of this Health and Safety Plan and will play a role, as appropriate, this year in decision making regarding response efforts to updated guidance and in the event of a confirmed positive case or exposure among staff and students.

| Individual(s) | Stakeholder Group Represented |
|-----------------------|--|
| Marilyn Hoyson | COO, Co-Coordinator |
| Melissa Painter | Chief Human Resources Officer, Co-Coordinator |
| Barry W. Bohn | CEO |
| Michele Trettel | Exec. Director of Education Centers |
| Jamie Desrochers | Program Director, Ed. Center Sewickley |
| Nancy Draftina | Coordinator, LEAP Preschool |
| Marcia Laus | Program Director, WISCA |
| Jennifer Do | Program Coordinator, WISCA |
| Alexandra Wilkes | Program Director Friendship Academy and Psychological Services |
| Samantha Generalovich | Education Director Friendship Academy |
| Ryan Young | Director of Information Services |
| Robert Sutkowski | Director of Facilities |
| Susan Rosko | Lead School Nurse |
| Megan Auge | HR Manager |
| Kara D. Mostowy | Chief Development Officer |

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| Lisa Falk | Marketing and Development Coordinator |
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2. How will Watson ensure continuity of services, including but not limited to services to address the students' academic needs, and students' and staff members' social, emotional, mental health, and other needs, which may include student health and food services?

To prepare for the safe return of our students and staff in the Fall of 2022, Watson will utilize elements of the 2020-2021 and 2021-2022 Health & Safety Plans, that prepared us to safely receive students for the 2020-2021 and 2021-2022 school years.

Specifically, to ensure continuity of services, including but not limited to services to address the students' academic needs, and students' and staff members' social, emotional, mental health, and other needs, which may include student health, Watson will continue and maintain the following actions:

Academic:

- Revise and refine the delivery of curriculum to support teaching and learning across multiple environments, if that again becomes necessary.
- Provide professional development to support staff in teaching and learning across multiple environments.
- Provide technology tools and supports for teachers, students, and families to support online teaching and learning outcomes, as needed.

Physical and Structure:

- Implement procedures for cleaning, sanitizing and disinfecting learning spaces, including equipment, door handles, sink handles, drinking fountains (if these do not remain closed), etc.
- Implement procedures for the use of cafeterias or lunch rooms, as well as for serving meals in classrooms, if needed.
- Offer the necessary PPE supplies to support the physical health and safety needs of students, staff, and visitors.

Human Resources:

- Implement workplace guidelines to ensure the safety and wellbeing of employees.
- Implement training tools to address safety protocols.
- Provide resources to support the personal needs of employees.

Social. Emotional. Behavior. and Physical Health:

- Utilize a system of social, emotional, behavioral, and physical health supports to allow for students to successfully participate in their education throughout the course of the school year.
- Utilize a system of social, emotional, behavioral, and physical health supports to mitigate barriers which impact effective work performance and which support employees to successfully work throughout the course of the school year.

3. Watson will maintain the health and safety of students, educators, and other staff to the extent to which it has adopted policies, and a description of any such policy on each of the following safety recommendations established by the CDC.

Safety Precautions

Watson will continue to follow the current guidelines from the CDC. Watson programs will move to optional mask wearing for staff and students. The Watson Institute will continue to monitor CDC guidelines in this regard.

The CDC recommends mask wearing in areas of high transmission level.

Students and staff are encouraged and reminded to follow good hygiene practices, including frequent hand washing and/or hand sanitizing.

Watson shall continue to provide communication to and professional development for students and employees RE: CDC Guidelines on How to Stop the Spread of Germs.

Hand sanitizer dispensers exist at each of the buildings and are strategically placed at high traffic areas in each building.

Classrooms without sinks will have hand-sanitizing dispensers available.

When a case is identified, Watson will increase routine cleaning and disinfecting of surfaces and other areas used by students.

Disinfecting wipes, or a comparable cleaning solution/paper towels, will be available for shared use items for cleaning in between use as needed.

