



Career Technical Education Distance Learning and Reopening Plan

Safe Return to In-Person Instruction and Continuity of Services Plan

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Update: June 2022

Update: Jan 2023

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INTRODUCTION

The guidance below has been developed to establish Career Technical Education Charter High School (CTEC) as a safe learning environment for students during the COVID-19 pandemic. The Office of Fresno County Superintendent of Schools and CTEC is committed to supporting the health and safety needs of our students, families, and staff while making every effort to maintain high quality standards during the pandemic. This document addresses the Elementary and Secondary School Relief Fund (ESSER III) Safe Return to In-person Instruction requirements, providing information regarding safe and healthy practices to prevent the exposure to health-related illnesses. It is important to recognize that as a public entity, CTEC must comply with requirements required by federal, state, or local authorities that may be more rigorous. The guidance provided within this document is subject to change as updates are received from the Public Health Department and the Fresno County Superintendent of Schools, Jim Yovino.

While this pandemic has certainly affected our daily lives, we cannot ignore the importance of education and the need for us to not lose sight of CTEC's mission to support student development, create industry relevance and establish connections with their community. We know that this crisis will have substantial impacts on the mental health of many, including our students. Therefore, it is vital now more than ever before that we provide our families with services that excel in health, safety, and quality. We ask for patience, support, and understanding from staff, students and their families as it is essential to ensure we bring the guidance within this document to fruition in support of enhanced health and safety practices.

UPDATES

- **Updated COVID-19 Testing Protocol (Page 6)** Changed in June 2022
- **Updated Mask Protocol (Page 9)** Changed in June 2022
- **Updated Communication protocols (Page 14)** Changed in June 2022
- **Updated Academics and Independent Studies Protocol (Page 15)** Change in June 2022
- **COVID Testing (Page 5-8):** The COVID-19 Testing section has been updated to align with the requirements as set forth by SB 1479. (Change in Jan 2023)

Following Changes are as of June 2023

- **Protection Guidelines (Page 4-8):**
 - Provide face coverings (including N95) to CTEC employees and students, when required and/or requested.
 - FCSS will offer free over the counter Rapid Antigen COVID-19 test kits to employees. Although testing is not mandatory for employees in all situations, testing is highly recommended.
 - When an employee has tested positive and symptoms have significantly improved after day 5.
- Added Health Mindfulness for Employees & Students Section (Page 8, 9)
 - **EMPLOYEE: If you have new or worsening symptoms, stay home and contact the COVID-19 hotline at covid19report@coe.org or (559) 497-3889 and advise your supervisor immediately.**
 - **STUDENT:** If the parent/guardian confirms the student is experiencing symptoms, the student will need to stay home and consult with their doctor and report illness to the school absence line. When the student does not appear to be well or states they do not feel well during the school day, the student will be evaluated by a school nurse/designated staff member.
- Face Covering Protocol
 - Masking may still be mandatory per CalOSHA Guidelines and employees will be instructed by the FCSS' Health Services COVID-19 Report Hotline.
- Physical Distancing Protocol
 - CalOSHA Regulations no longer require physical distancing, except:
 - During an outbreak (3 or more employees in an exposed group), the FCSS will evaluate whether physical distancing or barriers are necessary to control the transmission of COVID-19.
 - Physical distancing and barriers must be used in a major outbreak (20 or more employees in an exposed group) for all employees, regardless of vaccination status.

PURPOSE, SCOPE & RESPONSIBILITY

CTEC uses the Office of the Fresno County Superintendent of Schools COVID-19 Safety Plan Toolkit to assist with making decisions specific to the Safe Return to In-Person Instruction. The Office of the Fresno County Superintendent of Schools (FCSS) is committed to maintaining a safe work environment that reflects guidance from federal, state, and local public health officials to mitigate the spread of COVID-19. While testing and vaccines are widely available, we must continue to practice strategies to decrease the spread of COVID-19. Together, our actions contribute to the wellness of our schools and community as a whole and protect the most fragile and high-risk individuals around us. The COVID-19 Safety Plan Toolkit is designed by the FCSS to set forth standards and protocols for the safety and well-being of FCSS employees, students and any other persons accessing FCSS office and school settings, which includes CTEC High School. Its contents are to be implemented organization-wide and utilized in conjunction with department/program site-specific plans.

