

## Lakeside School at Black Kettle Farm

### COVID-19 Protocol

*Updated March 14, 2022*

Disclaimer: Although this plan has been through rounds of planning, discussion and vetting from the Board, Parent Action Council (PAC), and Faculty, it is ever evolving as the research community discovers new information. Please feel free to share thoughts with any or all members of Lakeside's Health and Safety Committee: [Maeve Taylor](#), [Rachel Dowty Beech](#), [Noah Weber](#), [Dana Taussig](#), or [Laura Mulvey](#), and [Carolyn Sicher](#).

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### I. Introduction

Throughout our programs, we have tried and will continue to try to maintain the essential rhythms and mission of Lakeside, and while many aspects of school will be the same, some practices will be challenging to our normal, pre-COVID routines. These challenges will dissipate over time and the strength of the rhythm will provide benefits that will overshadow any inconveniences and keep a sense of comfort and security even when changes to protocol occur.

We realize that some of these steps may feel like additional tasks or restrictions, however this is a prime example of how an ounce of prevention is worth a pound of cure. Except, in this case, we are asking everyone for a pound of prevention to make a ton of cure unnecessary. We are literally all in this together, and we are strengthened by the commitment of the community to follow these guidelines in order to keep all of us safe and healthy.

As of this time (March 2022), Lakeside School is the only school in Essex County that has not experienced any in-school spread of COVID-19, not even a single case of COVID-19 has been traced to be contracted while at Lakeside School. This is an enormous feat, for which everyone in the Lakeside community deserves thanks. Thank you!

The following steps and procedures below were based on guidance from the [Centers for Disease Control](#), [New York Department of Health](#), [the New York State Education Department](#), [the New York Division of Childcare Services](#), [the Essex County Department of Health](#), and the [American Academy of Pediatrics](#). The procedures have been continuously updated and will be updated as the science informs new guidance.

For the purposes of this document, “fully vaccinated” is defined as 2+ weeks following the Johnson & Johnson or second dose of Pfizer and Moderna vaccines.

Links:

COVID- NYS Guidance

<https://coronavirus.health.ny.gov/covid-19-guidance-repository>

Essex County

<https://www.co.essex.ny.us/Health/covid-landing-page/>

NYS Office of Child and Family Services

<https://ocfs.ny.gov/main/news/COVID-19/>

Centers for Disease Control (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

American Association of Pediatrics

<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/>

## **II. COVID-19 Symptoms (Definition)**

COVID-19 symptoms include temperature above 100.0 F; cough or shortness of breath; runny nose/congestion, sore throat; chills, headache, muscle pain, nausea, vomiting, or diarrhea; or sudden loss of taste or smell), or other unspecified symptom(s) that causes them to suspect an illness.

### **III. COVID-19 Testing (At-Home Testing, At-School Testing, Test-to-Stay Program)**

#### **1. At-Home Testing**

Lakeside encourages at-home antigen testing for any of the above-listed COVID-19 symptoms. At-home antigen tests are available for purchase at local pharmacies. Lakeside School is attempting to keep a stock of antigen tests at school that may either be sent home with families and/or used to test students, faculty and/or staff at school if a COVID-19 exposure is suspected (see “At-School Testing” below). If your family would like antigen tests from school to bring home, please let the Administrator know.

#### **2. At-School Testing**

Lakeside is partnering with the Essex County Health Department (ECHD) to provide Lakeside faculty, staff and students with COVID-testing on site, at school, at no cost to Lakeside families for the 2021-2022 school year. There are two types of testing that will be available:

##### ***A. Weekly Pooled Screening Testing for ASYMPTOMATIC Students, Faculty and Staff***

1. ECHD has a contract with Quadrant Labs to provide weekly COVID-19 screening testing for unvaccinated, asymptomatic students in Essex County schools. This test, the Clarifi COVID-19 test, will consist of a saliva swab that many students, age 5 and up can self-administer by swishing a cotton swab tip on gums and under the tongue. As of October 2021, over 2 million of these tests have been used in colleges and K-12 schools in New York State. It is the most sensitive saliva test available at this time.

