



## **Letter of Commitment to Montessori Education for PEACE**

This letter serves as an agreement that as parents of \_\_\_\_\_, we are committed to abide with the schools Montessori ground rules and try our best to reinforce/include at home in our daily routine.

We pledge to accept Montessori philosophy of Respect, care for others/surrounding, independence, cultivate the inner drive to learn and discover, freedom to choose and make own decisions, understand individual responsibility, emphasize on peaceful ways to solve differences and the right of each child to reach his/her full potential.

We also embrace the Montessori community and support our school in preparing each and every child to succeed. We are committed to help in any way we can to ensure our child's learning conditions are safe and practice awareness of the environment.

We also are open to parent Montessori education to enrich ourselves so that we can effectively understand our children's day to day emotional and cognitive development.

We are committed to involving ourselves to our child's educational growth and progress.

Parent's name and signature: \_\_\_\_\_

Parent's name and signature: \_\_\_\_\_

Director Signature: \_\_\_\_\_



## **Letter of Commitment To COVID19 guidelines for Safety**

This letter serves as an agreement that as parents of \_\_\_\_\_, we are committed to abide with the Kubo Montessori schools prepared guidelines for safety. With the best of our abilities, support and will reinforce these sets of recommendations at home.

We pledge to embrace the necessity of the guidelines to keep each other protected from the virus COVID19. As part of the Kubo Montessori family, we acknowledge as parents to keep our kids, their classmates, and their teachers safe by 1) practicing social distancing, 2) wearing mask when out in public when social distancing may not be possible, 3) practicing good personal hygiene (daily baths, change of clothes and proper hand washing for 20 seconds), and 4) submitting to the latest city/county regulations.” **We also support keeping our child home if they get sick and follow licensing recommendations before bringing our child back to school.**

WE PLEDGE TO VALUE AND CARE FOR EACH OTHER AS PART OF OUR MONTESSORI COMMITMENT FOR PEACE.

“Let us leave the life free to develop within the limits of the good, and let us observe this inner life developing. This is the whole of our mission.” – Maria Montessori

Parent’s name and signature: \_\_\_\_\_

Parent’s name and signature: \_\_\_\_\_

Director Signature: \_\_\_\_\_

# Center for Disease Control and Prevention

Help stop the spread of COVID-19

Take steps to protect children and others from getting sick

**Help stop the spread of COVID-19 by doing the same things everyone should do to stay healthy. Teach your children to do the same.**

- **Clean hands often using soap and water or alcohol-based hand sanitizer.**
- **Avoid people who are sick (coughing and sneezing).**
- **Clean and disinfect high-touch surfaces daily in household common areas (like tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, and sinks).**
- **Launder items including washable plush toys as needed. Follow the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting and dry items completely. Dirty laundry from an ill person can be washed with other people's items.**

You can find additional information on preventing COVID-19 at [How to Protect Yourself](#) and at [Preventing COVID-19 Spread in Communities](#). Additional information on how COVID-19 is spread is available at [How COVID-19 Spreads](#).

Limit time with other children

Practice social distancing

**The key to slowing the spread of COVID-19 is to limit contact as much as possible. While school is out, children should not have in-person playdates with children from other households. If children are playing outside their own homes, it is essential that they remain 6 feet from anyone who is not in their own household.**

**To help children maintain social connections while social distancing, help your children have supervised phone calls or video chats with their friends.**

Clean hands often

Make sure children practice [everyday preventive behaviors](#), such as washing their hands often with soap and water for at least 20 seconds. This is especially important if you have been in a public place.

Change spring break & travel plans

Revise spring break and travel plans if they included non-essential travel.

If children meet in groups, it can put everyone at risk. Children with COVID-19 may only have mild symptoms, but they can still pass this virus onto others who may be at higher risk, including [older adults and people who have serious underlying medical conditions](#).

Limit time with older adults and people with serious underlying medical conditions

[Older adults and people who have serious underlying medical conditions](#) are at highest risk of severe illness from COVID-19.

