

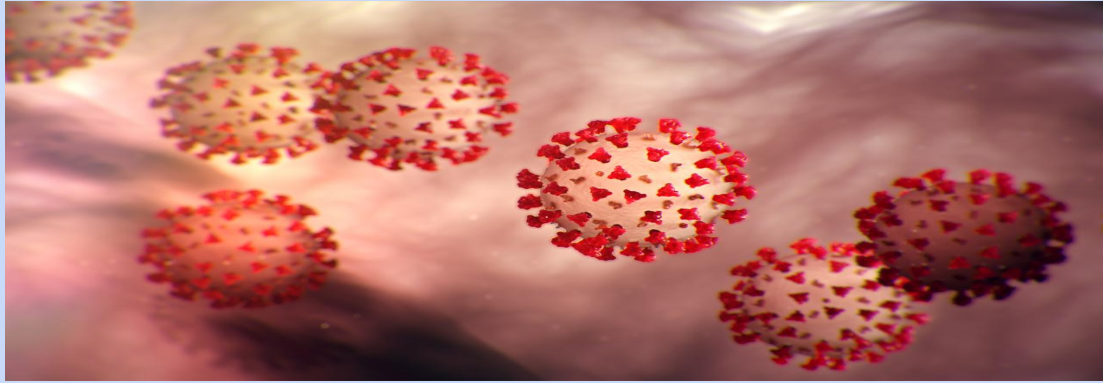
Social Distancing and Cohorting at FRMS



How does COVID 19 transmit from person to person?

- What the science tells us: COVID 19 spreads mainly among people who are in close contact (within 6 feet) for a prolonged period (more than 15 minutes total in a day).
- When the infected person coughs, sneezes, or talks droplets from their mouth or nose can land on the others and be inhaled into the mouth, mucous membranes and lungs, and spread from there.





- With COVID 19, you are contagious for 48 hours before the first symptom even appears. So someone who gets sick on a Monday, could have infected everyone they had close contact with over the weekend.
- Some people who get COVID 19 are asymptomatic, which means that they may never get sick or have symptoms. But for the weeks they have the virus, they are still contagious.
- We can also get COVID 19 from touching a surface or object that has the virus on it.

How “Social Distancing” can stop the spread of COVID 19.

1. Since someone can have COVID, not know they have COVID, and be contagious it is impossible to know who, outside of our family, it is safe to be around.
2. “Social Distancing” keeps us outside of that six foot danger zone that makes it more likely we will get infected and unknowingly go on to infect others.

1. Social Distancing
2. Wearing a Mask
3. Washing Hands Frequently or Using Hand Sanitizer

We know from the research that these simple steps can stop the spread of the COVID 19 virus and save lives.



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

**Stay at least 6 feet (about 2 arms' length)
from other people.**



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Think of six feet as:

The length of a full size bed

The height of most refrigerators

The length of the common
bathtubs

The height of an average door

The distance between two
people whose arms are
stretched out and are almost
touching fingertips.....

WHAT DOES 6 FEET LOOK LIKE?

For most people, the distance from fingertip to fingertip of their outstretched arms is their own height, so that can help you gauge.

Some other ways to envision a 6-foot distance:

Two large
dogs standing
nose to tail



The
length
of a sofa



The width of
most residential
sidewalks

The
length
of a full-
size bed



The height
of a common
refrigerator



Two
shopping
carts end
to end



The
height
of an
average
door



The width
of an
average
sedan



The length
of a
bathtub

Or the
length
of an
alligator

PHYSICAL DISTANCING



KEEP 1 ALLIGATOR



What is **cohorting** and why do we need to do it?

- “**Cohorts**” and “**cohorting**” are words you are going to hear a lot of while schools are in COVID 19 mode.
- Simply put, a “cohort” is a group that stays together. To reopen FRMS and keep it open, we have been asked to put students into “cohorts” so we can limit the number of students each student interacts with throughout the day.
- Cohorting helps us track which students may have been infected in the event that we do have a student or staff member test positive for COVID 19.



Cohorts are like teams that stay together



- All students have been assigned to a cohort. Your cohort might attend on the “A” days (Tuesdays and Thursdays) or the “B” days (Wednesdays and Fridays).
- Your cohort will stay together the whole school day and for most of the day you will be in the same classroom. Instead of having students move from class to class, teachers will be moving from room to room.
- Your cohort will be with another cohort for lunch and some cohorts will be combined for P.E.
- Your bus group will also be a “cohort”

You may be wondering.....



**LET'S START AT THE VERY
BEGINNING....**



A VERY GOOD PLACE TO START!

First Things First: The Bus Ride To School



Students will have an assigned seat

Students will board the bus in an assigned order

Fewer students will be on each bus so they can socially distance.

Students can only ride their assigned bus- no passes to ride with friends.

Masks must be worn on the bus at all times

Next Students Arrive At School

There will be an assigned order for getting off the bus.

Students must “social distance” as they walk into the building.

Students will enter through a specific grade level entrance.

Students must “social distance” while waiting to get in the building.

Students will go directly to their cohort classroom. The gym, the commons, and the library will not be available.

Students dropped off early must wait outside wearing masks and socially distancing until the school opens.



Classroom Social Distancing and Cohorting

1. Students will have assigned seats
2. Because there will be no lockers, students can bring backpacks to class.
3. No shared classroom supplies- students need to have their own pens, pencils, paper, etc.
4. Cohorts will stay in the classroom and teachers will move.
5. Wear masks and use hand sanitizers through the day.



Lunch Social Distancing and Cohorting



Students will need to socially distance while waiting in line for lunch.

Students will need to sit in designated spots.

School lunches will have a hot entree served in a paper sack that will include utensils and condiments

All school lunches and breakfasts will be free this year

More on lunches, cohorting, and social distancing.....

Students can take off their masks to eat, but masks must go back on right after they finish

Students will alternate between remaining in the commons after eating or going outside. The gym will not be available

Students must use hand sanitizer before and after lunch



Dismissal



At the end of the day, classes will be dismissed through the PA by cohorts.

Sixth period teacher will ask students to line up wearing masks and socially distancing.

As a group, students and teachers will walk through their grade level exit out to the buses keeping masks on and staying 6 feet apart.

Students will board each bus in their assigned order.

Masks and social distancing will continue on the bus ride home.

Students waiting to get picked up must keep their masks on and stay 6 feet apart while waiting.

Schedule Changes

Onsite Daily Schedule

Doors Open: 8:00

First Period Starts 8:25

Dismissal/End of Day: 3:05

We will be switching from a 5 period day to a 6 period day. The sixth period will be an elective class. Unfortunately, due to COVID restrictions electives will be assigned to a cohort instead of students signing up.

Students will get a copy of their Hybrid Schedule in their first class on the first day they are back.

On Your “At Home Learning Days”

No Schedule- You don't have to follow a schedule as long as you check into every class.

Assignments and other materials will be posted for you in Google Classroom.

We will have a time each day where you can join a Zoom Drop In Tutoring time if you get stuck or need help.

Teachers will no longer have office hours each day.