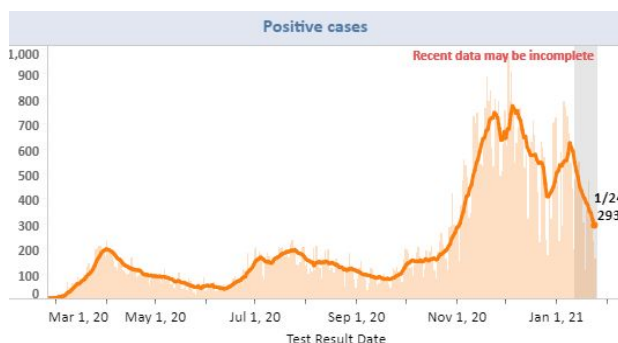


Crew Meetup

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First of all– what exactly is Expedition and crew? As you may know, Expedition is a whole school project that allows students to tackle issues we found within our community. Crew is similar to advisory, but perhaps even more tightly knit– a small community of students grouped together throughout their high school career. Students were presented with the opportunity to choose a topic they were interested in addressing, which for our group ended up being the lack of social interaction due to remote learning.

We all know that remote learning has led to a significant decrease in social interaction. It is important to build a community that students feel safe and welcome in; especially Innovation Lab, seeing as though we are a brand new school. With the lack of social interaction, it is harder to build that community. After interviewing several of our peers, we found that the absence of physical interaction had the greatest negative effects on their mental health and enthusiasm towards learning. When asked about their biggest challenge with remote learning, a common answer amongst them was that it felt isolating, unmotivating, and unrewarding. Our proposed solution to this issue is to have crews meet up once a week in the parking lot of our school to allow some in-person interactions.



We are aware that the Washington Covid-19 guidelines are strict. Governor Inslee said in counties where COVID-19 cases are “moderate”

(between 50 and 350 residents per 100,000), in-person learning should be phased in. He also stated that he would lessen the regulations for schools so they could return to school. This graph from King County shows the positive cases in Washington. As you can see the number of positive cases continues to fall. Very recently the CDC announced that it is safe to return to school as long as we wear masks and social distance. The current amount of cases in the last 14 days for king county is 4,261.

It has been found that staying just 3 feet away from others reduces the risk of transmission from 12.8% to 2.6%. That means that keeping even more distance, which would be 6 feet in our case, is even better. COVID is mainly spreading from droplets entering through the eyes, nose, and mouth, so if we keep our distance these droplets will not be able to enter. We do realize that there have been some circumstances where the disease spread through airborne transmission, but these few instances were in enclosed spaces with inadequate ventilation, which will not be the case for our crew meetups.

The CDC states that “Multi-layer cloth masks can both block up to 50-70% of these fine droplets and particles and limit the forward spread of those that are not captured.” This means that by just wearing a mask we can half the chance of getting COVID-19. When we combine mask-wearing with social distancing, we can decrease the chance of transmission even more.

To combat the issue of lack of social interactions in online school, we want to have crews from Innovation Lab High School meet once a week in person at the school parking lot. Based on our research we have designed a plan that would accommodate our facility and follow CDC

guidelines and protocols. Firstly, students will go to a sanitizing station where they will get their temperature checked and will sanitize their hands. Disinfectant wipes will also be available at this station. We will have cones set up each 6 feet apart to ensure social distancing and these cones will all be sanitized before and after use. We have ten crews in total with a maximum of seventeen people in each crew; we are planning to meet on three separate days which is to be decided based on student and staff preference, and availability. There will be no more than four crews meeting in the parking lot at any given time.

In addition to the protocols already mentioned, the World Health Organization made a list of protocols for the workplace that will be followed and applied to the crew meetups. First of all, masks will be worn at all times, and disposable masks will be provided to students that don't have their own. Hand sanitizer and wipes will be provided as students arrive and leave. All students will have their temperatures checked before they arrive and at least 6 feet of distance will be required at all times. Any chairs and tables used will be thoroughly cleaned before and after use. Ideally, meeting times would also be staggered so there are no large groups of students waiting in line for sanitation. We are looking into providing transportation for students and one idea is using the buses from our district.

We have proposed this idea to the superintendent of our district, Dr. Reid. She is working with her team to try to get this idea approved so that we can start holding our socially distanced crew meetups. If this idea gets approved, we believe it will help solve the social/mental health issues proposed by online learning during this global pandemic.

Works Cited

"CDC COVID Data Tracker." *Center for Disease Control and Prevention*,

covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days. Accessed 19 Jan. 2021.

This website helped us get some numbers for Covid-19 in the state of Washington. We used these numbers to see how far along we are on Gov. Inslee's plan.

