



2020-2021

**K-8**

# Parent & Guardian Information Guide (COVID-19)

**Holy Redeemer School  
501 S Whitney  
Marshall, MN  
507-532-6642**

**AS DISCIPLES OF THE LORD**

**WE STRIVE TO STRENGTHEN OUR CATHOLIC FAITH BY DEEPENING OUR RELATIONSHIP WITH JESUS CHRIST THROUGH LOVE, PRAYER, AND SERVICE.**

At Holy Redeemer School, we strive to live as Jesus would want us to live by providing a Christian atmosphere where all learn and grow academically and spiritually.



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DIocese  
of NEW ULM

Office of the Bishop

July 23, 2020

Dear Catholic school families and stakeholders,

Warm greetings to your communities! I am pleased to welcome our new director of Catholic Schools for the Diocese of New Ulm, Dr. Michelle Kramer. She joins us during a time fraught with questions regarding the re-opening of schools after last spring's distance learning programs. While teachers in our diocese proceeded with valiant efforts during distance learning, we know that this model was far from ideal, and we are excited to open our doors once again and continue to provide excellent academic programming infused with Gospel values. The health of our students, teachers, and families remains a top priority, yet we recognize the value that face-to-face learning has in meeting our students' academic, social, emotional, and spiritual needs. Toward that end, we plan to open our schools in the fall – with careful planning using the guidance of the Center for Disease Control, Catholic Mutual, the Minnesota Department of Health, and the American Academy of Pediatrics.

Minnesota diocesan directors/superintendents have been working together to assist principals and teachers in preparing plans for their re-opening. Dr. Kramer has been working with Catholic school leaders and public school officials throughout the state to identify best practices and provide recommendations for our schools. Each school will create specific re-opening plans using guidance provided by our diocese and the aforementioned institutions. The plans will include procedures for operations, community, curriculum and instruction, health and safety, and Catholic identity. Many schools are forming task forces to create these plans, and they will then be made available to school families. We understand that the coronavirus has not gone away and that all planning will need to be flexible as we adjust to changing circumstances. Our goal is to continue to provide an excellent, Christ-centered education while maintaining the health and safety of our students and staff.

Our school parents are to be commended for their tremendous commitment to their children's success, during distance learning especially. The experience again demonstrated the valuable teacher – parent partnership. Thank you for your commitment to Catholic education and willingness to allow us to assist you in your role as the primary educators of your children.

I extend my deepest gratitude to the principals and school staff throughout the diocese who have gone, and continue to go, the extra mile to meet the needs of our community. May God bless and reward each of you as you continue to share the Good News amidst these times of trial.

As a Church, we understand the value of community. Our separation from the Eucharist during the months during the shelter-in-place order reminded us of how very much we need Jesus and each other. May we continue to pray for health and healing, and may we do our level best to make the return to schools a smooth process for our young people.

In Christ,

+   
The Most Reverend John M. LeVoir  
Bishop of New Ulm

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1421 6<sup>th</sup> Street North New Ulm Minnesota 56073-2071 Telephone 507-359-2966 Fax 507-233-5334 (Bishop) [www.dnu.org](http://www.dnu.org)

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## **2020-21 School Year Quick Facts (As of August 5th, 2020)**

### **Q | What is the current plan for returning to school in the fall of 2020?**

A | On July 23, Bishop Le Voir of the Diocese of New Ulm announced our Catholic schools will be opening this fall according to regular schedules and policies, in conjunction with state and local policies. We plan to reopen for in-person instruction five days a week beginning in September.

### **Q | What will the first day of school be?**

A | Our open house and orientation events, which will look different this year, will be held on Wednesday, September 2nd (more information will be sent at a later date) and the first full day of school will be Tuesday, September 8 for 1st-8th grade and Monday, September 14 for Pre-K and Kindergarten.

### **Q | As a Holy Redeemer School family, am I required to send my child(ren) for in-person instruction? What if I want to continue at-home learning?**

A | Holy Redeemer School will not offer an at-home learning option for individual students. If you are concerned about learning in-person please contact Mr. Langseth to discuss this further.