- If others in your home are at particularly [high risk for severe illness from COVID-19](#), consider extra precautions to separate your child from those people.
- If you are unable to stay home with your child while school is out, carefully consider who might be best positioned to provide child care. If someone at higher risk for COVID-19 will be providing care (older adult, such as a grandparent or someone with a chronic medical condition), limit your children's contact with other people.
- Consider postponing visits or trip to see older family members and grandparents. Connect virtually or by writing letters and sending via mail.

Children 2 years and older should wear a cloth face covering

Children 2 years and older should wear a [cloth face covering](#) their nose and mouth when in the community setting. This is an additional public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) social distancing, frequent hand cleaning and other [everyday preventive actions](#). A cloth face covering is not intended to protect the wearer, but may prevent the spread of virus from the wearer to others. This would be especially important in the event that someone is infected but does not have symptoms. Medical masks and N-95 respirators are still reserved for

healthcare workers and other first responders, as recommended by current CDC guidance.

Keep children healthy

Watch your child for any signs of illness

- If you see any sign of illness consistent with [symptoms of COVID-19](#), particularly fever, cough, or shortness of breath, rash, swollen lymph nodes, inflammation of heart, eyes, mouth and skin, call your healthcare provider and keep your child at home and away from others as much as possible. Follow CDC's guidance on [what to do if you are sick](#). (Please contact your child's healthcare provider for a proof of clearance for returning to school.)

Watch for signs of stress in your child

- Some common changes to watch for include excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration. For more information, see the "For Parents" section of CDC's [Stress and Coping](#).
- Take time to [talk with your child or teen about the COVID-19 outbreak](#). Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
- Go to CDC's [Helping Children Cope with Emergencies](#) for more information.

Teach and reinforce everyday preventive actions

- Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.
- Be a good role model—if you wash your hands often, they're more likely to do the same.
- Make [handwashing a family activity](#).
- Learn more about handwashing and other [everyday preventive actions](#).

Help your child stay active

- Encourage your child to play outdoors—it's great for physical and mental health. Take a walk with your child or go on a bike ride.

- **Use indoor activity breaks (like stretch breaks or dance breaks) throughout the day to help your child stay healthy and focused.**

Help your child stay socially connected

- **Reach out to friends and family via phone or video chats.**
- **Write cards or letters to family members they may not be able to visit.**
- **Some schools and non-profits, such as the [Collaborative for Academic, Social, and Emotional Learning](#)**

Help children continue learning

Stay in touch with your child's school

- **Many schools are offering lessons online (virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work. You may need to assist your child with turning on devices, reading instructions, and typing answers.**
- **Communicate challenges to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let the school know.**

Create a flexible schedule and routine for learning at home

- **Have consistent bedtimes and get up at the same time, Monday through Friday.**
- **Structure the day for learning, free time, healthy meals and snacks, and physical activity.**
- **Allow flexibility in the schedule—it's okay to adapt based on your day.**

Consider the needs and adjustment required for your child's age group

- **The transition to being at home will be different for preschoolers, K-5, middle school students, and high school students. Talk to your child about expectations and how they are adjusting to being at home versus at school.**
- **Consider ways your child can stay connected with their friends without spending time in person.**

Look for ways to make learning fun

- **Have hands-on activities, like puzzles, painting, drawing, and making things.**

- **Independent play can also be used in place of structured learning. Encourage children to build a fort from sheets or practice counting by stacking blocks.**
- **Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.**
- **Start a journal with your child to document this time and discuss the shared experience.**
- **Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.**

Children may have mild symptoms

**Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date.**

**The symptoms of COVID-19 are similar in children and adults. However, children with confirmed COVID-19 have generally shown mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported.**

**It's not known yet whether some children may be at higher risk for severe illness, for example, children with underlying medical conditions and special healthcare needs. There is more to learn about how the disease impacts children. You can learn more about who is most at risk for health problems if they have COVID-19 infection on [Are You at Higher Risk for Severe Illness](#).**



## REDUCE THE RISK OF COVID-19

Wash your hands often with soap and running water.