The FCSS is responsible for providing systems to support compliance and strategies to promote employee safety, including strategies to mitigate the spread of COVID-19. Refer to Superintendent Internal Procedure (SIP) NO. 7000.002, Illness & Injury Prevention Program (IIPP), for more information. The COVID-19 Safety Plan toolkit serves as CTEC's COVID-19 Safety Plan (CSP) and Cal/OSHA COVID-19 Prevention Program (CPP). In addition, this document and related site plans serves as the Elementary and Secondary School Emergency Relief Fund (ESSER III) Safe Return to In-person Instruction Local Education Agency (LEA) plan. This document was developed with the most current information known at the time and may be amended as guidance from federal, state and local agencies change, in consultation with the below mentioned groups. Ongoing communication will be shared with staff, parents, agency and collaborative partners including, local industry partners, All4Youth, FCSS employees, staff, and our community through a variety of means including but not limited to: staff meetings, collaborative partner meetings, student orientation, back to school night, and electronic communication to parents. Additionally, a link to the plan will be posted on the FCSS and CTEC webpage.

PROTECTION GUIDELINES

Purpose: To identify the employer and employee responsibilities to maintain a safe work environment for staff and students.

Employer Responsibilities:

- Extend grace and civility to all those you interact with while in the workplace
- Implement daily self-monitoring health screening processes for staff and students

- Provide face coverings (including N95) to CTEC employees and students, when required and/or requested
- Provide cleaning supplies for CTEC employees
- Post additional signage throughout CTEC buildings and worksites to raise awareness regarding health and safety protocols
- Ensure routine cleaning of frequently touched surfaces (See Disinfecting Protocol)
- Identify and evaluate COVID-19 hazards and investigate, respond, and correct these hazards in the workplace by utilizing the Injury and Illness Prevention Program (IIPP)
- When required, have COVID-19 testing available for staff and students
- Place appropriate signage throughout facilities informing of appropriate COVID-19 protocols including hand hygiene
- Allow time for hand hygiene and provide facilities for hand washing or sanitizing

Employee Responsibilities:

- Extend grace and civility to all those you interact with while in the workplace
- When required, wear face covering in accordance with the Facial Covering Protocol
- If you are ill, stay home, except to get medical care, utilize your leave entitlements and return to work when symptom-free

COVID-19 TESTING

Purpose: To provide COVID-19 testing to staff and students and to monitor the prevalence of COVID-19 in FCSS schools in accordance with local, state and federal regulatory requirements. This testing plan meets the requirements set forth by SB 1479.

Per California Department of Public Health, FCSS will only use Rapid Antigen Testing in its schools. If PCR testing is preferred, please contact your primary care physician. FCSS will designate staff to report testing numbers and test results to both CDPH and FCDPH as required by local and state guidance.

EMPLOYEE COVID-19 TESTING INFORMATION

Who: FCSS will offer free over the counter Rapid Antigen COVID-19 test kits to employees. Although testing is not mandatory for employees in all situations, testing is highly recommended.

Scenarios where employee testing is recommended:

- When an employee becomes symptomatic at school, employees should test before being sent home.
- Before returning from a prolonged school break, (i.e., winter, spring, and/or summer break)
- When an employee has tested positive and symptoms have significantly improved after day 5.

Scenarios where employee testing is MANDATORY:

- If an employee is identified as a close contact and is asymptomatic, the employee must test 3- 5 days after exposure. If an employee who is considered a close contact becomes symptomatic, the employee must test.

What: CTEC participates in the CDPH Over the Counter/At-Home Rapid Antigen Test Kit Program. All tests are offered to employees free of charge.

Where: Employees can use Over the Counter/At-Home Rapid Antigen Test kits which can be obtained at their school site, Health Services, or Human Resources for use at home or they can be tested at their school.

Employees may self-test and self-report using over the counter (OTC) home tests that must be obtained from their school's health office, Health Services, or Human Resources. [Click here](#) for instructions on how to self-test and self-report.

When: Employees who choose to self-test and self-report may test at their convenience. Note: employees will not be paid for testing outside of their work hours.

How: Employees who choose to test at an FCSS testing site may test during scheduled work hours FCSS will coordinate COVID-19 testing.

What is the cost? There will be no charge to the FCSS employee, unless employee elects to test through a valid healthcare/clinical provider or testing facility (e.g., Kaiser, CVS, Walgreens).

STUDENT COVID-19 TESTING INFORMATION

Who: FCSS will offer free over the counter Rapid Antigen COVID-19 test kits to students. Although testing is not mandatory for students in all situations, testing is highly recommended.