### **Q | Will masks be required for students and staff?**

A | Yes. Effective July 25, 2020, Minnesota Governor Tim Walz implemented an executive order 20-81 face covering mandate for the entire state. The order requires every individual, age five and older, in Minnesota to wear a face covering when indoors or in an enclosed space. Face coverings are strongly recommended in all other settings, including outdoors when it is not possible to maintain physical distancing. Face masks can be removed when eating or drinking. The order defines a face covering as a paper or disposable face mask, a cloth face mask, a scarf, a bandanna, a neck gaiter, or a religious face covering that covers the mouth and nose. That does not include mesh masks, masks with holes or openings, or masks with vents. The situation

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surrounding the COVID-19 pandemic continues to change quickly. All policies, procedures, and information outlined in this guide are subject to change based on the advice of our local health department and/or the Diocese of New Ulm. Any and all changes are and will be effective immediately. It is important to keep in contact with Holy Redeemer School and read all communications. Face masks will be required for all K-8 students. Our staff will also be required to wear a face mask when working closer than six feet to students or co-workers and when moving throughout the building. In the event a student, staff member, or teacher has a medical condition, disability, mental health condition, or other sensory sensitivities that prevent them from wearing a mask, a medical note must be provided. Simply choosing not to wear a mask will not be allowed. If that is the case, the student will need to remain at home and provide their own schooling. When the mask order is lifted, we will review our mask policy at that time and alert our families to any changes of this executive order. Holy Redeemer School mask policy will remain in effect unless families are notified otherwise. For more information you may reference Executive order 20-81 section 12.

**Q | Will the school be providing masks for students to use?**

A | Our school will provide masks for K-8 students who are not able to provide their own or forget theirs at home. We encourage each student to have multiple washable masks available at home to ensure a clean mask can be worn to school every day.

**Q | Can my child still bring lunch from home?**

A | Yes. Students are welcome to bring lunch from home. The situation surrounding the COVID-19 pandemic continues to change quickly. All policies, procedures, and information outlined in this guide are subject to change based on the advice of our local health department and/or the Diocese of New Ulm. Any and all changes are and will be effective immediately.

**Q | When is a child too sick to attend school?**

A | All of our existing rules and policies as it relates to a sick child still apply. If your child has a fever of 100.0 degrees Fahrenheit or higher, along with any of the symptoms listed below, they

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must remain at home until they are symptom free without the use of medication for 24 hours. Medical experts say COVID-19 can present with fever, cough, nasal congestion or rhinorrhea, sore throat, shortness of breath, diarrhea, nausea or vomiting, fatigue, headache, muscle pain or muscle ache, poor feeding or poor appetite. Under these conditions, we must assume a child has COVID-19 until proven otherwise. Therefore, please be prepared for your child to need to come home until they are feeling well and fever free without medication for 24 hours. As recommended by our local health department, you should never send your child to school if he or she has a temperature of 100.0 degrees Fahrenheit or higher.

**Q | What should I do if my child is sick?**

A | A sick child must stay home from school, regardless of the type of illness. Please call the school's office to keep the lines of communication open regarding the reason for your child's absence and if the absence is related to COVID-19.

**Q | Can I come inside my child's school?**

A | Holy Redeemer School will not allow visitors into buildings during the school day for the 2020-21 school year. This includes parents and guardians and encompasses our drop-off and pick-up procedures. This policy is also open to change based on guidance from the Minnesota Department of Health (MDH), Diocese of New Ulm, and local health officials.

**Q | What if there is a confirmed case of COVID-19 at Holy Redeemer School?**

A | We will notify parents/guardians of the students within that grade level and follow our local health department's recommendation as it relates to how we conduct future education in light of a confirmed case of COVID-19. The situation surrounding the COVID-19 pandemic continues to change quickly. All policies, procedures, and information outlined in this guide are subject to change based on the advice of our local health department and/or the Diocese of New Ulm. Any and all changes are and will be effective immediately. It is important to keep in contact with Holy Redeemer School and read all communications.

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**Q | Is Holy Redeemer School prepared in the event the school would need to shut down due to a COVID-19 outbreak?**

A | Yes. We are prepared in the event a classroom needs to be quarantined or if our entire system needs to be quarantined. Therefore, a quarantine would be implemented for a short time, with students and staff returning to in-person instruction as soon as possible. If our local health department deems a classroom(s) needs to move to at-home learning due to COVID-19 exposure, our staff is prepared to deliver virtual-based instruction in core content areas on a daily basis. This new format will offer more live sessions of instruction on a daily basis and reduce assignments the students will need to complete at home.

**Q | Which organizations is Holy Redeemer School working with to make these decisions?**

A | We are working with recommendations and guidelines of local medical and health leaders, MDH, and the Diocese of New Ulm. We are also paying attention to what state leaders and organizations are recommending.

