



SCHOOL AGE CHILD CARE

provided by the
Fanwood-Scotch Plains YMCA

The Fanwood-Scotch Plains YMCA is committed to helping students in the Scotch Plains-Fanwood Public Schools learn, grow and thrive. This document contains sample schedules for our updated after school program for days kids are in school, our new full-day supplement program for days kids are not in school, and our current full-day program for full-time virtual learners. Please also read for additional program information.

SAMPLE DAILY SCHEDULE FOR AFTER CARE

TIME	ACTIVITY
8:40AM-12:40PM	School Day
12:40PM-1:10PM	Transportation to the Y
1:10PM-1:45PM	Wash Hands/Lunch
1:45PM-2:00PM	Bathroom/Wash Hands/Set up for Virtual Learning
2:00PM-3:00PM	Online Learning
3:00PM-3:30PM	Wash Hands/Snack
3:30PM-4:15PM	Homework/Stations
4:15PM-5:00PM	Outside/Gym Time
5:00PM-5:30PM	Enrichment
5:30PM-6:00PM	Table Activities/Stations/Free Play
6:00PM-6:30PM	Pick Up

SAMPLE DAILY SCHEDULE FOR FULL-DAY VIRTUAL LEARNING SUPPLEMENT PROGRAM

TIME	ACTIVITY
8:00AM-8:30AM	Drop Off/Wash Hands
8:40AM-12:40PM	Virtual Learning
12:40PM-1:45PM	Wash Hands/Lunch/Recess
1:45PM-3:00PM	Online Learning
3:00PM-3:30PM	Wash Hands/Snack
3:30PM-4:15PM	Homework/Stations
4:15PM-5:00PM	Outside/Gym Time
5:00PM-5:30PM	Enrichment
5:30PM-6:00PM	Table Activities/Stations/Free Play
6:00PM-6:30PM	Pick Up

SAMPLE DAILY SCHEDULE FOR FULL-TIME VIRTUAL LEARNING PROGRAM (5 DAYS PER WEEK)

TIME	ACTIVITY
8:00AM-8:30AM	Drop Off/Health Check/Wash Hands
8:40AM-12:40PM	Virtual Learning
12:40PM-1:45PM	Wash Hands/Lunch/Recess
1:45PM-3:00PM	Online Learning
3:00PM-4:00PM	Outside/Gym Time/Pick Up



HELPING
LOCAL
FAMILIES
SUCCEED

DESCRIPTION OF ACTIVITIES

CHARACTER DEVELOPMENT

Character is a key element of the Y's approach to working with youth to develop into ethical, caring and successful adults. The Y will provide enrichment activities that will support social and academic benefits to develop long-term and lasting change.

STATIONS

Program format that encourages students to choose from the range of daily stations and/or activities to create youth buy-in, ownership and leadership.

GROUP HUDDLE

Daily youth-led activity created to facilitate group conversations, break the ice and build relationships amongst students (and staff).

ENRICHMENT

Lessons are hands-on and project-based. We encourage students to solve problems by using concepts and skills in science, technology, engineering, art and math. This activity allows students to participate in this fast-growing trend and introduces students to STEAM careers. Staff lead students through a process of investigating concepts and identifying 6-8 week project units such as planting a sustainable garden, developing a campaign to promote environmental sustainability, or developing a new invention.

GYM TIME

Students will engage in physical activity. The Coordinated Approach to Child Health (CATCH) Curriculum creates behavior change by enabling children to identify healthy foods, and by increasing the amount of moderate to vigorous physical activity (MVPA) children engage in each day. The CATCH Curriculum also promotes behavior change around making healthy choices. Hands-on activities enable children to identify healthy foods using the terminology GO, SLOW and WHOA foods.

SOCIAL/EMOTIONAL & MINDFULNESS

The Sanford Harmony Curriculum teaches problem-solving skills as well as teaches children to embrace diversity and build healthy relationships that will last well into adulthood. Lessons include diversity & inclusion, empathy & critical thinking, communication, problem solving and peer relationships. Staff lead activities in the form of Buddy Ups allowing students to work in pairs, as well as Meet Ups or group discussions.

HEALTHY SNACK (LUNCH) AND NUTRITIONAL EDUCATION

The YMCA is committed to providing healthy snack options during before school and after school programs. All snacks served will meet USDA nutrition guidelines and align with YMCA Healthy Eating and Physical Activity (HEPA) standards. A variety of healthy foods will be available including fresh fruits and vegetables, whole grains and items low in sugar and absent of trans-fat. Students will also learn about nutrition through daily lessons and activities.