Scenarios where testing is recommended:

- When a student becomes symptomatic at school, student should test before being sent home.
- When a student is considered a close contact and is asymptomatic, student should test 3-5 days after exposure. If a student who is considered a close contact becomes symptomatic, the student should test immediately and stay home.
- Before returning from a prolonged school break, (i.e., winter, spring, and/or summer break)
- When a student has tested positive and symptoms have significantly improved after day 5.

Scenario where testing is MANDATORY:

What: CTEC participates in both the CDPH Over the Counter/At-Home Rapid Antigen Test Kit Program. All tests are offered to students free of charge.

Where: Students can use Over the Counter/At-Home Rapid Antigen Test kits which can be obtained at their school site for use at home.

COVID-19 VACCINATIONS

Purpose: CTEC recognizes that vaccination is effective at preventing COVID-19 and protecting against both transmission and serious illness or death. Therefore, the CTEC strongly encourages employees to stay up to date with COVID-19 vaccinations including all primary series doses and boosters. Vaccinations are free to anyone who would like to receive them. To learn more about the different vaccinations available access the Fresno County Department of Public Health website: <https://www.co.fresno.ca.us/departments/public-health/covid-19/covid-19-vaccine-information>. To find a vaccination clinic and schedule an appointment, go to www.myturn.ca.gov.

CRITERIA FOR CLASSROOM/SCHOOL CLOSURE

Purpose: To provide guidance on the criteria for classroom and school closure.

School administration will consult with the Fresno County Department of Public Health (FCDPH) about potential classroom and/or school closures. Decisions to close a classroom or school will be made in conjunction with the Fresno County Department of Public Health on a case-by-case basis.

HEALTH MINDFULNESS FOR EMPLOYEES & STUDENTS

Purpose: To maintain a healthy and safe, work or school environment, when employees or students are ill, stay home and return when symptom free.

On a daily basis, all CTEC employees and students should be mindful of the following symptoms prior to entering their assigned work location:

1. Fever and/or chills (100.4 degrees or higher)
2. A new or worsening cough
3. Shortness of breath
4. Loss of taste and/or smell
5. Congestion and/or runny nose
6. Sore throat
7. Fatigue

8. Muscle and/or body aches
9. Headache
10. Nausea/vomiting and/or diarrhea
11. Recent exposure to COVID-19 in the past 14 days

- If symptoms are secondary to an underlying disease(s) or condition(s), such as allergies, asthma, migraine headaches, or dietary concern(s), and have not worsened compared to baseline, then the employee can continue to work and follow precautions as stated above.
- **EMPLOYEE: If you have new or worsening symptoms, stay home and contact the COVID-19 hotline at covid19report@fcoe.org or (559) 497-3889 and advise your supervisor immediately.**
- **STUDENT:** If the parent/guardian confirms the student is experiencing symptoms, the student will need to stay home and consult with their doctor and report illness to the school absence line. When the student does not appear to be well or states they do not feel well during the school day, the student will be evaluated by a school nurse/designated staff member.

ROLE OF SCHOOL NURSE AND/OR HEALTH STAFF/CONTACT TRACER

Once alerted to a fever or respiratory illness in a student or staff, a member of the health staff or contact tracer should communicate with the individual to obtain information about onset of symptoms, specific symptoms and any other pertinent information regarding the illness.

- Health staff should call student or staff daily to check on symptoms and to offer support to the ill individual.
- Once an ill individual meets criteria listed above, the school nurse will clear the student or staff member to return to work/school.

ROLE OF CTEC ADMINISTRATION

For students subject to COVID-19 quarantines, isolations, and school closures, CTEC will maintain continuity of instruction and services to support the student's educational program while unable to attend school in person through Independent Study Programs, as appropriate. Site leaders will contact the student's parent/guardian regarding continuity of services as described in the program/site specific plans.

FACE COVERING PROTOCOL

Purpose: The following shall be the protocol for face coverings for employees, students, and visitors at CTEC facilities.

Effective Saturday, March 12, 2022, California adopted a new indoor Face Covering policy and moved from a mandate to a strong recommendation regarding masking for all staff, students, and visitors in K-12 office and school settings regardless of vaccination status. Therefore, please be mindful and respectful of personal choice. Also, continue to be patient, flexible, and kind.

For CTEC employees, students, and visitors, at a location where the COVID-19 protocols are determined by partnering entities, the CTEC employees, students, and visitors, must follow the

COVID-19 protocols as determined by the entity having jurisdiction to set the COVID-19 protocols for the location.