**Q | How will Holy Redeemer School share updates or potential changes to the policies and procedures outlined in this guide as the COVID-19 pandemic continues?**

A | Holy Redeemer School will continue to regularly communicate with families. Please take the time to read all paper and email communications that are shared. Policy and procedure changes may happen quickly and this will be the best way for you to stay up-to-date.

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# Holy Redeemer School Safety Measures

## Hygiene & Cleanliness

### COVID-19 Positive Case Procedures

In the event of a COVID-19 positive student or staff member, Holy Redeemer School will work with a team including school nurse, teachers, administrative leaders, and local health department officials to make recommendations to the other members of the Holy Redeemer School Community that are directly impacted by the COVID-19 positive case.

Parents/guardians must contact the school's administrator and/or main office immediately if you or your child(ren) have been exposed to COVID-19.

A student or employee who is diagnosed with COVID-19 should receive documented permission from a medical professional (doctor, nurse practitioner, PA, etc.) to return to school.

If a classroom(s) is impacted by a student or employee diagnosed with COVID-19 the parents/guardians will immediately be notified if they have students in the same grade level of the COVID-19 positive case.

A student or employee who is directly exposed to a person who is carrying COVID-19 should quarantine for ten (10) calendar days (or as recommended by our local health department at that time).

Students who have been confirmed with COVID-19 positive cases **ONLY**, will be provided recorded lessons for students to watch at their own pace. (Teachers will **not** provide recorded lessons for normal sick days, vacation days, etc.)

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### **Common Covid-19 Symptoms:**

-Fever of 100.0 degrees Fahrenheit	-diarrhea	-muscle pain or muscle ache
-shortness of breath	-nausea or vomiting	-poor feeding or poor appetite
-cough	-fatigue	-nasal congestion
-sore throat	-headache	-rhinorrhea

### **Facility Cleanliness**

We will be disinfecting our school daily, and in some situations mid-day depending on the activity level and traffic volume.

### **Hand Washing & Sanitizer**

Our students and staff will participate in hand washing/sanitizing every two hours minimum, depending on activity level. Hand sanitizer will be readily available in all areas of our building for immediate use at any time.

### **Masks, Desk Shields, and Physical Distancing**

Masks covering the nose and mouth will be required for all K-8 students during their school day. Students will be excused from wearing a mask if they have an underlying medical condition with a note written by a medical professional (doctor, nurse practitioner, PA, etc.). Disposable masks will be available for student use if needed. Students may remove their masks when they are eating lunch, participating in rigorous activity, or properly social distanced outdoors.

Holy Redeemer School faculty and staff members will be required to wear a mask and/or clear shield when in the presence of students. If staff are within 6 feet of students they must have a mask on. If they feel that some instruction would be better taught with a clear shield they must

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maintain the 6 foot social distancing rule while wearing the clear shield. Holy Redeemer School faculty and staff may forgo wearing a mask and/or clear shield during their preparational hours with no student contact.

All authorized visitors entering our building will be required to wear a mask. The number of outside visitors entering the building will be minimal. Our school will have a supply of masks in each homeroom in the event someone forgets to bring his or her own.

Physical distancing will be practiced as much as possible throughout the school day. Our classrooms will be arranged to allow students to physically distance themselves from one another. Since this may not be possible in all areas of the building, desk shields have been purchased for every student. The desk shields are a clear plastic divider that enclose each desk shielding the front and sides of each student. Students will be able to see through the clear dividers to receive instruction.

Smaller rooms (bathrooms, offices, maintenance work areas, etc.) will have posted occupancy. Spaces should not exceed the set occupancy. Teachers may send one student per gender to the restroom at a time throughout the day.

### **Drinking Fountains**

We recommend all students to bring their own labeled, filled water bottle each day. All drinking fountains at our schools will be turned off with the exception of touchless bottle-filling stations. If your child doesn't have a personal water bottle, then they will not be able to get a drink from the fountains.

### **Communication**

Holy Redeemer School will continue to regularly communicate with families. Please take the time to read all paper and email communications that are shared. Policy and procedure changes may happen quickly and this will be the best way for you to stay up-to-date.

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## **Policies and Procedures**

### **Liability Waivers**

All families will sign a liability waiver for each student. Holy Redeemer School will not be liable for any COVID-19 positive cases or transmission that happens within the building. The waiver will be available at back to school night and electronically before that.