Watson will clean and disinfect bathrooms frequently throughout the day.

All employees and students should self-screen for symptoms of illness each day prior to reporting to the school building.

According to the CDC, people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills;
- Cough; shortness of breath or difficulty breathing;
- Fatigue, muscle or body aches, headache;
- New loss of taste or smell;
- Sore throat
- Congestion or runny nose
- Nausea or vomiting;
- Diarrhea

Testing protocol for staff

1. If you are experiencing ANY COVID symptoms - vaccinated or not:

- Stay home
- Get tested – you can use an at home test or get a PCR test
- You may return to work **AFTER** you receive a negative test **and** your symptoms are improving.
- Wear a well-fitting mask for at least 5 days after your return.

2. If you have received a positive COVID test result - vaccinated or not:

Do you have symptoms?

YES-

- Stay at home for 5 days from the date of the positive test result (day zero) or the date your symptoms started - whichever one came first.

You may return to work when:

- 5 days quarantine is completed.
- Temperature is less than 100 degrees for at least 24 hours (without medication).
- Symptoms are improved or gone for at least 24 hours prior to day of return.

NO-

- You need to remain home for 5 days from the date of the positive test result (day zero).

You may return to work when:

- 5 days quarantine is completed
- You are asymptomatic

COVID-19 Guidelines for students

Please contact the nurses at your school/work site for specific instructions pertaining to your child's COVID/health scenario.

1. If your child is experiencing COVID 19 symptoms:

Families must monitor their children for any COVID-19 symptoms whether vaccinated or not.

A student who is experiencing any of the following COVID-19 symptoms is not permitted to come to school:

- Fever or chills
- Cough, shortness of breath or difficulty breathing
- Fatigue, muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat, congestion or runny nose
- Nausea, vomiting or diarrhea

Your child may return to school after your doctor has evaluated your child and documented an alternative diagnosis and written a note for your child to return to school **OR** received a negative COVID test. **Please provide the results or doctors note for school nurse approval.** Please contact the nurses if you have any questions.

We will still be following School Illness Policy guidelines that your child is fever free for 24 hours and symptoms resolving. Temperature must be less than 100 degrees, without fever reducing medications such as Tylenol or Motrin.

2. If your child has received a positive COVID-19 test result:

Your child needs to remain home for 10 days from the positive test result or day symptoms started whichever comes first. Day zero is the test day or symptoms day. Day 10 must be completed. The return day is day 11. Please provide nursing with copy of positive test result.

Your child may return to school when:

- 10-day quarantine is completed.
- Temperature is less than 100 degrees for at least 24 hours (without medication).
- Symptoms are improved or gone for at least 24 hours prior to day of return.

3. If your child has been tested for COVID-19 and received a negative result:

Your child may return to school when:

- You have received approval from school nurse for your child to return.
- Your child is fever free for 24 hours and symptoms resolving even with negative result. Temperature must be less than 100 degrees, without fever reducing medications such as Tylenol or Motrin.

4. If your child has symptoms, but did not receive a COVID test and was not evaluated by a doctor:

Your child may return to school when:

- 5 day quarantine since the start of symptoms is completed.
- Temperature is less than 100 degrees for at least 24 hours (without medication).
- Symptoms are improved or gone for at least 24 hours prior to day of return.

5. If a student becomes sick at school:

The Watson Institute’s School programs have designated a room for students who come to school sick or become sick while at school. If this happens, you will be called to come and pick up your child. **It is very important that arrangements for transportation have been made, if this should become necessary.** It is very important to keep students who are showing any respiratory or other symptoms at home.

Isolation Protocol

Should an individual student, employee or visitor display COVID-19 symptoms, they should not enter the school building. If a student, the parent or guardian will be notified immediately. Testing for COVID-19 will be recommended to the staff member or student.

The School Nurse or designee, will report the positive case the Allegheny County Health Department

Employees or students who exhibit COVID-19 symptoms, but receive an alternate diagnosis from a medical professional, will be required to have a release from their healthcare provider prior to being permitted to return. The release will be reviewed by the School Nurse.

