



MUSTARD SEED INTERNATIONAL SCHOOLS

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TRAIN A CHILD IN THE WAY HE SHOULD GO AND WHEN HE IS GROWN, HE WILL NOT DEPART FROM IT

30th December, 2020

Dear Mustard Seed International Schools Parent,

RE: PLANNING FOR POST COVID-19 [LOCKDOWN] IN-PERSON RETURN

Receive our best wishes for the New Year. It is our hope that all is well as we usher in 2021. We look forward to the in-person return of the learners on 5th and 6th January 2021 for the boarders and day scholars respectively.

The guidance hereunder is all about our concerted efforts as the MSIS family for the safe and organized resumption of our in-person activities. We are cognizant of the Ministry of Education and Ministry of Health requirements towards the re-opening of schools, post Covid-19 lockdown, as per the guidelines from the World Health Organization. This guarantees an environment and understanding for all to rest reassured that we are well aligned to the safe return for in-person operations at MSIS. Your good and workable suggestions are always welcome for our enactment.

Please be advised that Covid-19 is still around and our dedication to the pre-cautions stipulated herein and beyond is what shall guarantee an uninterrupted return until the pandemic crises is fully resolved. The measures tabulated herein and the standard operation procedures we have put in place are the bare minimum required approaches to our successful handling of the challenges that the pandemic continues to create.

Please check out for the details on the measures and protocols we are developing for our school transport, arrivals and departures, picking up and dropping off of learners, home [boarding] arrangements, food and dining hall, dealing with suspected Covid-19 cases and the Covid-19 student pack, among others. These will progressively appear on our website between now and 5th January 2021. Kindly keep checking to stay up to date with our plans.

May God bless you as we continue to commit ourselves to ensuring that our children's educational journeys continue unhindered even with the pandemic still on.

The entire MSIS fraternity wishes you a happy and prosperous 2021.

Yours sincerely,

Abraham Lubanga,

Head of Centre MSIS

ACTIONS WE NEED TO ENSURE AND POINTS TO CONSIDER	FURTHER REMARKS/NOTES
Checking your child each morning for any signs of illness . If your child has a temperature of over 37.5 degrees Celsius he/she would have to stay at home/isolated pending further advice from the relevant authorities. We would be concerned about a sore throat, a cough, diarrhoea, severe headache, vomiting, or body aches.	If your child has close contact to a COVID-19 case, s/he should not come to school. Follow guidance on what to do when someone has known exposure .
Ensure to identify and maintain close communication with your point person(s) in school should your child get sick	The school front office/class teacher/Head of Section/Head of Centre will be helpful
Be familiar with our local COVID-19 testing sites in the event you or your child develops symptoms. These may include sites with free testing available.	Our local testing options: PGH Nakuru, or that advised by the parent in advance
Make sure your child is up-to-date with all recommended vaccines , including for flu. All school-aged children should get an influenza flu vaccine every season, with rare exceptions . This is especially important during 2021 because there is the likelihood being sick with COVID-19 at the same time as the flu will result in more severe illness.	School will need this information for each child henceforth. Please ensure that such pre-cautions are undertaken in the child's best interests
Review and practice proper hand hygiene at home, especially before and after eating, sneezing, coughing, and adjusting a mask.	We plan to Make hand washing fun and explain to our child why it's important.
We will make clean and pure drinking water available during the day.	Consider packing a water bottle, with water though.
Develop daily routines before and after school—for example, things to pack for school in the morning (like hand sanitizer and an additional (back up) mask) and things to do when your child returns home (like washing hands and masks).	Complementary efforts shall be ensured by the school when your child is in attendance towards reinforcing routine practices
Talk to your child about precautions to take. Children should be advised to: ◦ Wash and sanitize their hands more often. ◦ Keep physical distance from other students. ◦ Wear a mask. ◦ Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books. ◦ Use of hand sanitizer (that contains at least 60% alcohol.).	Make sure s/he is using safe products. We will monitor how they feel and encourage them to tell the teacher if they are not feeling well, or have a challenge with any of the requirements and/or protocols an measures spelt out for them to follow
Share with us any critical information about your child's medical status that could make him/her more vulnerable, such as underlying medical information.	We plan to develop a plan to follow for those who are at increased risk for severe illness
Make sure your information is current at school, including emergency contacts and the individual authorized to pick up your child from school. We will communicate if we have a positive case or exposures to someone with COVID-9 is identified, while ensuring that student privacy is upheld.	If the person picking up your child is at is at increased risk for severe illness from COVID-19, consider identifying an alternate person.
Expect adjustments to some of our routine timings and schedules. Plans for possible closures or periods of quarantine will always be on our minds, just in case of circumstances that may dictate such action.	You may need to consider the feasibility of teleworking, identifying someone who can supervise your child in the event of closure or quarantine.
Plan for transportation: ◦ If your child rides the bus, plan for your child to wear a mask on the bus and talk to your child about the importance of following bus rules and our spaced seating rules. ◦ If carpooling, plan on every child in the carpool and the driver wearing masks for the entire trip	We plan to implement staggered trips to minimize broad spectrum contact scenarios. Consider limiting your child's in-person out-of-school interactions or to activities where physical distancing can be maintained.
We plan to ensure that a well-structured psycho-social support arrangement is in place as key to the general wellbeing of our learners.	If your child needs mental health or behavioral services please talk to us for direct support
Our safer options for physical distancing include being outdoors when possible, reducing the number of people in an indoor space, and encouraging students to stay at least 2 metres apart.	Talk to us if you are uncomfortable with our plans for physical education and physical activity (e.g., recess interaction and sports).

