

# ReGeneration Schools

## ReGen Family Resource Guide for Health & Safety



**CICS  
Avalon**  
CHICAGO INTERNATIONAL  
CHARTER SCHOOL



**CICS  
Basil**  
CHICAGO INTERNATIONAL  
CHARTER SCHOOL



**CICS  
Washington Park**  
CHICAGO INTERNATIONAL  
CHARTER SCHOOL



## We Are Partners in Keeping Our Community Safe

**Updated November 1, 2021**

As a parent, you play an essential role in identifying and limiting the spread of Covid-19 both at home and in schools. To support you in this effort, we have prepared a Family Resource Guide for Health and Safety.

The goal of this guide is to help families understand how we work together to keep scholars, families, and the ReGen community safe and reduce the spread of Covid-19. This guide will also help you assess your child's symptoms and understand the school's response to positive cases.

We thank you for partnering with us to keep school safe and scholars healthy.

In Partnership,

Stacey Shells Harvey  
Chief Executive Officer

Lori Flood  
Chief Operating Officer

Lindsey Robinson  
Superintendent

# Symptoms of Covid-19\*

People with Covid-19 have a wide range of symptoms, from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to Covid-19. Symptoms may include:

- Fever
- Fatigue
- Cough, Sore Throat
- Shortness of Breath
- Headache & Body Aches
- New Loss of Taste or Smell
- Congestion or Runny Nose
- Nausea, Vomiting, or Diarrhea

\*This list does not include all possible symptoms.

**As always, if your child shows any signs of Covid-19, please contact your doctor or health care provider.**

## Steps We Are Taking to Prevent Covid-19 Transmission

We follow these health and safety protocols to prevent the spread of Covid-19 in our schools:

|  |  |
|--|--|
| <b>Physical Distancing</b>                   | Scholars and staff will remain at least three feet apart from one another at all times.  |
| <b>Masks</b>                                 | All scholars and staff will wear masks at all times while on school grounds. <ul style="list-style-type: none"><li>● Schools will provide fresh masks daily and have replacement masks available throughout the day as needed.</li><li>● Masks will be available in child and adult sizes.</li><li>● Masks can be removed while eating but will be replaced as soon as the meal is complete.</li></ul> |
| <b>Daily Temperature Checks</b>              | Everyone who enters the school building will have their temperature taken. Individuals with temperatures above 100.4 degrees will not be permitted to enter.   |
| <b>Increased Hand Washing and Sanitizing</b> | Scholars will have multiple opportunities for hand washing and sanitizing of hands and workspaces throughout the school day.   |

|                                      |   |
|--------------------------------------|---|
| <b>Individual Classroom Supplies</b> | Each scholar will be assigned his/her own school supplies in class. No sharing of school supplies will be permitted.  |
| <b>Class Bathroom Breaks</b>         | Classes will take set bathroom breaks to allow for sanitization between classes.  |
| <b>Individual Scholar Dismissal</b>  | Scholars will dismiss from their homerooms when their guardian arrives to pick them up from school. While this may take a little longer, it prevents scholars from gathering in large groups for dismissal. |
| <b>Covid-19 Testing</b>              | ReGeneration Schools' staff are required to be tested for Covid-19 each week. In addition, we will offer in-school surveillance testing for scholars with signed parental consent.                          |
| <b>Limited Access to Building</b>    | In order to limit contact and possible exposure, only scholars, school staff, and screened service technicians are permitted in the school building.  |

## How Families Can Limit the Spread of Covid-19

We are asking you to help identify when your child has Covid-19-like symptoms. Here are some simple steps to guide when your child should stay home and be tested for Covid-19:

- **Anyone who has a fever should not go to school.** A fever of 100.4 degrees or higher is considered a symptom of Covid-19. Scholars must be fever free, without fever-reducing medication, for 24 hours in order to return to school.
- **Anyone who has had close contact with someone who has, or might have, Covid-19 should stay home.** Close contact is considered within 3 feet with a mask or 6 feet without a mask, for 15 minutes or more over a 24-hour period. Individuals who live in the same home should be considered in close contact.
- **Anyone who has Covid-19 symptoms should stay home and get tested.** Parents know their child best and are able to recognize whether symptoms are common for their child, such as for those who suffer from allergies or asthma. Other symptoms, such as fever or flu-like symptoms, should be treated as possible symptoms of Covid-19.

