



*Reviewed August 2020*

As we begin the 2020/2021 school year, we would like to have our school community be aware of updated hygiene and practical routines in response to COVID-19. We are confident that we will be able to continue this year, but in order to do so we need the full support of our school community. Thank you in advance for your cooperation in this matter

### **Covid-19 Procedures at Futuraskolan International School of Stockholm**

1. Parents should not enter the school yard or school building unless they are invited by a member of staff and/or it is an emergency. Visitors **MUST** register at the Administration office and use hand sanitizer upon entry of the school.
2. Primary School students will line up outside each morning and be guided in by their classroom teacher at 8:30. Hand sanitization will take place before entry. Students should wait for siblings or friends outside the school gates.
3. Middle School students will enter the school on their own and use hand sanitizer upon entry of the school. Students should wait for siblings or friends outside the school gates.
4. All students will move for Lunch and Outdoor Break. Middle School students will practice limited movement during the school day - only moving for Art, Music, PE, Science Lab, Discovery Enrichment, and Modern Foreign Languages. Primary School students will only move from PE, Library, and selected Music/Art classes.
5. Wash or disinfect your hands as often as possible during the school day. Everyone entering the building must use the hand disinfectant at the entrance. This pertains to the start of the day, when coming back from PE lessons, break time, etc. In addition, everyone must wash or disinfect their hands before eating lunch or after leaving the toilets.
6. If you need to cough or sneeze, make sure you do so into your elbow and turn away from anyone in your vicinity.
7. Be aware of social distancing as much as possible. Keep your distance, particularly during break time or when in the hallways. Avoid greeting friends with any kind of contact - use elbows to "shake hands."
8. If you feel sick, stay home and do not risk infecting others. Everyone should stay home for 2 days after the symptoms disappear. Anyone who is displaying any symptoms while at school will be sent home immediately (guardians will be contacted) and should stay home for 2 days after the symptoms subside.
9. We will start the year with 100% in school learning and will continue to monitor the situation. We have contingency plans in place to go to Distance Learning if needed.
10. School trips will be limited, especially if it involves the use of public transport, PE classes will be adjusted to be outside as much as possible, and students will be expected to be outside during breaktime.
11. Masks are not mandatory for students/staff, but may be worn by those who choose to do so.

Futuraskolan International School of Stockholm follows the recommendations established by Folkhälsomyndigheten. Their regulations are written below, and we will be following them closely.

## **Covid-19 Regulations for Schools**

### **Hand Hygiene**

- Make sure there are good opportunities for hand washing with access to soap and paper towels
- Print and put up posters about hand washing
- Place hand sanitizer in suitable places where there is no access to soap and water, for example in entrances and dining rooms

### **Stay Home When You Are Sick**

- If you feel sick with symptoms such as runny nose, cough or fever, you should try not to meet other people. Do not come to school. This also applies if you just feel a little sick. It is important not to risk infecting others
- Stay home as long as you feel sick. If you get worse and can not manage self-care at home, you can call 1177 for medical advice
- Wait at least two days after recovering before coming back to school

### **Talk to Students about Covid-19**

- Inform students about the virus and about the measures society takes to prevent it from spreading
- Inform about the value of having good hand hygiene and remind students to wash their hands often with soap and water
- Remind students daily of the importance of taking preventative measures to prevent the spread of infection
- Make sure that the students who need support to process and handle the situation get it
- It is important to discuss the dangers of spreading rumors, how important it is with source criticism and finding correct information
- Something that can also be important to address are the abusive comments or bullying that may occur due to the current situation

### **Indoor Environment and Socializing**

- Increase the distance between seats in the classroom, dining room and other spaces if possible
- Avoid larger gatherings of students as much as possible. This can apply in the dining room, common spaces, auditorium, etc..
- Minimize activities that bring many people together, such as open houses, parent meetings and music performances for students and parents.
- Review the possibilities of locating activities and breaks outdoors
- As far as possible, avoid activities that include close contact between adults and students and between students. This does not apply to the necessary contact between staff and students in the event of care

### **Cleaning**

- Clean the school's premises, especially toilets and surfaces such as tabletops, door handles and railings at least once a day. Make sure that the toilet bins are emptied regularly
- Wipe computers, tablets, keyboards and equipment regularly

