



Welcome to the 2020-2021 school year! I look forward to helping your student have a successful and healthy academic year.

I wanted to take this opportunity to provide some information to our families on what we are doing to keep our children, families, and community SAFE. Our illness policies have changed and new policies are now in place to help prevent and limit the spread of COVID-19. I am also providing some tips on what you can do to help keep yourself and families healthy during this time. Please know, as your school nurse I am committed to making our school as safe and healthy as possible. COVID-19 guidelines are constantly being updated as we learn more about this virus. Please remember that we are all LEARNING and we all need to remember to treat others with patience, understanding, and kindness during this very challenging time.

What do I need to do EVERYDAY when sending my student to school?

- **Ensure your child has a CLEAN face covering for school each day. Cloth coverings should be washed daily and when wet or visibly dirty.**
- **Parents/guardians** are expected to screen their students for COVID-19 symptoms each day prior to sending their student to school (including temp check). Parents must ensure they do not send a child to school on campus if the child has COVID-19 symptoms
 - Temperature of 100 degrees Fahrenheit or higher when taken by mouth
 - Sore throat
 - New uncontrolled cough that causes difficulty breathing or for students with a chronic allergic/asthmatic cough, a change in their cough from baseline.
 - Diarrhea, vomiting, or abdominal pain
 - New onset of severe headache, especially with a fever

If your child has any of the above symptoms, is lab-confirmed with COVID-19 OR has been tested for COVID-19 and is awaiting results, do not send him/her to campus and contact me. Instead your child may receive remote instruction until conditions for re-entry are met. Please also do not send your child to school if a household member has tested positive or is awaiting COVID-19 test results.

Will my child be able to go to the nurse? Yes, however, at this time we are encouraging classroom care for first aid when possible. Teachers will be provided guidance for care that can be taken care of in the classroom and will be able to send the student to the clinic for any care beyond simple first aid.

How can you help? Talk to your student about appropriate times to go to the school nurse. Encourage healthy habits to prevent illness. Send a re-fillable water bottle to school and encourage your student to be well hydrated. Make sure your student eats breakfast. Keep the nurse informed of any situations that may be going on at home. Anxiety often arises as stomachaches in school aged children.

What happens if my student has any of these symptoms at school? If a student presents to the school clinic with any of these symptoms, the student will be assessed by the campus nurse. Simple interventions will be done to see if the symptoms improve. If no improvement is noted with intervention, the student will be

considered to have symptoms of COVID-19 and will be sent home and will need to follow the COVID-19 return to school protocol.

What is the return to school protocol if sent home with COVID-19 symptoms? Currently there are 3 ways a student may return to campus:

- 10 days have passed since symptoms began AND improvement in symptoms AND 24 hours fever free (without the use of fever reducing medication) *ALL 3 must be met with this option
- They are cleared by a physician to return to school
- The student has had a negative PCR test result indicating symptoms were not due to COVID-19. A rapid antigen test will **NOT** be accepted.

How you can help?

- Keep your students home if they are sick. Please do not send your student to school after giving fever reducing (this includes any medications with acetaminophen or ibuprofen), anti-nausea, or anti-diarrheal medications.
- Talk to your student about appropriate times to go to the school nurse.
- Send an extra change of clothing in a Ziploc bag, labelled. This may be kept in the classroom.
- If your child is seriously ill or injured, we must have a way of contacting you. It is critical that you report changes in phone numbers to the school.
- **Encourage healthy habits to prevent illness:**
 - frequent and correct handwashing, when to wash hands
 - Send a re-fillable water bottle to school and encourage your student to be well hydrated.
 - Make sure your student eats breakfast or that he/she arrives on time to have breakfast in school
 - Show student the proper way to put on and take off a mask/face covering
 - Ensure your student gets 8-10 hours of sleep
 - Encourage student to exercise
- Keep the teacher/nurse informed of any situations that may be going on at home as anxiety often arises as stomachaches in school aged children.

Though I know this year will be challenging for all of us, I look forward to helping your student have the best and healthiest year possible. Please feel free to contact me if you have any questions or if you have any concerns about your child's health.

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