### **Health Screening Requirements**

Holy Redeemer School **WILL** take your student's temperature as they enter the building to begin their school day. Students' temperatures will also be taken after lunch each day.

It is the responsibility of the parent/guardian to make certain a child is healthy and able to attend school. Parents should also take each child's temperature in the morning prior to sending him or her to school. **Sending a child(ren) to school with obvious symptoms of illness is unacceptable and that child will immediately be sent back home.**

If, during the school day, a student appears to have an illness, the school will help the student and also proceed with standard medical responses, like taking the student's temperature, as in the past. Holy Redeemer School will be vigilant and will not ignore possible symptoms of an illness.

Our school will cooperate with local health departments and the MDH if a student or staff member is diagnosed with COVID-19.

### **Physical Health**

We will make certain all student and employee health files are complete and up-to-date. Our school will be prepared and know local health clinic and hospital information. Our school has an

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“isolation room” for sick students. Sick students will wait in the isolation room until a parent/guardian arrives to take them home.

- Students who have a temperature over 100 degrees Fahrenheit will need to be sent home immediately.
- Employees with temperatures of 100 degrees Fahrenheit will be sent home.

### **Mental Health**

We will use the power of prayer to support each other through difficult situations and problems.

All proper crisis plans will be up-to-date and employees will be trained according to the plans. Without violating HIPPA laws, we will make chaplains and the counselor aware of families in need or at risk.

We will continue to provide a Christ centered, caring and compassionate environment for students and staff.

### **Absences**

Parents/guardians should keep a child home when the child has obvious symptoms of being ill. Administration and the administrative assistant will monitor student absenteeism closely. Mr. Langseth will be required to communicate directly with families who are dealing with prolonged illnesses. If your student has a pre-existing condition that shows itself with COVID-19 symptoms you must provide a medical professional note clearly stating that your child has a history with a different condition. For example, if your child has seasonal allergies you must provide a doctor's note to prove that their condition is not COVID-19 related.

Our teachers are prepared to accommodate prolonged student absences. Holy Redeemer School has a plan in place to work with individual students who miss many days of school in a row **due to COVID-19 related issues/illness.**

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### School Closure Due to Absenteeism

We will monitor daily attendance and reasons for absences. We will work closely with our school nurse and local health department if several absences are identified as being related to COVID-19.

In case of a widespread illness in the state, county, or community, our school could close for an extended time period out of concern for the health of students, staff and community. During a time of closure we will implement our distance learning plan.

We must have the permission of the Diocese of New Ulm, our Pastor, and our Principal to close any individual classroom, section or whole school. If the situation requires, and we have the proper permissions, we may decide it is prudent to close Holy Redeemer School even if other area schools remain open.

In the event that Holy Redeemer School must re-evaluate our plan or we are no longer able to do full time in-school learning, students will be offered a hybrid schedule or an improved distance learning schedule. Determination of the alternative schedule will be based on current MDH, local health officials, and Diocese of New Ulm guidelines.

### Visitors

At Holy Redeemer School, to start off the 2020-2021 school year, no one outside staff and students will be allowed past the office.

If an individual has an emergency, sick child, or educational-based reason to enter the building, he or she must call the school office prior to coming to the main door and **STOP** in the office.

If there is a need for a parent to drop off a lunch or school materials, the office personnel will greet you at the entryway. Holy Redeemer School **WILL NOT** be using in-classroom volunteers throughout the pandemic. We appreciate and value your willingness to be involved in

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your child's education, however, we must limit the number of people entering each building during this time period.

### **Transportation**

Holy Redeemer School is encouraging/asking families to find alternative ways of transportation to get their students to school other than the bus. If students have no other way to get to school, students may ride the bus.

### **Arrival and Dismissal of Students**

Holy Redeemer School will be utilizing staggered entry and exit times, as well as designated entry and exit doors for arrival and dismissal.

Beginning of the day:

- Holy Redeemer School will allow students to be dropped off no earlier than 7:45. We will not have supervision provided before that time for social distancing or general safety.
- Breakfast will be served as normal. After a student eats they must return to their designated area outside to enter the building with the rest of their class.
- When students arrive they will go to a designated area on the playground and will not be allowed in the building until 8:00.
- Students will only be allowed to enter the school through their designated door listed below.
  - Door 1- 3rd and 4th grade and All day Preschool
  - Door 2- 5th and 6th grade
  - Door 3- 1st and 2nd grade
  - Door 8- 7th and 8th grade
  - Door 9- Kindergarten
- Upon entrance a teacher from their grade level will take their temperature, they will sanitize their hands, then they will be allowed to continue to their classrooms.