The Fanwood-Scotch Plains YMCA is dedicated to improving the quality of life of the individuals, families and communities we serve through programs and services that build wholeness of spirit, mind and body. The YMCA is a not-for-profit organization founded on Christian principles, serving people of all ages, races, faith, cultures and socio-economic conditions.

YOUR SAFETY IS OUR PRIORITY

The Y believes all kids have great potential and deserve the opportunity to discover who they are and what they can achieve. And while these are unprecedented times, times that challenge us individually and as a community on many levels, Y School Age Child Care programs provide kids with a safe, familiar and fun-filled environment for them to explore their surroundings, build confidence, develop skills and make lasting friendships and memories, so they can grow as individuals and leaders.

The Y's SACC program has always strived to provide a physically and emotionally safe environment for children and the 2020-2021 School Year is no different. Being surrounded (albeit at a 6' distance) by positive role models and peers is crucial for kids' social-emotional growth and a healthy youth development journey. Delivering a before and after care experience that includes peer interaction – however modified – brings a sense of comfort and normalcy to children.

OUR HEALTH AND SAFETY PROCEDURES

When we begin our program, before and after care will look a little different than it has in the past. **Here are some of our updated guidelines for the 2020-2021 School Year:**

- Parents are required to wear a mask at drop off and pick up.
- **Daily temperature and health checks for full-day programs:**

A designated health checker and program staff will welcome families at drop-off for the full-day program. Before allowing a child admittance to the program, the child's temperature will be checked and the staff member will ask questions such as:

- Was any fever reducing medication administered?
- Does your child have any of the following symptoms: fever, cough, or shortness of breath?
- Do any household members have the following symptoms: fever, cough, or shortness of breath?
- Has your child been in close contact with anyone diagnosed with COVID-19 in the past 14 days?
- Have you traveled to any state (i.e. Florida, Texas) that would require self-quarantine within the past 14 days?



If "yes" was the answer to any of the questions asked above and/or if your child had a fever of 100.4 or higher, your child will be excluded from the program. Your child may return to SACC once they are free of fever or other COVID-19 symptoms for seventy-two hours or cleared by a medical professional to return. (Physician's note required.)

- Immediately entering the program, children are required to wash their hands.
- Staff will follow the same protocol/regulations as above at the Y staff entrance/daily temperature and health check station.
- **Please remember – if your child is sick, for any reason, they must stay home until they are well. Also, if the drop-off/pick-up person is not feeling well, they should not be dropping off their child to the program, where they may unintentionally expose their illness to others.**

YOUR SAFETY = OUR PRIORITY



**STAY HOME
IF SICK**

Help us keep our community healthy.

Thank you for your cooperation.

• **Face Masks:**

Students are required to wear their masks indoors. Students are not required to wear face masks while outdoors, as long as they stay within their assigned group, although it is strongly encouraged. Staff are required to wear masks at all times. Every student is required to bring a cloth face mask (labeled with child's name) to SACC daily. *Exceptions will be made for those with a documented health reason for not wearing a mask.



• **Hand Washing:**

• Children must wash hands:

- Upon entering the program
- After sharing supplies within assigned group
- Before & after meals
- After using the toilet

• Staff must wash hands:

- Upon entering the Y and the program location
- After sharing supplies within assigned group
- Before & after meals
- After using the toilet

• Regular hand washing and use of hand sanitizer will be encouraged throughout the day.

• **Social Distancing:**

• Student group size:

- Indoors – 15 students per assigned group

• Students are required to be permanently assigned to a specific class. The formation of an assigned class is to allow the program to mitigate any infection spread and is intended to avoid any impact on the entire program community and operation.

• Individuals in an assigned group do not have to social distance while interacting within their group. Groups must maintain a social distance (at least 6 ft) from other groups.

• **Cleaning and Disinfecting:**

Our program has created a schedule to clean multiple times daily in addition to on-demand cleaning with EPA-registered disinfectants.

This includes:

- Sports equipment
- Tables/Chairs
- High Touch areas (faucet handles, door knobs, light switches, etc.)

Children will be assigned their own program supplies, such as: crayons, markers, glue sticks, scissors, etc.



RESPONSE PROCEDURES FOR COVID-19 SYMPTOMS OR EXPOSURE

Any confirmed or suspected exposure to COVID-19 occurring in a Child Care center must immediately be reported to both the local Departments of Health and Licensing.