Masking may still be mandatory per CalOSHA Guidelines and employees will be instructed by the FCSS' Health Services COVID-19 Report Hotline.

PHYSICAL DISTANCING PROTOCOL

Purpose: To provide guidance to staff on best practices for physical distancing.

- CalOSHA Regulations no longer require physical distancing, except:
 - During an outbreak (3 or more employees in an exposed group), the FCSS will evaluate whether physical distancing or barriers are necessary to control the transmission of COVID-19.
 - Physical distancing and barriers must be used in a major outbreak (20 or more employees in an exposed group) for all employees, regardless of vaccination status.

CLEANING AND DISINFECTING PROTOCOL

Purpose: To provide information on cleaning and disinfecting efforts during the COVID-19 pandemic.

On April 5, 2021, the CDC updated its guidance on cleaning and disinfecting a facility. The CDC found that the risk for people to become infected if they touch surfaces the virus has landed on and then touch their nose, mouth, or eyes is low. Additionally, the guidance states that cleaning with soap and water at least once a day is generally sufficient. More frequent cleaning may be needed when a COVID-19 case has been reported in the space.

ENGINEERING CONTROLS AND VENTILATION

In order to maintain adequate ventilation and air quality in schools and offices, the FCSS has taken the following actions:

- Encouraged staff to open windows and doors as appropriate and safe
- Contracted with a qualified heating ventilation and air conditioning (HVAC) company to ensure that all units are operating optimally and provide adequate fresh air ventilation
- Changed HVAC system filters to minimum efficiency rating value (MERV) 13 wherever possible
- Provided each classroom with a portable high-efficiency air filtration unit

PERSONAL PROTECTIVE EQUIPMENT (PPE) GUIDELINES

Purpose: To provide staff with certain PPE applicable to their job duties in response to COVID-19.

PPE specific to COVID-19 response shall be procured in bulk quantities by the Facilities & Operations Department and distributed as needed. Departments with PPE needs not specifically related to COVID-19 response shall continue to purchase and provide the needed PPE.

FACE MASKS

Who may use: CTEC employees and students.

When to use: When required by state or local health order and in accordance with the FCSS Face Covering Protocol.

N95 RESPIRATORS

Who may use: CTEC employees and students.

When to use: When performing aerosolizing medical procedures, when using products that would require respiratory protection according to the Safety Data Sheet.

FACE SHIELDS/EYE PROTECTION

Who should use: Custodians, teachers, paraeducators, school nurses or anyone trained to do specialized healthcare procedures and any employee in accordance with the Face Covering Protocol.

When to use: When splash protection is required or in accordance with the Face Covering Protocol.

Typical tasks necessitating use: providing first aid, performing specialized healthcare procedures and cleaning contaminated areas and while doing medical aerosol procedures such as oral or tracheostomy suctioning or nebulizer treatments.

LEVEL 3 MEDICAL-GRADE PROTECTIVE GOWNS

Who should use: School nurses, and LVNs.

When to use: Aerosol generating procedures, working in isolation rooms.

Typical tasks necessitating use: tracheostomy suctioning or nebulizer treatments.

CTEC EMPLOYEE & STUDENT COVID-19 EXPOSURE RESPONSE PLAN

Purpose: CTEC recognizes the importance of responding quickly and appropriately to possible or confirmed COVID-19 exposure to a CTEC employee or student. Therefore, CTEC has created the following employee and student exposure response plan and flowcharts:

- Process For Employees to Report COVID-19 Related Illness
- First Notice Reporting Flowchart Once Employee Reports A COVID-19 Related Illness
- COVID-19 Screening Flowchart of CTEC Students
- Return-To-School After COVID-19 Exposure – Not Fully Vaccinated Students
- CTEC Students COVID-19 Illness and Quarantine Guidelines - English
- CTEC Students COVID-19 Illness and Quarantine Guidelines - Spanish
- CTEC Employees COVID-19 Illness and Quarantine Guidelines

Note: severely immunocompromised individuals should consult with their primary care physician.

PROCESS FOR EMPLOYEES TO REPORT COVID-19 RELATED ILLNESS

Purpose: CTEC has established a First Notice Reporting process to ensure all employees report a COVID-19 Related Illness in a consistent, timely manner.

