

# Newtown School Nurses' Back to School Newsletter



## What to Expect As We Head Back To School

No matter what plan is agreed upon for school re-entry this fall, some new routines can be counted on. This fall everyone will be asked to self-screen for any signs of illness each day, before coming to school. More specific information about the screening procedure will be shared with parents before the beginning of school. In

preparation for screening, families are strongly encouraged to have a working thermometer.

## Keep Sick Kids at Home

This common sense rule will be more important than ever to avoid the spread of illness in classrooms. Symptoms which should keep students at home are fever  $>100$ ; new uncontrolled cough that causes difficulty breathing; sore throat; vomiting, diarrhea or abdominal pain or new onset of severe headache. Parents will be asked to report these symptoms to the school nurse. This information is confidential but will assist in tracking patterns of illness in the school.

In the case that a student becomes ill at school, he or she will need to be picked up promptly, so contingency plans will be more important than ever, particularly for working parents. Students who are ill will need to stay home until they are cleared for school re-entry by a healthcare provider. Also, any student who has exposure to a person with Covid 19 or a student who travels to any of the states on the CDC list of states with high rates of Covid spread, will need to stay quarantined at home for 14 days after their return. [CT Corona Virus Travel Advisories](#)



## Masks

A set of cloth masks will be part of everyone's back to school wardrobe this fall. Both staff and students will be required to wear a cloth mask or face covering when in a school building. Research shows that masks work to prevent the spread of Covid 19 and other viral illnesses. Masks that are 3 ply and made of tightly woven cotton are a good choice. Masks with an exhaust valve are not recommended by the CDC and will not be permitted at school, as they do not offer protection from exhaled air. It will be helpful to have young children practice wearing a mask when out in public. If you are looking for more information on masks, look here: [CDC Mask Information](#). Additional



guidance from the Department of Public Health is expected in the coming days regarding acceptable types of face coverings to prevent spread of Covid 19.

### **Good Health Habits Begin at Home**

Learning handwashing technique, cough etiquette and safe social distancing are also, lessons that should be started at home. Most of our students, even the very young ones, have had hand washing lessons at school and know the best way to

cover a cough or sneeze. Ask them to show you how it is done. You may be amazed at what they already know. Pointing out signage in public places and practicing appropriate distancing will help to prepare children for the signs that they will see when they arrive at school. Parents are the most important role models for students of all ages in learning the important and proven ways to protect themselves and others from illness.

### **Reminder to parents of rising 7th grade students**

Students are required to have a current physical on file and a Tdap and me in the nurse's office before entering seventh grade. Any physical dated after August 27, 2018 will meet the requirement. You should have received an email if your student has not met this requirement. The form for school physicals is here: [State of CT Health Assessment Record](#) If you are having difficulty scheduling an appointment, please contact Bonnie Nezvesky, RN, SRS nurse at [nurse@srles.com](mailto:nurse@srles.com).



**Wash your hands - Wear a mask - Keep your distance**



**Your school nurses are here for you. Your family's health is our greatest priority.  
We're all in this together!**