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If they are found with a fever, they will be sent to the isolation room and parents will be expected to pick up their student immediately.

Picking up a student mid-day:

- If you need to pick up your child(ren) for an appointment during the school day, please call the school office when you arrive at the school and a staff member will bring the child(ren) to the front door, along with a sign out sheet that will need to be completed.

Dismissal:

- All students will remain in their classrooms and 33% of the student body will be released at one time.
- Students will be released from their rooms when their number is called and expected to exit through their assigned door. These groups will be released at 3:05, 3:08, and 3:11.

### **Food Service**

The cafeteria has been modified with dividers to help with social distancing while students eat. Holy Redeemer School has also modified the lunch schedule to accommodate for 6 foot social distancing with three separate lunch periods. While in the lunchroom students will be allowed to take their mask off after they sit down with their food tray and put it back on after they finish their meal.

Students will sanitize or wash their hands before eating breakfast and/or lunch and when finished. Lunch will be served in the cafeteria when possible based on recommendations from our local health department.

Students will not be offered the salad bar at this time. Holy Redeemer school is allowing students to bring their lunch from home.

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No outside adults will be allowed inside our school kitchen; only kitchen staff will be allowed to enter.

### **Playground/Recess**

Students will wash or sanitize their hands before going to recess and when returning from recess. Students will still observe physical distancing while remaining with their grade level in their designated areas.

Students will not be allowed to play competitive team games that involve a lot of physical contact.

Playground supervisors will do their best to monitor and students will not share equipment outside of their grade levels.

Teachers will be encouraged to take students outside if possible throughout the day to give students mask breaks while maintaining social distancing.

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## **Academics**

All Holy Redeemer School students will remain in their self contained classroom with the same homeroom students to start the year. Students may be leaving their room to attend specials if their schedule allows them to do so. If students typically see different teachers throughout their day (ex. middle school) the teachers will rotate between the classrooms instead of the students moving rooms. This could change as recommendations from the local health department, Diocese of New Ulm, and CDC change throughout the year.

Shared materials will not be allowed unless they are sanitized between each use.

### **Mass**

All students will attend Mass at school one time per week. Holy Redeemer School will be offering multiple masses in order to maintain social distancing guidelines. There will be no servers, song leaders, or screens at this time. There will also be no outside visitors allowed to attend school masses at this time.

### **Specials**

Students will wash or sanitize hands when going in and out of each new classroom throughout the day. Students will also wear masks in every special, only taking them off in band and gym permitting what they are doing requires them to do so.

**STEAM** - will rotate between the STEAM room, Makerspace, and homerooms for all grades throughout the week.

**Music**- instruction will be provided in each homeroom for grades K-4. Grades 5 and 6 will be on a blue/gold schedule alternating days in the music room.

**Phy Ed.**- students will utilize outside whenever possible and will practice social distancing while in the gym.

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**Band** - students will be able to play their instruments in small groups at lesson times. Students may be able to play instruments in large group settings if social distancing guidelines can be followed.

**Choir**- choir will be taking place in the chapel while wearing masks and adhering to social distancing guidelines. (the Host will be kept in the adoration chapel until classes can be held in regular locations)

**Theater Tech**- since theater tech will use room 212 every other day 7th and 8th grade can attend class in room 212 on an alternating blue/gold schedule.

**Library**- students will have class in the library. They will be physically distance at 6 feet apart during library time. Library books will be out for students to access easily.

### **Hybrid/ Virtual Education ( If Necessary)**

It is our goal to offer in-person instruction on all regularly scheduled school days during the 2020-2021 school year.

If we have no other choice but to go to a distance learning plan, the following items are in place for every student:

- Class materials will be shared with K-8th grade students via Google Classroom
- Students in grades K-2 will be provided Samsung tablets
- Students in grades 3-8 will be provided Google Chrome Books
- Students will continue regularly scheduled instruction with the teacher they would have had in-person for all subjects
- Teachers will continue to utilize a variety of methods to present lessons including Google Classroom, SeeSaw, Zoom, Google Meets, recorded tutorials, websites, YouTube videos, and online lessons.
- Emphasis will be put on live sessions and participation rather than assignments.

