

Hello Abrams Hebrew Academy family!

As we SUCCESSFULLY finish out our first middle-school marking period here at Abrams, I wanted to send a quick note. First and foremost, I want to congratulate this community for a successful, and most importantly at this time, healthy first marking period – we have had ZERO cases of coronavirus in this building so far (Baruch Hashem)!! It is with the diligent work of our families, our administration team, our students and our staff that we have been so successful over this crazy and ever-changing period of time!

As we enter fall, and we start seeing cooler weather as well as a new increase in the “fall surge” of coronavirus cases, I would like to send out a few reminders and a few resources as well. From the CDC guidelines please remember that the best ways to reduce the spread of coronavirus are washing your hands often (and properly), avoiding close contact, covering your mouth and nose with a mask when around others, covering your coughs and sneezes, cleaning and disinfecting often, and monitoring your daily health.

Please, when planning gatherings (including birthday parties, Bar/Bat Mitzvah, Thanksgiving...) take into consideration these CDC facts:

- The *more people* an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential risk of becoming infected with COVID-19 and COVID-19 spreading.
- The *higher the level of community transmission* in the area that the gathering is being held, the higher the risk of COVID-19 spreading during a gathering.
- **Lowest risk:** Virtual-only activities, events, and gatherings.
- **More risk:** Smaller outdoor and in-person gatherings in which individuals from different households remain spaced at least 6 feet apart, wear masks, do not share objects, and come from the same local area (e.g., community, town, city, or county).
- **Higher risk:** Medium-sized in-person gatherings that are adapted to allow individuals to remain spaced at least 6 feet apart and with attendees coming from outside the local area.
- **Highest risk:** Large in-person gatherings where it is difficult for individuals to remain spaced at least 6 feet apart and attendees travel from outside the local area.

Some fun suggestions for celebrating birthdays – Let’s have a party in school! Send your child in to celebrate with snacks, cupcakes and treat bags and we will have a little time put aside for an in-school party!

For Bar and Bat Mitzvah celebrations, please be sure that in-person services take place socially distanced with those in attendance wearing masks. Celebrations should be masked, socially distanced and need to be kept small.

Looking ahead to Thanksgiving, just like the Jewish holidays in the fall, meals need to be kept small with no mixing of households. We know that extended periods of time spent indoors and unmasked will cause the virus to be easily spread. For both Thanksgiving and December break, keep in mind the quarantine guidelines related to travel are changing daily. [An updated list of states to quarantine can be found here](#). As a reminder, if your family travels to a state on the

quarantine list, your children will need to attend classes by Zoom for two weeks following your return.

Bottom line – this pandemic is not over yet. Our children, our families, our community still want to celebrate but let's do it safely and healthfully. We are here to help in any way we can – we are truly all in this together. Let's keep Abrams open!

Resources:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Fact-Sheets.aspx>

Thank you for sharing your children with us,

Shelley Wigler, RN