

# Resources for Supporting Students in Direct Instruction During COVID-19

## **MEALTIMES**

This document provides guidelines on procedures and protective equipment needed to reduce the risk of COVID-19 transmission during mealtimes in school buildings. These recommendations are based on the [MPS Building and Classroom Health & Safety Protocols](#) and the MDH [Guidance for Delivering Direct Student Support Services](#), and fall under two general categories:

- Mealtime Guidelines for all students and staff
- Additional Mealtime Guidelines for students who need assistance to eat and drink

**Caregivers may find this helpful in sharing expectations for mealtimes with their child.**

| <b>Mealtime Guidelines for All Students and Staff</b> |   |
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| <b>General mealtime safety precautions</b>            | <p><b>All students and staff will wash their hands</b> for 20 seconds with soap and water before meals and before replacing their face covering after meals. Students and staff may also use hand sanitizer that contains at least 60% alcohol.</p> <p><b>All students and staff will maintain 6 feet of distance</b> during mealtimes.</p> <p><b>All students and staff can remove their face covering during meals</b> and leave them in a secured space while eating.</p> <p><b>Tables and desks will be wiped and disinfected</b> before and after meals.</p> <p><b>Students should not share food or drinks.</b></p>   |
| <b>Breakfast</b>                                      | <p><b>Breakfast will be ‘Grab and Go’</b> and picked up from a location determined by school building administration and Culinary &amp; Wellness Services.</p> <p><b>Breakfast will be eaten in classrooms or in the cafeteria (likely a hybrid model).</b></p> <p><b>All prepared meals will be pre-packed in individual student containers.</b></p> <p><b>Students may bring breakfast from home.</b></p>   |
| <b>Lunch</b>  | <p><b>Lunch will be picked up in the cafeteria</b> by staff or students during the designated lunch period.</p> <p><b>All prepared meals will be pre-packed in individual student containers.</b></p> <p><b>Students may bring lunch from home.</b></p> <p><b>Lunch will be eaten in classrooms or in the cafeteria (likely a hybrid model).</b></p> <p><b>All students and staff will wear face coverings</b> when entering the cafeteria.</p> <p><b>All students and staff will maintain 6 feet of distance</b> while in the cafeteria.</p> <p><b>Staff will direct students one by one to stand on the Xs marked on the floor.</b></p> <p><b>Food Service Staff will place each lunch on the serving line</b> for the staff or students to pick up.</p> <p><b>Milk will be offered to students individually by Food Service Staff.</b></p> |
| <b>Water</b>  | <p><b>Water fountains</b> will be wrapped by building custodians and <b>may not be used.</b></p> <p><b>A water bottle filler will be available in each school building. Students are encouraged to bring a water bottle, labeled with their name, from home.</b></p>  |
| <b>Trash</b>  | <p><b>Trash bins will be strategically placed in hallways by Custodial Staff.</b></p> <p><b>All mealtime trash will be disposed of in hallway trash bins,</b> and not in classrooms.</p> <p><b>Custodial Staff will dispose of all hallway trash</b> after each meal and at the end of each school day.</p>   |
| <b>Vending Machines</b>                               | <p><b>All vending machines will be turned off</b> and labeled, ‘Not in Use’.</p>  |

## Mealtime Guidelines for School Staff Assisting Students with Eating and Drinking

### Additional protective equipment is needed for the assisting staff member as:

- The staff member and student will be within 6 feet.
- The staff member may be exposed to the student's bodily fluids as the student eats, drinks, coughs, or as the student's face is washed.

### Protective Equipment Requirements for School Staff

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| Face Mask                                 | <b>Required Face Mask</b> as the staff member and student will be within 6 feet.   |
| Eye Protection:<br>Face Shield or Goggles | <b>Optional Face Shield or Goggles</b> to block the student's spray of bodily fluids while eating, drinking, or coughing.  |
| Gloves                                    | <b>Required</b> as the staff member may be exposed to the student's bodily fluids while feeding the student, holding the cup near the student's mouth for drinking, or cleaning the student's face after the meal. |

### FAQs for Mealtimes

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| Will meals be delivered to special education classrooms?  | <b>Each site's Culinary and Wellness Team</b> will determine procedures based on individualized, special education classroom needs.  |
| If a student has an IEP or 504 plan with adaptations for feeding, will classroom staff continue to implement these strategies during in-person learning during Covid-19?  | <b>Yes.</b> School staff will continue to follow all feeding adaptations listed in a student's IEP or 504 plan during in-person learning days in school buildings. See FAQ below for additional details.   |
| If a student has a <i>Special Diet Order</i> for a pureed diet or thickened liquids, will Culinary and Wellness Services continue to provide these items during Covid-19? | <b>Yes.</b> Please see your school's Health Services Team for <i>Special Diet Orders</i> , and your school's speech-language pathologist and/or occupational therapist for feeding and swallowing IEP goals, strategies, and accommodations.   |
| If a student uses adaptive utensils or tableware (provided by MPS) that need washing after meals, can staff members wash these items?                                     | <b>Yes.</b> Staff members will wear gloves while washing these items with soap in hot water (See <a href="#">2020-21 Planning Guide for Schools</a> , pg. 14).   |
| If students do not bring water bottles from home, will water bottles be available to students in school buildings?  | Students are encouraged to bring their own water bottle. School Social Workers may help with family resources.   |
| Can personal student water bottles be left in school buildings or do they need to be taken home each day?   | <b>No.</b> Student water bottles must be taken home each day.  |
| How can we help students understand their experiences in Phase 3 and 4 school (e.g., not being able to use the water fountain)?   | <b>We can use social stories and visuals, for example:</b> <ul style="list-style-type: none"> <li>• <a href="#">Water: A Social Story Video</a></li> <li>• <a href="#">Mealtime Visual</a></li> <li>• <a href="#">Drinking Fountain Visual</a></li> <li>• <a href="#">Hand Washing</a> Social Story</li> <li>• <a href="#">Staying with My Cohort at School</a> Social Story</li> <li>• <a href="#">Hybrid Learning</a> Social Story</li> <li>• <a href="#">Going Back to School</a> Social Story Video</li> </ul> |
| If a student has edible reinforcers (stated on IEP), do staff follow the same health and safety procedures for edible reinforcers as they do for mealtimes?               | <b>Yes.</b> Follow the same procedures stated above (e.g., PPE).   |