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## Resources for Schools

<p>“Leading with Hope” From the Andrew Greeley Center for Catholic Education</p>	<p><a href="http://www.luc.edu/gcce/index.shtml">http://www.luc.edu/gcce/index.shtml</a></p> <ul style="list-style-type: none"> <li>-Logistics and planning guidance</li> <li>-Maintaining community guidance</li> <li>-Curriculum and instruction guidance</li> <li>-Promoting Catholic identity guidance</li> <li>-Technology support guidance</li> </ul>
<p>“Guide to Reopening” From Catholic Mutual Group</p>	<p><a href="http://catholicmutual.org/en-us/home/covid-19caresrecources.aspx">http://catholicmutual.org/en-us/home/covid-19caresrecources.aspx</a></p> <ul style="list-style-type: none"> <li>-Staying home guidance</li> <li>-Health screening</li> <li>-Social distancing directives</li> <li>-Facility cleanliness and disinfecting considerations</li> <li>-Transportation recommendations</li> </ul>
<p>Minnesota Department of Health</p>	<p><a href="https://www.health.state.mn.us/diseases/coronavirus/schools/">https://www.health.state.mn.us/diseases/coronavirus/schools/</a></p> <ul style="list-style-type: none"> <li>-Decision tree for people with COVID-19 symptoms</li> <li>-Public school planning guide</li> <li>-Masking recommendations</li> <li>-Food service information</li> <li>-Cleaning and Disinfecting Guidance</li> </ul>
<p>Center for Disease Control</p>	<p><a href="https://www.cdc.gov/coronavirus2019-ncov/community/index.html">https://www.cdc.gov/coronavirus2019-ncov/community/index.html</a></p> <ul style="list-style-type: none"> <li>-Signage for posting</li> <li>-Screening checklist</li> <li>-Best practices in hand and respiratory etiquette</li> <li>-Cleaning and disinfecting guidance</li> <li>-Working with high risk individuals</li> <li>-Congregated setting recommendations</li> <li>-Preparations for outbreak or diagnosis in facility</li> </ul>
<p>American Academy of Pediatrics</p>	<p><a href="https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infectionsclinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/">https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infectionsclinical-guidance/covid-19-planning-considerations-return-to-inperson-education-in-schools/</a></p> <ul style="list-style-type: none"> <li>-Recommendations for age categories</li> <li>-Recommendations for cleaning and disinfecting</li> <li>-Use of masks and PPE</li> <li>-Guidance on mental health of students and staff</li> </ul>

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## Local Resources and Updates

City of Marshall Updates	<a href="https://ci.marshall.mn.us/news_detail_T46_R20.php">https://ci.marshall.mn.us/news_detail_T46_R20.php</a>
Southwest Health and Human Services	<a href="https://swmhhs.com/coronavirus/">https://swmhhs.com/coronavirus/</a> (507) 537-6713
Minnesota Helpline	<a href="https://www.health.state.mn.us/diseases/coronavirus/">https://www.health.state.mn.us/diseases/coronavirus/</a> For questions related to the COVID-19 pandemic, 651-297-1304 or 1-800-657-3504 Mon.-Fri.: 9 a.m. to 4 p.m.

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## Mental Health and Parent Resources

Wide Open Schools -At home learning resource	<a href="https://wideopenschool.org/">https://wideopenschool.org/</a>
Mindfulness and Meditation from the Mayo Clinic	<a href="https://www.youtube.com/watch?v=T0Tv7FuvNJ8&amp;feature=youtu.be&amp;disable_polymer=true">https://www.youtube.com/watch?v=T0Tv7FuvNJ8&amp;feature=youtu.be&amp;disable_polymer=true</a>
Greater Good's Guide to Wellbeing during the Coronavirus	<a href="https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus?_ga=2.18674745.1894135735.1585339015-988973372.1582235500">https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus?_ga=2.18674745.1894135735.1585339015-988973372.1582235500</a>
Coping with Traumatic Events	<a href="https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml">https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml</a>
Recovering Emotionally	<a href="https://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally.html">https://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally.html</a>
Help! I am a Parent not a Teacher	<a href="https://www.regiscatholicschools.com/documents/ncea_parent_news_april.pdf">https://www.regiscatholicschools.com/documents/ncea_parent_news_april.pdf</a>
Talking to your Children about COVID	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19</a>

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