- **A scholar who shows Covid-19 symptoms at school must be picked up.** The school will contact parents as soon as a symptom appears. It is imperative that a sick scholar be picked up immediately in order to reduce any possible spread.
- **Parents and guardians must inform the school immediately if a scholar demonstrates symptoms or is being tested for Covid-19.** This allows the school to prepare for the next steps.

## How Your School Responds to Covid-19 Exposure

If the school learns of a possible exposure to Covid-19 or a positive Covid-19 diagnosis of a scholar or staff member, we are committed to the following actions:


- 1. Report all cases to the Chicago Department of Public Health.** Follow their guidance for quarantining or isolation.
- 2. Notify anyone who has been in close contact with someone who tested positive for Covid-19.** Close contact is considered within 3 feet with a mask or 6 feet without a mask, for 15 minutes or more over a 24-hour period.
  - Unvaccinated individuals will be required to quarantine for 7 days, depending on the exposure.
  - Anyone who was more than 3 feet away while masked (or 6 feet while unmasked) from an individual who tested positive for COVID is not required to quarantine but should still self monitor for symptoms.
  - Fully vaccinated individuals (i.e. 2 weeks past the second dose of the vaccine) may remain in school as long as they are symptom-free and fever-free.
- 3. Notify all members of the school community of a positive case.** We will notify families and staff as positive cases arise even if they have not been exposed.
- 4. Provide remote learning for any scholars who are required to be quarantined due to Covid-19 exposure.** Our schools are prepared to teach any scholar who is required to quarantine due to Covid-19 exposure. Each scholar has received a school-issued Chromebook and charger to bring to and from school each day. Scholars have a school email address and password to log into their Chromebook and learning platforms. As necessary, they will receive instructions on when and how to log in for class.

## Next Steps if Your Child Needs to Quarantine

If your child is healthy enough to attend virtual classes while quarantining, we are committed to continuing their learning while at home. If you have concerns about your child's ability to complete virtual classes, please reach out to the school so that we can support you.

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|---------------|--|
| <b>Step 1</b> | Monitor your child's symptoms and reach out to your healthcare provider with any questions.  |
| <b>Step 2</b> | Identify a learning-friendly spot in the home for your child . It should be well-lit, have a flat surface and be in an area with limited distractions. |
| <b>Step 3</b> | If your child is healthy enough for school, set them up in the morning for remote learning.  |
| <b>Step 4</b> | Have your child log in to their Chromebook using their school email address and password.  |
| <b>Step 5</b> | Have your child open up Google Classroom and look for a message from their teacher.  |

## Campus Contact Information

|  <b>CICS Avalon</b><br><small>CHICAGO INTERNATIONAL CHARTER SCHOOL</small> |  <b>CICS Basil</b><br><small>CHICAGO INTERNATIONAL CHARTER SCHOOL</small> |  <b>CICS Washington Park</b><br><small>CHICAGO INTERNATIONAL CHARTER SCHOOL</small> |
|---|--|--|
| Director of Operations:<br>Shameka Williams<br><a href="mailto:swilliams@cicsavalon.org">swilliams@cicsavalon.org</a>   | Director of Operations:<br>Emily Hoelting<br><a href="mailto:ehoelting@cicsbasil.org">ehoelting@cicsbasil.org</a>  | Director of Operations:<br>Brittany Patrick-Wade<br><a href="mailto:bpatrick-wade@cicswashingtonpark.org">bpatrick-wade@cicswashingtonpark.org</a>                       |
| Elementary Principal:<br>Shavon Mathus-Harris<br><a href="mailto:smathus@cicsavalon.org">smathus@cicsavalon.org</a>   | Elementary Principal:<br>James Johnstone<br><a href="mailto:jjohnstone@cicsbasil.org">jjohnstone@cicsbasil.org</a>   | Elementary Principal:<br>Tyrrell Jeffries<br><a href="mailto:tjeffries@cicswashingtonpark.org">tjeffries@cicswashingtonpark.org</a>                                      |
| Interim Middle School Principal:<br>Marquis Washington<br><a href="mailto:mwashington@cicsavalon.org">mwashington@cicsavalon.org</a>                          | Interim Middle School Principal:<br>Athena Giddens<br><a href="mailto:agiddens@cicsbasil.org">agiddens@cicsbasil.org</a>                                     | Middle School Principal:<br>Amanda Szramiak<br><a href="mailto:aszramiak@cicswashingtonpark.org">aszramiak@cicswashingtonpark.org</a>                                    |

**Looking for a Covid-19 Test for your Child?**  
Visit [cps.edu/youthcovidtesting](https://cps.edu/youthcovidtesting) for a list of  
Chicago-based pediatric testing sites.

