










	Mask Expectations	Masking Accommodations	Buses	Cafeteria	Outside	Sports & Extracurricular Activities	Health, Wellness & Self-Care
<p><b>S</b> <b>SAFE</b></p> 	<p>Always wear a mask indoors.</p> <p>Masks should be made of tightly woven fabric, completely cover your nose and mouth, fit snugly against the sides of your face, and not have slits.</p>	<p>Some staff and students may not be required to wear a mask due to a medical condition or disability. In these cases, the child's doctor in consultation with the school nurse make those determinations.</p> <p>Remember to keep your distance (6-feet) if you have a mask accommodation.</p> <p>In fairness to the safety of others, it is a student's choice to either use a mask or leave class early/late to avoid busy transitions (i.e., class changes, crowded hallways) where distancing cannot happen.</p>	<p>Everyone should wear a mask while riding on school buses, even those who are fully vaccinated (CDC Guidelines).</p> <p>Students should sit where they are assigned, remain seated and face the front of the bus.</p> 	<p>Don't forget to use hand sanitizer.</p> <p>Spread out when eating.</p> 	  <p>When available, go outside as much as possible for fresh air and to see people's smiles.</p> <p>Remember masks aren't required for outside. It is a personal choice.</p>	<p>Masks should be worn during practices, but they may be removed briefly when participating in high intensity workouts or when having difficulty breathing.</p> <p>Masks are not required during indoor games but should be worn during pre-game activities and while on the bench.</p> <p>Fans should wear masks while attending indoor games.</p>	<p>Safety for you, other students and staff is the #1 priority in Roanoke County Public Schools!</p> 
<p><b>R</b> <b>RESPECTFUL</b></p> 	<p>Mask breaks will be provided in a manner that is reasonable and practicable for comfort, but without compromising the safety intention of the indoor mask requirement.</p>	<p>If you see someone who is not wearing a mask, simply ask if they have a mask accommodation. If they say yes, feel free to verify privately with your school nurse or an administrator.</p> <p>Talk with others in a calm, non-judgmental manner rather than getting upset, yelling, etc. if you see someone without a mask or wearing a mask incorrectly.</p>	<p>Understand that buses can be hot which can make breathing difficult for some students. If a student complains about passing out, headaches, panic attacks, etc. give them a break without question.</p> <p>Students should sit as far apart as possible while on the school bus to respect the safety of others.</p>	<p>Students and staff should feel comfortable eating and drinking without having to wear a mask for the duration of their lunch time.</p>	<p>Respect others choices when it comes to masking.</p> <p>Maintain personal space with peers and adults.</p> <p>Speak kindly toward others.</p>	<p>Follow masking protocols established at other schools.</p> <p>Speak kindly toward coaches, officials, teammates, opposing players, and spectators if anyone has questions about masking.</p> 	<p>Students may request to test in a smaller less restrictive environment due to increased anxiety of wearing masks during major testing periods such as AP or SOL testing.</p>

<p><b>R</b> <b>RESPONSIBLE</b></p>	<p>Make sure to use your mask correctly- click below to learn how: (<a href="#">Use a mask correctly</a>).</p>	<p>Understand that others may be concerned about COVID and respecting their space and personal decisions. Whether it be for masks and social distancing or against the masks and social distancing.</p>	<p>Pay attention for signs of someone getting overheated or becoming anxious, especially students who may have trouble breathing (asthma).</p> 	<p>Make sure you are coughing and sneezing into you elbow.  Eat your food only rather than sharing food or drinks.</p>	<p>Remember transition of COVID outside is very low but exposures can still happen.  Follow the directions of the supervising adult.</p>	<p>Avoid attending practices or games if you are sick.  Bring and use individual water bottles.</p>	<ul style="list-style-type: none"> <li>-Get adequate sleep.</li> <li>-Stay active / exercise.</li> <li>-Hydrate CONSTANTLY.</li> <li>-Enjoy a nutrition rich diet with lots Vitamin D and Vitamin C.</li> <li>-Engage in mindfulness practices (deep breathing, relaxation techniques and stretching).</li> </ul>
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B4: Leveraging Relationships  
Resources

Unlocking Us: Tarana Burke and Brené on Being Heard and Seen.	<a href="https://brenebrown.com/podcast/brene-tarana-burke-on-empathy/">https://brenebrown.com/podcast/brene-tarana-burke-on-empathy/</a>
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