"COVID-19 Guidance." *Washington State Coronavirus Response*,

www.governor.wa.gov/sites/default/files/proclamations/COVID%2019%20November%20Statewide%20Restrictions.pdf. Accessed 5 Jan. 2021. Memo. This PDF highlighted the current COVID-19 guidelines for Washington state. This information allowed us to understand what is, and what isn't allowed at this time so we could adapt in regards to that.

"Daily COVID-19 outbreak summary." *King County*, 17 Jan. 2021,

kingcounty.gov/depts/health/covid-19/data/daily-summary.aspx. Accessed 19 Jan. 2021.

This website gave us lots of data specifically about king county. It also had a lot of graphs, one of which is in the slide deck.

Edwards, Erika. "As Protests Sweep Nation, Research Finds Social Distancing Most Effective at Slowing Coronavirus Spread." *NBC News*, 1 June 2020,

www.nbcnews.com/health/health-news/protests-sweep-nation-research-finds-social-distancing-most-effective-slowng-n1220981. Accessed 7 Jan. 2021. This website had great research and information to show that social distancing has been proven to be effective in reducing the spread of the coronavirus. This was great for proving that if we are taking the right protocols we can be safe while seeing each other in person.

"Getting your workplace ready for COVID-19." 19 Mar. 2020. *World Health Organization*, [who.int/docs/default-source/coronaviruse/advice-for-workplace-clean-19-03-2020.pdf](https://www.who.int/docs/default-source/coronaviruse/advice-for-workplace-clean-19-03-2020.pdf). Accessed 26 Jan. 2021. Memo. This PDF told us about safety guidelines to keep and how to effectively implement them. This information allowed us to have a good idea of what we should do in our plan to keep everyone safe.

"Gov. Inslee Extends COVID-19 Restrictions until Jan. 11." *King 5*, 30 Dec. 2020, www.king5.com/article/news/health/coronavirus/washington-state-coronavirus-restrictions/281-37f28bf3-cd9d-4582-a840-9cd1ca98aa2a. Accessed 5 Jan. 2021. This website helped us discover that Governor Inslee announced that the Washington State Lockdown that was supposed to end on January 4th was extended until January 11. This information helped us see if we would have to stay with these strict guidelines or if there were new more laidback ones that we could follow.

"How COVID-19 Spreads." *Centers for Disease Control and Prevention*, 28 Oct. 2020, www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html. Accessed 20 Jan. 2021. After conducting our research on why social distancing was effective, we found out that the disease may actually also be spread through airborne transmission, so we had to look more into that. This source was great in explaining that, showing that there is a small amount of times this has happened and that it was usually in an enclosed place with inadequate ventilation.

"Inslee announces updated school guidance for in-person instruction." *Washington Governor Jay Inslee*, 16 Dec. 2020, www.governor.wa.gov/news-media/inslee-announces-updated-school-guidance-person-instruction#:~:text=Finally%2C%20in%20counties%20where%20COVID,of%2015%20stu

dents%20or%20fewer. Accessed 19 Jan. 2021. This is an announcement from the Washington governor saying when he wants to phase in in-person learning.

Mask wearing is the most significant factor affecting COVID-19 death rates in different countries with a 70-percent impact, according to Japanese researchers.

news.cgtn.com/news/2020-06-25/Studies-Wearing-masks-saves-lives-amid-COVID-19-R
CcdxQoxVe/index.html. This photo shows a mask being worn which demonstrates we will be wearing masks during our crew meetup.

People with Medical Mask Maintain Social Distancing to Prevent from Coronavirus. *istock*,
www.istockphoto.com/vector/people-with-medical-mask-maintain-social-distancing-to-p
revent-from-coronavirus-gm1215344988-353951523. This is the photo that we used for
the slide on why social distancing is effective. It is effective in our slideshow for showing
that we will be social distancing during our event.

Resmovitis, Joy, et al. "Inslee Releases New State Standards, Urges Washington Districts to
Begin Reopening Some Schools after COVID-19 Closures." *The Seattle Times*, 16 Dec.
2020,
www.seattletimes.com/education-lab/inslee-releases-new-state-standards-urges-washingt
on-districts-to-begin-reopening-some-schools/. Accessed 14 Jan. 2021. This source
provided us with information on how Inslee knows that students need to get back into the
classroom. In the article it is mentioned that the covid protocol might be able to be
changed a little bit for schools.

"Scientific Brief: Community Use of Cloth Masks to Control the Spread of SARS-CoV-2." *CDC*,
www.cdc.gov/coronavirus/2019-ncov/more/masking-science-sars-cov2.html. This article
from the CDC demonstrates the effectiveness of masks and explains the process of

droplets spreading. This helps us in our project because it demonstrates that wearing masks at our crew meet up will help keep us safe.