## Still Have Questions about the Covid-19 Vaccine?

If you are interested in learning more about the Covid-19 vaccine, we encourage you to:

- Speak with your child's health care provider, or [locate a doctor near you](#)
- Learn about [Covid-19 Vaccines](#) from the CDC
- Read about [Covid-19 Vaccine Myths and Facts](#)
- Watch this video: [COVID-19 Vaccines: How Do We Know They Are Safe?](#)

## Ready to Schedule a Covid-19 Vaccination Appointment for You or Your Child?

For the latest information on Covid-19 vaccine availability at certain providers and pharmacies, go to [VaccineFinder](#). VaccineFinder displays instructions on how to take the next step to get vaccinated.

- Visit <https://vaccinefinder.org/search/>
- Select the type of vaccine your student is eligible for:
  - Pfizer-BioNTech Covid Vaccine (12 years and older)
  - Moderna Covid Vaccine (18 years and older)
- Type your 5-Digit Zip Code
- Select a Search Radius
- Select Search for Vaccine
- Contact the specific location to confirm availability, which is subject to change
- Appointments are required at some locations

You can also call **312-746-4835** to speak with someone from the Chicago Department of Public Health. Phone lines are currently staffed from 8am - 8pm, Monday through Saturday, and 8am - 4pm on Sundays.

Note: Individuals who are under 18 years old will need a legal guardian present with them for the vaccination appointment in order to receive the Covid-19 vaccine.

# There Are Additional Local Options for Scheduling a Covid-19 Vaccination Appointment.

1. **Contact your child's health care provider**, health clinic, or hospital where you have gotten medical care in the past.
2. **If you do not have a primary care provider, you can also:**
  - o **Schedule an appointment with a doctor for a Chicago vaccination location via the [ZocDoc website](#).** You can schedule an appointment, though walk-in vaccination appointments are also available.
  - o **Visit a Chicago Public Schools Vaccination Event.** CPS is offering the Covid-19 vaccine for students and community members at a few schools. No appointments are needed. Learn more about [CPS' Vaccination Events](#).
  - o **Visit a Community Health Center.** In addition, these partner organizations with community locations also provide the Pfizer vaccine. \*This list is not exhaustive and may change.
    - Alivio Medical Centers: Call 773-254-1400 or visit [website](#)
    - Advocate Aurora Health: Call 866-443-2584 or visit [website](#)
    - Chicago Family Health Centers: Call 773-768-5000 or visit [website](#)
    - Erie Teen Center: Call (312) 666-3494 or visit [website](#)
    - Howard Brown Health Centers: Call 872.269.3600 or visit [website](#)
    - Near North/Komed Holman Health Center: Call 773-533-7520 or visit [website](#)
    - Rush University Medical Center: Call (888) 352-7874 or visit [website](#)
    - St. Bernard Hospital: Call 773-962-4644 or visit [website](#)
    - One of Chicago's many Federally Qualified Health Centers (FQHCs)
      - Visit the [Find A Health Center locator](#)
      - Download the FQHC flyers in [English](#) and [Spanish](#) to learn more
  - o **Schedule a Covid-19 Vaccine appointment at a pharmacy.** The City of Chicago has provided vaccines to many local pharmacies. These pharmacies each have their own registration link which can be found below. Pharmacies have been asked to prioritize Chicagoans and current patients. For students ages 12-17, be sure to confirm that the pharmacy you choose has the Pfizer vaccine.
    - Walgreens: [Register online](#), call your local Walgreens, or 1-800-WALGREENS (1-800-925-4733)
    - Mariano's: [Register online](#)
    - Walmart: Call 833-886-0023; Option 1
    - Jewel Osco: [Register online](#) or call 877-723-3929
    - Chicago Costco Pharmacies: [Register online](#) for an appointment, or call the pharmacy directly