Children or staff members who develop symptoms of COVID-19 while in the program:

- If a child or staff member develops symptoms of COVID-19 while in the program (e.g. fever of 100.4 or higher, cough, shortness of breath), they will be immediately separated from the well people until the ill person can leave the building. The Y will establish a space as our isolation room. Sick children will be able to rest in this space, supervised by staff, until the parent/guardian is able to arrive at the program.

If symptoms persist or worsen, the Y will call 911. All YMCA employees or child's parent/caregiver must inform the program immediately if the person is diagnosed with COVID-19.

Children or staff members who test positive for COVID-19:

- If the FSPY SACC program becomes aware of a COVID-19 positive case in our program, we will contact the local Health Department for guidance. Health officials will provide direction on whether our program should cease operations following the identification of a positive case in the facility. The duration may be dependent on staffing levels, outbreak levels in the community and severity of illness in the infected individual.
- Symptom-free children and staff should not attend or work at another facility during the closure.
- All rooms and equipment used by the infected person, and persons potentially exposed to that person, will be cleaned and disinfected in accordance with CDC guidance.

KEEPING OUR YMCA SAFE

The Fanwood-Scotch Plains YMCA is:

Closely monitoring updates and guidance from health agencies

Educating staff on the prevention and spread of all germs

Adhering to rigorous sanitation practices

Providing hand sanitizers and disinfecting wipes

Ensuring our cleaning service remains up to date on the latest guidelines

Prepared to quickly evolve plans to align with health agency updates

RETURNING TO SACC AFTER COVID-19 DIAGNOSIS OR EXPOSURE

If a staff member or child contracts or is exposed to COVID-19, they cannot be admitted to the program again until the criteria for lifting transmission based precautions and home isolation have been met.

Those criteria are included in the Department of Health’s guidance available here:

SYMPTOMS/DIAGNOSIS	CRITERIA FOR RETURN
Individuals who have symptoms of COVID-19 AND <ul style="list-style-type: none"> • have tested positive (by PCR, rapid molecular or antigen testing) OR • have not been tested (i.e. monitoring for symptoms at home) should stay home ** and away from others until: 	<ul style="list-style-type: none"> • At least 10 days have passed since their symptoms first appeared AND <ul style="list-style-type: none"> • They have had no fever for at least 72 hours (three full days without the use of medicine that reduces fever) AND <ul style="list-style-type: none"> • Other symptoms have improved (for example, symptoms of cough or shortness of breath have improved)
Individuals who have NO symptoms and have tested positive should stay home** and away from others until:	<ul style="list-style-type: none"> • 10 days have passed from the collection date of their positive COVID-19 diagnostic test AND they have not developed symptoms
Individuals who have symptoms and have tested negative should stay home and away from others until:	<ul style="list-style-type: none"> • 72 hours after their fever has ended without the use of fever reducing medications and other symptoms improve.
*Close contact is defined as being within 6 feet for at least a period of 10 minutes. **Siblings and household members should also remain at home for 14 days.	

We’re in this together & we need your help. All parents, counselors and partners can help us make the Fanwood-Scotch Plains YMCA SACC Program safer and protect our community by:

1. Staying home when sick. If you are a parent and your child is sick, keep your child home. Do not bring your child back to the program until free of fever or other COVID-19 symptoms for seventy-two hours or cleared by a medical professional to return. (Physician’s note required.)
2. Arranging for someone else to drop-off or pickup your child if you are sick.
3. Washing or sanitizing your hands often.
4. Covering your mouth with tissues whenever you sneeze or cough and discarding used tissues in the trash. If that’s not possible, cough or sneeze into your elbow. Do not cough or sneeze into your hand.
5. Avoiding touching your face, especially your eyes, nose, or mouth with your hands.
6. Avoiding people who are sick with respiratory symptoms.
7. Avoiding close physical contact (maintaining a physical separation of at least six feet) with others whenever possible.
8. Avoiding using others’ phones, tools, or equipment whenever possible.
9. Wearing a mask or face covering when on our property or in the facility.

BE A SAFETY ROLE MODEL

Help us keep our community healthy and safe. Follow our four core values each and every day!

CARING:
I wear a mask to protect others

HONESTY:
I stay home if I’m feeling sick

RESPONSIBILITY:
I wash my hands frequently

RESPECT:
I stay 6 feet away from others