2. Children should only drink water and not have any food or other drink for 30 minutes before testing, so be sure they finish breakfast before 8:15 and if they are thirsty only drink water between then and when they arrive at school on Wednesdays.

3. You can see a short video of how this test is self-administered at the following link:

How To Self-Administer the Clarifi COVID-19 Saliva Test –  
Child

<https://vimeo.com/586954444/1f4e67b112>

4. The ECHD has a mobile van that will arrive at Lakeside each Wednesday morning between 8:30 and 9:00am and be in the Kindergarten classroom with a Lakeside faculty member to assist them to test all children *who have a signed consent form (see “D.”below in this protocol section)*. Once samples have been collected for the day, they will be sent to Quadrant labs to be tested. Results will be ready within 24-48 hours and can be viewed by logging back into [app.Clarifi-COVID-19.com](http://app.Clarifi-COVID-19.com).

**B. SYMPTOMATIC COVID Testing for Students, Faculty, and Staff**

1. If your child(ren) has/have symptoms of COVID-19, s/he/they will be tested separately from the pooled testing that week, using either the same type of oral swab used for weekly testing (that will processed by Quadrant Labs separately from the weekly pooled testing), or be tested using an Abbott ID NOW COVID-19 Test.

Only children *whose parent(s)/guardian(s) have a signed consent form (see “C.”below in this protocol section)* will be given the at-school symptomatic testing option.

2. The Abbott ID NOW COVID-19 test uses a nasal swab that is only inserted into the immediate nostril area (no deep swabbing!) and swirled around 4 times gently in each nostril, around the walls of each nostril. Older (Grades) children may self-administer this test, or the parent(s)/guardian(s) may administer the swab while they remain in their parked vehicle. Testing takes approximately 15 minutes for a result and is dependent upon technician availability.

3. The exact type of sample processing may depend upon (1) test kit availability through ECHD and (2) whether or not the test is for an asymptomatic COVID exposure or a symptomatic individual. Test types may include either or both Abbott ID NOW tests (which require machine processing for

results, on-site at Lakeside) or rapid antigen tests. Both tests require the same type of nasal swab.

4. Symptomatic and exposure testing will be conducted by Lakeside faculty member serving as our testing technician, Noah Weber. The parent/guardian will email or call the school to make an appointment with Maeve Taylor ([admin@lakesideschoolinessex.org](mailto:admin@lakesideschoolinessex.org) or 518-963-7385). At the agreed appointment time, the parent/guardian will drive the student(s) in their household to school but remain in the vehicle during the very quick test. After the test is complete, the parent/guardian will take the symptomatic child(ren) back home. Test results will be available in approximately 15 minutes and will be emailed to the parent/guardian named in the consent form.

5. If the symptomatic student's/(s'), faculty, and/or staff test result(s) is/are negative, s/he/they will be required to stay home from school until symptoms abate, then may return to school. If symptoms are still present 36 hours after the first test, the child(ren) will be asked to return to school for a second test, following the steps above (drive to school, stay in vehicle, nasal swab while in vehicle, etc. as outlined above). If the second test result is negative, then the student will again return home to await for symptoms to resolve according to Lakeside's standard sickness policy (also applied during pre-COVID times) and/or be asked to obtain a PCR test or make an appointment with their healthcare provider.

6. Lakeside reserves the right to request that family members of a COVID positive household receive a COVID test before returning to school. This request will be made directly to the affected families.

### *C. Consent Forms for At-School Testing*

#### *1. Weekly Screening Testing Consent Form*

Only children whose families have given their consent will be included in the weekly screening testing. The consent form for

the weekly, asymptomatic testing is the first section under “SCREENING TESTING with Clarifi” at the below link:

<https://www.co.essex.ny.us/Health/school-based-covid-testing-registration-consent/>

There is a numbered list of three instructions for parent(s) /guardian(s) to follow to give consent for their child(ren) to be tested.

