

Dear Families,

As the time for us to go back to school gets closer, the EWSD nurses would like to give you some reminders and some new information.

Mask use:

- Wearing a mask:
 - Students are required to wear face masks and should come to school each morning wearing a mask beginning the first day of school.
 - Each student will be provided with 2 cloth masks from the school district. They are currently delayed due to shipping. Please plan on your child wearing a mask from home or a disposable mask provided by the school until they arrive.
 - Students can also wear their own cloth or disposable masks.
 - There will be an ample supply of disposable masks available at school for those who forget or need a clean mask.
 - Cloth masks should be washed each day. Students should have a spare mask in their backpack in case the one they arrive at school wearing becomes wet or soiled.
 - Please label your child's mask with their name so that it does not become confused with another student's mask. Consider putting your child's extra mask in a small container to keep at their desk for easy access and storage during lunch and snack.
 - Masks should be considered a part of your child's clothing. Consider practicing having your child practice wearing a mask for longer periods of time each day to become used to wearing it for the entire school day.
 - Your student may be around another student who cannot wear a mask for medical or mental health reasons making it important for those who can to wear them appropriately.
- There are some masks that are not appropriate for use at school. These include gaiters, bandanas, ball cap shields, masks with respiratory valves and those with inappropriate messages.
- Please do not put your child's mask on a lanyard.
- There are a few students who for medical or mental health reasons cannot physically wear a mask. For those students, a form that can be obtained from your principal, special educator, or school nurse, will need to be filled out. This will need to be signed by your health care or mental health provider. We want to do everything we can to assist your child in wearing a facial covering in school. This protects your child and those around them.

Keeping everyone healthy:

- When your child arrives at school we are assuming that the following is true:
 - Your child is feeling well and not displaying any symptoms of illness.
 - Your child has not been exposed to another person who has tested positive for Covid -19
- Keep your child at home if they display any of the following symptoms:
 - Fever or Chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue for unexplained reason
 - Muscle or body aches
 - Headache
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting

- Diarrhea
- New loss of taste or smell
- If your child displays any of the above symptoms at school you will be called to pick them up. Please have a plan so that you or a designated friend or family member can pick up your child in under 30 minutes.
- If a close contact to your child is waiting for results of a Covid test, your child will need to stay home until results are received.
- If your child is seen by your healthcare provider for symptoms of illness, please ask them to provide you with a written note indicating when your child can return to school.
- If your child is newly diagnosed with asthma or allergies, please provide the school nurse with a note from the health care provider. This will be necessary if your child develops symptoms consistent with those conditions that would allow them to stay in school.
- We suggest that you keep a contact log at home. If there is ever a suspected case of COVID-19 in our community, this will assist the Vermont Department of Health in contact tracing.

More Information:

- Prescription medication drop off
 - A reminder at this time, parents/guardians are not permitted in the school buildings
 - Set up a time with your school nurse to drop off any inhalers, epi pens, or daily medications prior to the first day of school.
 - A doctor's order signed by both you and your child's physician is required for these medications.
 - High school students may have different arrangements from the lower grades. Contact the high school nurses to make arrangements.
- Please have your student leave non-essential items at home.
- Please send a labeled water bottle to school with your child each day. They will have access to the bottle filler to refill their water bottles.

Yearly Health Update Form:

The school nurses have included this link to the yearly health update. If you are able, please fill out this form in advance of the first day of school and return it to your child's school nurses.

https://www.ewsd.org/cms/lib/VT02217845/Centricity/shared/health%20office%20forms/YearlyHealthInformationForm_Fillable.pdf

We are looking forward to seeing your children soon. Contact the school nurse in your child's building for any questions. The phone number and email address for each nurse is listed on our website.

The EWDS School Nurses