Employees are expected to report a COVID-19 Related Illness to FCSS when:

- You have experienced COVID-19 related symptoms, **OR**
- You were alerted that you are considered a close contact to a positive COVID-19 case, **OR**
- You have tested positive for COVID-19, or after being identified as a close contact are awaiting COVID-19 test results.

Employees are expected to follow the steps as indicated below:

1. Promptly notify your immediate supervisor that you are going to report a COVID-19 related illness.
2. **Immediately** report all COVID-19 Related Illnesses as indicated above by email, covid19report@fcoe.org OR by phone (559) 497-3889.
3. Provide the following information when you email or call to ensure timely reporting:
 - a. First and Last Name
 - b. Your Email and Phone Number
 - c. Reason for Report (e.g., *experiencing COVID-19 symptoms, close contact, tested positive for COVID-19, or awaiting COVID-19 test results*)
 - d. Department and actual Work Location (e.g., worksite and room number, if applicable)
 - e. Actual date you last worked (specify whether in-person or telework)
4. A confidential FCSS liaison will answer your email/call and assist in determining appropriate next steps.
5. **Thank you!** We rely on your action to help mitigate the spread of COVID-19.

SYSTEMS FOR COMMUNICATION

Purpose: To ensure FCSS has effective two-way communication with employees, labor representatives, and parents/guardians regarding COVID-19 related issues.

CTEC uses the COVID-19 Safety Plan Toolkit as a vehicle to communicate the following to stakeholders:

- Reporting of COVID-19 symptoms following the First Notice Reporting Flowchart
- How to identify and report symptoms and hazards that employees may be exposed to

- within the workplace without fear of reprisal using the procedure outlined in the IIPP
- CTEC procedures or policies for accommodating employees with medical or other conditions that put them at increased risk of severe COVID-19 illness
- CTEC procedures on access to COVID-19 testing including asymptomatic, symptomatic or response testing

In compliance with AB685, CTEC is required to provide timely employee and union notification when:

- A. positive COVID-19 test or medical diagnosis from licensed medical provider;
- B. ordered quarantine from public health official; or
- C. death from COVID-19.

If a positive case is identified in the workplace, employees will be notified without disclosing the name of the individual or any personally identifiable information about the person to ensure compliance with privacy laws. For more information on this subject, please visit the U.S. Department of Health and Human Services [here](#).

- Employee notification will be sent to department/program employees by applicable cabinet member/designee with a CC to covid19report@fcoe.org, Alma McKenry, and Laurie Gabriel.
- Parent/Guardian notification will be sent by department/program administration/designee.
- When applicable, Union notification will be sent by Human Resources with CC to covid19@fcoe.org and Alma McKenry.

ACADEMICS AND INDEPENDENT STUDY

CTEC created a committee to develop systems for the reopening of schools in response to COVID-19. CTEC administration and staff worked together to develop a comprehensive program that supports students through the reopening of school that includes on campus instruction and the social emotional supports of students. The CTEC staff has identified the following areas of focus as crucial to the reopening of CTEC's campus.

1. Professional Development:

Develop a calendar for professional development for staff:

1. Adobe Suite
 - a. Support online learning content
2. Google Classroom/Office 365
 - a. Online communication
3. Trauma Informed Instruction
4. School-wide Rubric Development
5. Embedding School Culture
6. Course Subject Integration

2. Instructional Services:

- **Instructional Gaps:** CTEC administration continues to annually collected data to identify areas of need. Through targeted assistance, additional instruction and academic support will be provided to close instructional gaps.

- **Scope and Sequence:** CTEC teaching staff continue to develop vertical alignment of subject content within their respective department to ensure that educational gaps due to COVID-19 are mitigated. Furthermore, teachers are developing cross curricular connections and assignments to address content and standards within multiple subject areas.
- 3. Educational Access:** A needs assessment of students' ability to access technology at home has continued to be given to families. Families lacking access to technology components for their students will be supported with resources to remove barriers so the students can engage with their instruction at home.
 - 4. Student Services:** IEP and 504 services will be provided to qualifying students. All meetings can be attended in person, online, or by phone. Additional on campus instruction will be given to students qualifying under IDEA and 504 to support student learning. CTEC staff will work to address any parent concerns with learning loss to support students receiving special education and 504 services.

GRADING AND ATTENDANCE POLICY

To receive credit for courses, students are expected to complete assignments, attend school daily, unless in quarantine due to COVID-19. The grading policy is located on our Parent/Student Handbook, which can be found on CTEC's website. Attendance will be taken during classes and through independent studies for students on quarantine.