Avoid touching your eyes, nose or mouth.



Avoid close contact with people who are sick. Open windows for fresh air.



Stay home from work, school and public places when you are sick.



Cover your mouth and nose when coughing or sneezing. Cough and sneeze into your sleeve or use a tissue.



Practice good health habits. Eat nutritious food, exercise, and get plenty of sleep.





**Before coming to school please do the following:**

## **What's New? CDC's 3 Screening Methods**

### **Method #1**

#### **Social/ Physical Distancing**

- Child's temperature is taken at home.
- Parent/Guardian confirms child does not have fever, shortness of breath, or cough.
- Visual inspection of child for signs of illness, including flushed cheeks, rapid breathing, fatigue, or fussiness.



**If your child is lethargic or verbalizes his/her not feeling well, please keep your child at home. The child knows his/her body well enough to say their physical state. Parents also know their kids and should inquire if they are less active or not themselves after waking up or eating breakfast. Throwing up and diarrhea is also a sign of sickness and should be considered a factor to keep your child away from other kids.**



## MORNING HEALTH CHECK



### Signs to Observe:

- General mood and changes in behavior
- Fever or elevated body temperature
- Skin rashes, unusual spots, swelling or bruises
- Complaints of pain and not feeling well
- Signs/symptoms of disease (severe coughing, sneezing, breathing difficulties, discharge from nose, ears or eyes, diarrhea, vomiting etc.)
- Reported illness in child or family members

### Use all of your senses . . .

- **LOOK** - for signs
- **LISTEN** - for complaints
- **FEEL** - for fever
- **SMELL** - for unusual odor

# **Guidelines for Covid19 for Reopening Kubo Montessori Schools Under COVID-19**

(reference Community Care Licensing Department, Early Childhood National Wellness, CDC and San Mateo County Health )

- 1. Child Care Providers must implement screening procedures for all staff and children. This includes asking all individuals about any symptoms (primarily fever, cough, difficulty breathing or other signs of illness within the last 24 hours) – that they, or someone in their homes, might have. Providers should also ask individuals if they have had any exposure to another individual with suspected or confirmed COVID-19 cases. As a daily best practice, it is recommended to document and track all known incidents of possible exposure to COVID-19. (from D.S.S./CCLD guidelines)**
  - **Daily self-screening for all staff and children. This should include taking temperatures before arriving to work or beginning care.**
  - **Caregivers/Parents must also notify you if children have taken any fever reducing medications in the prior 24 hours.**
  - **If anyone has a temperature of 100.4°F/38°C or higher they must be excluded from the facility.**
  - **Thermometers must be properly cleaned and disinfected after each use. (Information regarding best practices for thermometers can be found within the CDC document at this link.)**
  - **Teachers will monitor staff and children throughout the day for any signs of possible illness.**
  - **If staff or a child exhibits signs of illness, will be isolated from the general room population and will notify the caregiver immediately to pick up the child or staff will be sent home immediately.**
  - **Implement and enforce strict handwashing guidelines for all staff and children.**
  - **Post signs in restrooms and near sinks that convey proper handwashing techniques.**

## **Practice Healthy Hygiene**

- Model, and reinforce healthy habits and social skills.
- Explain to children why it's not healthy to share drinks or food, particularly when sick. o Practice frequent handwashing by teaching a popular child-friendly song or counting to 20 (hand washing should last 20 seconds).
- Show children to use tissue to wipe their nose and to cough inside their elbow.
- Model and practice handwashing before and after eating, after coughing or sneezing, after playing outside, and after using the restroom.