1. Register for a new account at: <https://app.clarifi-covid-19.com/>  
There is also a User Guide available on this site.
2. Once you have an account, create a profile for each child in your care. You can register multiple student profiles under each account.
3. Note that you should NOT attempt to “Register a COVID-19 Test” because this will be done by the testing team on the day of your child’s test.

Be sure to follow the instructions for Creating a Profile correctly. If a profile is not created correctly, Lakeside organizational managers for this system (Administrator Maeve Taylor and Board President Rachel Dowty Beech) will not be able to confirm your child has a consent form and will not be able to get at-school testing.

## *2. Symptomatic At-School Testing Consent Form*

The consent form for symptomatic at-school testing (“COVID Testing Consent for Abbott ID Now and/or Abbott Binax Now”) is available at the same site as the weekly pooled testing, just scroll down the same page to find it.

<https://www.co.essex.ny.us/Health/school-based-covid-testing-registration-consent/>

Proceed to answer the questions on that page that include:

- Click on the circle next to “Lakeside school.”
- Enter your child’s first and last names.

- Enter your child's birth date.
- Enter your child's home address.
- Enter your name (Parent/Guardian name).
- Enter your phone number (contact number)
- Check the box next to both "COVID-19 diagnostic testing (Abbott ID NOW test)" and "COVID-19 exposure screening testing (Binax NOW test)."
- Click "Submit."

#### *D. Types of Outside Tests Accepted*

All families are welcome to get tested somewhere other than Lakeside School. Be sure to request or ensure you will receive emailed or print copies of your official test results to give to Maeve Taylor for records.

1. PCR test results will always be accepted at Lakeside School as reliable measures of infection status.
2. Rapid tests now come in a variety of types (antigen, molecular, etc.). To be sure of the acceptability of a rapid test, please consult Maeve Taylor or Rachel Dowty Beech.
3. A list of New York State testing sites is available at: <https://coronavirus.health.ny.gov/find-test-site-near-you>

### 3. Test-to-Stay

If a student, faculty, or staff member is exposed to COVID-19, Lakeside asks that the person be given an antigen test. Initially, two antigen tests will be given 24-36 hours apart), then, if those are both negative, additional antigen tests will be administered to the exposed person either at home or at school each morning for five (5) days.

## **IV. COVID-19 Positive Test Result (Steps to be taken by individuals, families, and Lakeside School)**

Upon receiving a positive COVID-19 test, the following report for Essex County must be filled out by the individual who tested positive or, in the case of a child, the child's parent or guardian:

<https://www.co.essex.ny.us/Health/isolation-quarantine/>

Instructions given to families through this self-reporting system must be followed. Any person who tests positive for COVID-19 should isolate for 5 days and be quarantined for 10 days. Such individuals may return to Lakeside on day 6 if s/he/they are asymptomatic and test negative on an antigen tests. If the

individual who tested positive returns to school on day 6 of the mandated quarantine period, s/he/they must wear a tight-fitting mask while at Lakeside (both indoors and outdoors) during days 6 through 10 of the quarantine period.

## **V. Masking**

Students, faculty and staff are asked to wear masks when inside the main building or the Grades cottage. Spacing is difficult within these particular buildings. Masks are optional outdoors. Most of Lakeside's programming occurs outdoors, and will increasingly be outdoors as the weather moves out of winter and into spring, thereby minimizing the time children, faculty and staff will be asked to wear masks. This will also ensure that masking rules stay consistent for children, because (1) if there is an exposure and/or a student arrives back at school on days 6 - 10 after testing positive, NYS still mandates masks are worn in these circumstances, and (2) if infection rates rise again in Essex County for the remainder of the 2021-2022 school year, mask mandates may return. Anyone who opts to wear a mask in other areas at Lakeside besides the Grades Cottage and the main school building is also welcome to do so.