

Dear St. Rose Families,

Desks socially distanced, new books on the shelves, and teachers busily decorating bulletin boards and planning first day lessons, all say we are getting closer to re-opening school to welcome students, new and returning!

As you prepare for those first days, please do not plan on sending everything on the supply list in one day. For the first day, be sure your child has basics like pencil, pen, eraser, scissors, glue stick, crayons or color pencils or markers. Students in grades 4 and up should plan on bringing a notebook and planner as well on their first day. Pack light those first days; it is a time for getting settled in, getting to know each other and not to be overwhelmed by books and supplies, heavy backpacks and shopping bags. After that your teacher will let you know when to bring your other supplies to school and what can be left at home until needed.

Don't forget a yummy snack on those early dismissal days, maybe even something a little extra...it's not always easy when you aren't near the pantry at home to grab a snack when the hunger strikes! Please remember that water fountains will be turned off, so a water bottle to stay hydrated is at the top of the list when packing for the day.

Celebrating the Class of 2020:

We ask you to keep in your prayers our Class of 2020 who will be receiving the Sacrament of Confirmation on Saturday, August 29. Our prayers are with them as they are being confirmed, and as they take those first steps on their high school journey in a few weeks!

Shout out to our Class of 2021:

Update regarding the High School Placement Test Prep Course...we have heard that several schools are "highly recommending" taking the test on the earliest date, in some cases that is late September. With things being fluid at this point, we want to best serve our students so we are looking at our options regarding the course, and possibility of adding another wave that would be more of a "fast track" to get more classes in and completed by the late September test dates. We will have more details and information before Monday and will send an update and new forms to 8th graders and their families.

Class of 2021 will also be receiving a questionnaire to fill out so that we know what schools you might be interested in and to get more details for recommendation forms and letters. These will be sent to you prior to the beginning of school and will be due on September 8.

Uniforms and Masks:

- *PE Uniforms; we are going to give our children two days to opt to wear PE uniforms. Students in K-8 may wear PE uniforms on Tuesdays and/or Thursdays. We are adding this option to give the children a change of pace during the week and hopefully help with laundry and rotating uniforms during the week as well. Again, this is optional for all grades.*
- *Please be sure to use our Uniform Exchange when preparing your child(ren)'s back to school wardrobe! uniforms@srles.com*

As we have mentioned, there will be mask breaks for the children during the day. Classroom teachers will go over the routine for these with the children in those first days. Here are a few more ideas, from our families on how to handle masks and other items. We recommend that you consider student age for safety and ease of use when selecting these products.

Thank you to Mrs. Haddad for sharing these lanyards that can be used for holding masks during those breaks!



Here is the link to Target to find these...currently on sale 6 for \$9.99

<https://www.target.com/p/religious-id-badge-holder-hall-pass-lanyards-6-pack-3-designs/-/A-79709961>





Thank you to Mrs. Dias; she found this pouch at Walmart for \$1! It can hold a mask when during those breaks; you can also use one for carrying an extra mask, individually wrapped wipes, and a small hand sanitizer.





Helpful Ways to Stay Safe:

Thank you to Mrs. Hatfield for sharing this chart on how to stay safe as a parent during COVID-19.



How to stay safe as a parent during COVID-19

- 1 When home from school, have your child immediately change clothes and put worn clothes straight into the washer. Everyone should wash their hands after touching the clothes. 
- 2 Bring the bare minimum personal items to school and have your child keep what they can in their backpack or desk. Avoid water bottles with an open spout (needs a cover) and wash them daily. 
- 3 Encourage kids to not touch the outside of the mask. Explain and practice with your child how to grab by the ear loops when they take it off to eat or drink..
- 4 Have a different mask for each day of the week and keep a few extras in their backpack. Cloth masks should be washed daily and should seal around the nose.  

When you blow out, you should feel air at your ears, not your eyes. The best masks have a metal moldable piece at the nose.

Lanyards can be very helpful for children to wear attached to their masks so they will not lay them down on surfaces or lose them!
- 5 Wear hair up and away from their face and encourage children not to touch their face. 
- 6 Avoid bringing backpacks around the house. Encourage children to leave writing utensils at school and only bring home what they need.
- 7 Stop bringing shoes into the house! Keep shoes in a designated area in the garage or by the door. 
- 8 Know the signs and symptoms of COVID-19 in **children**. Symptoms may appear 2-14 days after exposure and are different than in adults.

Note the approximate percent of cases and the symptoms.

fever	cough	headache	sore throat	muscle pain & aches	shortness of breath	diarrhea	nausea & vomiting	runny nose	abdomen pain
56%	54%	28%	24%	23%	13%	13%	11%	7.2%	5.8%
- 9 Practice and role model mask wearing. Have your child practice wearing it when they have screen time at home- they will adjust quickly! Higher mask usage correlates to lower virus transmission.
- 10 WASH YOUR HANDS. Reinforce handwashing for 20 seconds (or the Happy Birthday Song). Clean personal items (cell phones, watches & lunch boxes). Invest in alcohol wipes and hand sanitizer!
- 11 Clean high touch surfaces (door knobs, countertops, light switches, handles & cell phones). 1/3 cup bleach per gallon of water. 
- 12 Take care of your family. Take your vitamins, get sleep, and check all temperatures each morning. **Keep your child home** if they have a temperature or are not feeling well. 

Most importantly, find your support system and share your anger, fear, and sadness. Maintain your mental wellness.

Jordyn Schultz
Nadia Rao Day, MD FAAP

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-child-care/screening.html>
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
<https://www.sfasd.edu/child-care/coronavirus-scholarship-introduction-on-covid-19-final-report.pdf>

<https://www.health.state.mn.us/diseases/coronavirus/schools/clean.html>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7177156/>
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
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8/2020

Next week, homeroom teachers will be sending welcome letters to their classes and giving more details about those first days. More specifics about returning will be sent from the office; please watch your email. We also hope to have homeroom virtual meets so that students and teacher can meet one another before the first day!

The countdown is less than two weeks now! While some things have changed, we are working to bring that familiar St. Rose spirit throughout to help our students settle into the new year. What better way than to see the smiling faces of friends from summer! Mrs. Locke is requesting ONE digital photo of your family or your student(s) to include on our back to school bulletin board. Photos must be received by August 28, 2020 Please send all photos to art@srles.com.

Kind Regards! Stay Well!
Mrs. B