**We encourage caring for others by wearing a mask or having cloth face covering at school. We do understand that it will be a challenge for kids to keep the mask on for the entire duration of being in school but we will try to remind them the purpose of always having them on. We just need to emphasize on caring for others and we can show that by wearing the mask. Teachers will try to also wear PPE equipment so we can effectively care for your child and still be there to support their needs like cleaning booboo, attention when they are hurt and/ or emotional reinforcement. It would also help to explain to your child at home the reason behind the staff's new outfit in school. Together we can all brave the challenges of the times.**

#### **During Drive Thru Drop Off and Pick Up.**

- Teachers will conduct visual wellness checks of your child/ children inside your car. Will do temperature check, ask about **fever, cough, difficulty in breathing or other signs of illness within the last 24 hours.**
- Physical distancing will be practiced through drop off and pick up .
- Parents' device check-in/out will be enabled through brightwheel for use so you will only use your own mobile phone to check-in/out your child.
- Your child will wash hands before entering the classroom using a portable sink provided outside.
- Your child's shoes will also go through the wet sanitizing and drying process before entering the classroom.

#### **While in class..**

- A Washing of hands for all kids wash hands before and after any activity in class.
- Teachers will wipe surfaces every after activity.
- Each child will have a space of his/her own which includes their developmental materials that supports Montessori learning .
- Schedules are staggered of indoor and outdoor play. Adjusting schedules will reduce the number of children in the same area.
- Adequate spacing of children during lunch time and privacy board will be added for protection.
- Enforced proper hand washing before and after eating.
- Tooth brushing during class is discouraged. Encourage parents and caregivers to regularly brush teeth at home.
- Use this time as an opportunity to reinforce healthy habits ( please change clothes of your child daily before coming to school as reusing clothes can pose higher possibilities of contamination) and monitor proper handwashing.
- Teachers will sanitize the sink and toilet handles before and after each child's use.
- Remind children to use a tissue when using the handle to flush the toilet.
- Wash hands for 20 seconds and use paper towels (or single use cloth towels) to dry hands thoroughly.

- All personal items should be labeled with names and kept in a separate bag to ensure personal items are separate from others. During this time, personal toys should be kept at home until further notice.
- Space cots 6 feet apart from each other for nap time. Each head of the bed will be arranged alternately in opposite directions, to lessen the possible spread of illness between children from coughing or sneezing. We also encourage sleeping tents [https://www.amazon.com/ONTEL-Dream-Tents-Space-Adventure/dp/B0721VHB4C/ref=sr\\_1\\_10?crd=1U139KLO9SRBF&dchild=1&keywords=sleeping+tents+for+kids+indoor&qid=1589566306&sprefix=sleeping+tents%2Caps%2C209&sr=8-10](https://www.amazon.com/ONTEL-Dream-Tents-Space-Adventure/dp/B0721VHB4C/ref=sr_1_10?crd=1U139KLO9SRBF&dchild=1&keywords=sleeping+tents+for+kids+indoor&qid=1589566306&sprefix=sleeping+tents%2Caps%2C209&sr=8-10)

**Before going home and driving thru pick up...**

- **The child will wash their hands and again will go through the shoe disinfecting process.**
- **Teacher will walk your child to your car and use your phone to sign out using the Brightwheel app.**

**School will begin at 8:30 and will close at exactly 4:30, please consider pick up time between 4 - 4:30pm (an hour early for disinfecting measures with all materials in class)**

- **We will use disinfecting solutions to wipe down jobs and surfaces**
- **We will also use UVC light to sanitize all areas in the classroom.**

NOTES: The COVID-19 pandemic is a challenging and fluid situation. Federal, state and local orders and guidance may change frequently. Please refer to the Child Care Licensing Webpage for up-to-date information and resources. The licensee should adhere to the local public health department's orders and guidelines for providing a healthy and safe child care environment. The licensee should also incorporate policies and procedures provided by CDSS, California Department Public Health, California Department of Education, health care providers, and other essential government authorities. Please also check Governor's Office COVID-19 Updates and your local county public health department for the most current updates.