<p>Let your child have multiple masks, so you can wash them daily and have backups ready.</p> <p>Choose masks that;</p> <ul style="list-style-type: none"> ◦ Fit snugly but comfortably against the side of the face ◦ Completely cover the nose and mouth ◦ Are secured with ties or ear loops ◦ Include multiple layers of fabric ◦ Allow for breathing without restriction ◦ Can be washed and machine dried without damage or change to shape <p><i>*Practice with your child putting on and taking off masks without touching the cloth. *Explain the importance of wearing a mask and how appropriately worn masks reduce the chances of getting and spreading COVID-19.</i></p> <p><i>*Consider providing your child with a container (e.g., labeled resealable bag) to bring to school to store their masks when not wearing it (e.g., when eating).</i></p>	<p>* Our recommended personal Covid-19 kit for your child, to bring to school is, attached herewith for your consideration</p> <p>We shall sensitize our children about people who may not be able to wear masks for medical reasons (e.g., asthma), if at all, for purposes of agreeable co-existence.</p>
<p>Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, possibility of staying in the classroom for lunch). Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal.</p>	<p>This is a psychological readiness requirement for pre-return to help cushion our children from the shocks likely to be caused by the changes in the routine aspects of their school lives</p>
<p>Anticipate behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating, which may be signs of your child struggling with <u>stress and anxiety that could be caused by the effects of the pandemic</u></p>	<p>Let the school know of any such worrying concerns for our concerted effort in our psychosocial support of our children. Learners' mental and psychological well-being will remain a key priority during this pandemic times</p>
<p>Ensure to attend virtual school activities and meetings. As a parent, staying informed and connected will reduce your feelings of anxiety and provide a way for you to express concerns you have about your child</p>	<p>We will offer some of these virtually. In case of in-person Covid-19 cases, information will be communicated and measures enforced</p>
<p>We have systems in place to identify and provide mental health services to students in need of support. Your positive involvement as a parent shall be expected</p>	<p>We shall strive to reduce potential stigma related to having or being suspected of having COVID-19.</p>
<p>Students will need help adjusting to how COVID-19 has disrupted their daily life. Support shall include school counseling and psychological services (including grief counseling), social-emotional learning (SEL)-focused programs and curricula, and peer/social support groups. Consider asking about ways to add this to your child's at-home learning.</p>	<p>We have plans to help students adjust to being back in school. Sensitization about Covid-19 will be very crucial as part of our academic instruction to help support a child's ability to cope with stress and anxiety</p>

.....**END**.....

Rise and Shine