Students not making progress, not completing academic assignments or opting not to participate during this closure, will participate in an SST meeting to determine the best course of action to support the student. Potential outcomes include:

- Additional on-campus support
- Required on-line individual/small group meetings
- Required weekly counselor check-in

In the event that the student is opting to not participate, the following actions will be taken:

- Place student on academic probation
- Required course remediation (after school, summer school)
- Removed from CTEC's Program

Independent study and online Instruction Google Classroom and Microsoft Teams are our online components to help deliver live instruction from classroom teachers if students are not able to attend class due to quarantine, along with providing independent study instruction to support students who cannot attend online. Extended Learning opportunities are available through the Expanded Learning Program. Students have access to instructors and other academic support resources to aid in learning gaps due to COVID-19 quarantine.

Through additional professional development, teachers have been provided with instructional support to ensure students have access to lessons via google classroom, increasing online access to classroom resources.

Students on an IEP or receive 504 accommodations receive additional time via on-line through Teams, with instructors and their case managers. Designated time is specified throughout the week for on-campus support to meet the additional minutes required by an IEP and to support student learning. Additional time is available before and after school to address learning loss and mitigate the effects of COVID-19 school closures.

SOCIAL-EMOTIONAL WELL-BEING OF STUDENTS, FAMILIES AND STAFF

CTEC will share resources developed by FCSS for parents and families in regard to the social-emotional well-being of students through mail, email, and social media outlets. All4Youth counseling services will be provided on a referral basis, and referrals will be made by the CTEC counselor. Referrals can be requested by parents/guardians, teachers, the school nurse, the school psychologist, administration, or the student them self. The CTEC school counselor will develop lessons and resources for students to access through Google Classroom. The counselor and school psychologist will work with students individually (through Microsoft Teams or on-campus) or in small groups to address any well-being needs. Students can sign up for individual counseling sessions by contacting the school counselor directly. The counselor will develop a student and staff survey to determine focus areas for the counseling program. In addition to this, the counselor will also send a digital check in survey every two weeks to check in on students' social-emotional well-being.

STAFF/STUDENT TRAINING

1. Staff Annual Pre-return to school training-

Presented to ensure understanding and preparedness to align with procedures outlined in this manual and consistent with FCSS policy.

2. Students' First Day Training/Orientation

Present procedures outlined within this manual.

- Freshman training will take place during the orientation nights prior to the first day of school.
- Sophomore and Juniors will receive training the first day of school.

3. Cleaning Crew Protocols

Disinfection methods, comprehensive cleaning training for all CTEC staff

- Custodial staff will be trained for deep cleaning protocols.
- Teaching staff will be trained for general disinfecting of high traffic point of contact areas.

COMMUNICATION METHODS

Communication is a key component to ensuring all students have access to a high-quality distance learning program, and families have access to the support they need to assist their students in learning. CTEC's school counselor and liaison will be contacting students and families that have been identified as at risk to assess the health and well-being of families and students. Communication with regards to student success shall be shared between the

students' academic teachers to identify courses of action. Social Media platforms, such as Facebook and Instagram will be used to further communicate resources to support families with students learning.

CULTURAL SENSITIVITY

Maintaining culturally and linguistically sensitive and supportive relationships with parents to process emotions, share challenges, offer support, and collaboration of program changes during the COVID-19 pandemic. Remember that parents are also adjusting to new policies and procedures established by CTEC/FCSS due to the COVID-19 pandemic.

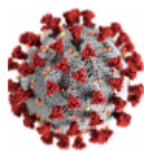
All CTEC information will be translated in the parents/guardians' home language as needed.

PARENT RESOURCES

Provide parent with resources for various types of support such including but not limited to the following:

- The **Disaster Distress Helpline**, [1-800-985-5990](tel:1-800-985-5990), is a 24/7, 365-day-a-year, national hotline is dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call **[1-800-985-5990](tel:1-800-985-5990)** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.
- Fresno County's "**Information and Referral Helpline**" (Phone: 211) can provide you with community resources to assist your family, such as utility assistance and supplemental food and nutrition programs.
- **All 4 Youth** is a partnership program between The Fresno County Department of Behavioral Health and Fresno County Superintendent of Schools for children and youth ages 0-22 years old experiencing difficulties that affect them at school and at home. All 4 Youth is designed to enable youth and their families to access behavioral health services at school, in the community or in the home. The goal of All 4 Youth is to remove barriers and increase access to a positive healthy environment in which to live and learn. Call (559) 443 – 4800 for more information:

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.