Watson will refer any student, teacher, or staff member who exhibits symptoms of COVID-19 at school for further instructions and/or for COVID testing. (See Testing Protocol.)

Watson will review and consider the guidance and recommendations as they arise from the CDC, Allegheny County Health Department, Pennsylvania Allegheny County Health Department, Pennsylvania Department of Education, and the Governor’s Office, and will communicate and coordinate with these entities as guided.

Watson will continue to comply with all laws, rules and regulations as directed by applicable Federal, Pennsylvania or local authorities.

We also realize that knowledge regarding COVID-19 is constantly changing as new information becomes available and new variants emerge. Watson will adjust these guidelines as needed to make the return to the classroom as safe as possible, realizing that no environment can be completely risk-free.

The Watson Institute has the authority to take any required action and to amend this Health and Safety Plan in response to additional guidance received from the Governor's Office, Pennsylvania Departments of Education or Health, and/or the Allegheny County Health Department. It also has authority to suspend in-person activity or otherwise adjust mitigation strategies (including face

coverings and distancing) in one or more buildings, programs or activities, on a case-by-case basis, where circumstances warrant, for an amount of time determined to be advisable by the CEO.

Continuity of Education Plan

Approved Private School: The Watson Institute’s school programs:
The Education Centers Sewickley and South
LEAP Preschool
Friendship Academy
Watson Institute Social Center for Academic Achievement
(WISCA) Private Academic Licensed School

Chief Operating Officer: Marilyn Hoyson, Ph.D.
Address: 301 Camp Meeting Rd. Sewickley, PA 15143
Email/Phone: marilyn@thewatsoninstitute.org/412-749-2860
Website: www.thewatsoninstitute.org

The Goal of this Plan:

The goal of Watson’s Continuity of Education Plan is to explain to families and other community members the current school opening plans and those that maybe necessary, given future conditions as the school year progresses. All of Watson’s schools intend to open in-person five days per week. We recognize we may have to use other educational models if conditions in the buildings or in the community deem it necessary to ensure the safety and health of students and staff.

Watson will use guidance from the Pennsylvania Departments of Education and Health, as well as the Allegheny County Health Department, to determine if and when it is appropriate to change educational models.

Overview:

This plan is most like what students experienced before March 2020; In-person instruction based on developmentally appropriate (life skills or academic) curriculum implemented with each child’s IEP (Individualized Education Plan). We will follow all safety guidelines in the Health and Safety Plan, above.

For the 2022-2023 school year we will return to regular procedures for student absences. If your child is unable to attend school due to another illness they will be identified as absent.

If conditions change and the schools must change the mode of instruction, parents will be notified and given direction on the type of instruction either Hybrid or Remote. The instruction will be similar to the 2021-2022 school year.

Attendance is required as is in-person instruction.

As in the prior school year, parents or caregivers may receive technology support. Contact your child's teacher if you need support.

Building/Grade Level Contacts:

Education Centers Sewickley and South:

Jamie Desrochers, M.Ed., Education Director, Education Director,
jamied@thewatsoninstitute.org

Michele Trettel, M.Ed., TVI, Executive Director, michelet@thewatsoninstitute.org

LEAP Preschool: Nancy Draftina, M.Ed. Program Coordinator, nancyd@thewatsoninstitute.org

Friendship Academy: Alexandra Wilkes, Program Director, awilkes@thewatsoninstitute-fa.org and Samantha Generalovich, M.Ed., Education Director,
sgeneralovich@thewatsoninstitute-fa.org

WISCA (Watson institute Social Center for Academic Achievement):

Marcia Laus, M.Ed., Program Director, marciala@thewatsoninstitute.org and Jennifer Do, Program Coordinator, JenniferDo@thewatsoninstitute.org

Resource Links:

www.thewatsoninstitute.org has many resources for families

Watson Institute Health and Safety Plan

Affirmed on:

By:



(Signature of Board President)

Jeffrey S. Flick