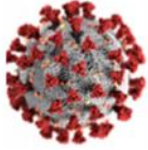


Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



Lo que usted debe saber acerca del COVID-19 para protegerse y proteger a los demás



Infórmese sobre el COVID-19

- La enfermedad del coronavirus 2019 (COVID-19) es una afección causada por un virus que se puede propagar de persona a persona.
- El virus que causa el COVID-19 es un nuevo coronavirus que se ha propagado por todo el mundo.
- El COVID-19 puede causar desde síntomas leves (o ningún síntoma) hasta casos de enfermedad grave.



Practique el distanciamiento social

- Cuando sea posible, compre comestibles y medicamentos, consulte al médico y complete actividades bancarias en línea.
- Si tiene que ir en persona, manténgase a una distancia de al menos 6 pies de los demás y desinfecte los objetos que tenga que tocar.
- Obtenga entregas a domicilio y comidas para llevar, y limite el contacto personal tanto como sea posible.



Sepa cómo se propaga el COVID-19

- Usted puede infectarse al entrar en contacto cercano (alrededor de 6 pies o la longitud de dos brazos) con una persona que tenga COVID-19. El COVID-19 se propaga principalmente de persona a persona.
- Usted puede infectarse por medio de gotitas respiratorias si una persona infectada tose, estornuda o habla.
- También podría contraer la enfermedad al tocar una superficie o un objeto en los que esté el virus, y luego tocarse la boca, la nariz o los ojos.



Si está enfermo, prevenga la propagación del COVID-19

- Quétese en casa si está enfermo, excepto para conseguir atención médica.
- Evite el servicio de transporte público, vehículos compartidos o taxis.
- Manténgase alejado de otras personas y de las mascotas en su casa.
- No hay un tratamiento específico para el COVID-19, pero puede buscar atención médica para que lo ayuden a aliviar los síntomas.
- Si necesita atención médica, llame antes de ir.



Protéjase y proteja a los demás contra el COVID-19

- En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de protegerse es evitar la exposición al virus que causa el COVID-19.
- Quétese en casa tanto como sea posible y evite el contacto cercano con los demás.
- En entornos públicos, use una cubierta de tela para la cara que cubra la nariz y la boca.
- Limpie y desinfecte las superficies que se tocan con frecuencia.
- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos o use un desinfectante de manos que contenga al menos un 60 % de alcohol.



Conozca su riesgo de enfermarse gravemente

- Todos están en riesgo de contraer el COVID-19.
- Los adultos mayores y las personas de cualquier edad que tengan afecciones subyacentes graves podrían tener un mayor riesgo de enfermarse más gravemente.



[cdc.gov/coronavirus-es](https://www.cdc.gov/coronavirus-es)

ONLINE RESOURCES FOR FAMILIES/EDUCATORS

This is a list of free resources to support families during the coronavirus (COVID-19) pandemic. Information for educational professionals who work with families is also included. Resources are grouped by topic:

- About Coronavirus (COVID-19)
- Managing Stress and Anxiety
- Advice for Parents
- Talking to Children
- Daily and Weekly Tips for Families
- Enrichment and Home Learning Activities
- Collections Of Resources From National Organizations
- Tips And Tools For Educators

About Coronavirus (COVID-19)

[COVID-19 Information and Resources](#)

Graphic poster with basic information and resources. Source: CT Commission on Women, Children, Seniors, Equity and Opportunity

[Coronavirus: Multilingual Resources for Schools](#)

Multilingual fact sheets and infographics about COVID-19. Source: Colorín Colorado

Managing Stress and Anxiety

[Talk It Out](#)

When it builds up, talk it out. For parents and caregivers who need someone to listen, to understand and to talk your feelings out. Trained counselors answer the Talk it Out Line at 1-833-258-5011. Source: Talk It Out Connecticut

[Stress and Coping](#)

Information for parents to reduce stress in themselves and their children. Source: Center for Disease Control and Prevention

[Coping with Stress During 2019-nCOV Outbreak](#)

Graphic poster with tips for adults. Source: World Health Organization

[Helping Children Cope with Stress During 2019-nCOV Outbreak](#)

Graphic poster with tips for supporting children. Source: World Health Organization

[Helping Children Cope With Changes Resulting From COVID-19](#) Source: National Association of School Psychologists

[Helping Children Cope with Emergencies](#)

Age-based tips and resources for helping children. Source: Center for Disease Control and Prevention

Advice for Parents

[Self-Care in the Time of Coronavirus](#)

For parents, prioritizing your own well-being benefits your whole family. Source: Child Mind Institute

Also in Spanish: [El autocuidado en los tiempos del coronavirus](#) Dar prioridad a su propio bienestar beneficia a toda su familia.

[Tips For Homeschooling During Coronavirus](#)

Tips to keep kids engaged (print and audio). Source: NPR

[7 Guiding Principles for Parents Teaching from Home](#)

Understanding the “why” behind teaching practices can help parents create meaningful and effective at-home learning opportunities during the pandemic. Source: Edutopia

[From a Teacher: You Don't Have to Strive for Perfection When Homeschooling Your Kids](#) What teachers wish parents knew about home learning during COVID-19 related school closures. Source: Today

Talking to Children

[Trauma-Informed Guide for Families](#)

Age-specific recommendations for helping kids and families cope during the Coronavirus pandemic. Source: National Child Traumatic Stress Network

[How to Talk to Your Anxious Child or Teen About Coronavirus](#)

General tips for communicating with an anxious child or teen about coronavirus. Source: Anxiety and Depression Association of America

[Coronavirus \(COVID-19\): How to Talk to Your Child](#) Print article and audio. Source: Kids Health Also in Spanish: [Coronavirus \(COVID-19\): ¿Cómo hablar con su hijo sobre este virus?](#)

Daily and Weekly Tips for Families

["One Great Thing" Each Day for Learning at Home](#)

Every day, Ednavigator shares a great tip, book, activity and e-learning resource to support family learning. Source: EdNavigator

[COVID-19 Tips for Stay-at-Home](#)

Provides tips and resources for successful distance learning, including links to activities to bring the family together. Parents can sign up for daily tips. Source: Prepared Parents

[Weekly Grade-Based Newsletters](#)

Weekly newsletters for home learning with grade-level information. Source: Great Schools

Enrichment and Home Learning Activities

[Keep Learning: Resources to Support Families and Student Success](#)

List of curated learning resources by grade level and subject. Source: Families in Schools
Also in Spanish: [Sigam Aprendiendo: Recursos para apoyar a familias y el éxito de los estudiantes](#)

[Parent Toolkit - A One-stop Shop Resource for Parents](#)

Includes information on every aspect of a child's development, pre-k through high school, inside and outside the classroom. Source: Parent Toolkit

[Enriching Activities for Children To Do While Parents Are Working](#)

A database of activities created by parents for ages 0-18. Parents can search the activity List by age, level of parental involvement, indoors or outdoors, and whether or not it requires screens. Source: Enrichment Activities

Tips and Tools for Educators

[Engaging Families Virtually](#)

This guide includes resources and best practices for engaging parents and families virtually and fostering a sense of community while practicing social distancing. Source: TNTP

[Guidance on Culturally Responsive Remote Education](#)

Defines culturally responsive remote education and includes resources for families and professionals. Source: The Metropolitan Center for Research on Equity and the Transformation of Schools at NYU

[Tools for Educators to Listen to and Learn from Families during COVID-19 School Closures](#)

This document provides guidance for educators to listen to families and learn how they and their school can be most supportive during COVID-19 school closures. It offers sample emails, call scripts, and post-conversation reflection and action, and more for these conversations. Available in English and Spanish. Source: The Metropolitan Center for Research on Equity and the Transformation of Schools at NYU

[Coronavirus: ELL and Multilingual Resources for Schools](#)

Resources to support English learners and their families during COVID-19. Source: Colorín Colorado

[Family Wellness Check In](#)

This guidance provides school staff with a framework to connect with families during this difficult time and to let families know that you are thinking of them, concerned about them, and are available as a resource. Source: Flamboyant Foundation

[Messages that Motivate How to Craft Great Messages for Parents](#)

Video presentation on how to create text messages and emails that motivate and empower families to leverage teachable moments at home. Source: Ready4K

[E-Learning Overload: 8 Tips Educators Can Give Frustrated, Anxious Parents](#)

Tips that educators can share with parents as the pandemic plays out

[Supporting Families and COVID-19: We've Got to Get This Right](#)

Ideas to help support families during the COVID-19 health crisis, especially those families most impacted and most vulnerable. Source: STEM Next Opportunity Fund.

Note: CTEC/FCSS does not endorse, represent or warrant the accuracy or reliability of any of the information, content, services or other materials provided by these educational service provide.