



A few notes from the nurse's office as we return to school:

Dear Memorial Families:

Welcome back to school! I hope everyone was able to have summer fun and much needed relaxation time this summer.

School health during Covid-19

Guiding resources:

*School nursing is working in partnership with the NH Public Health and Human Services. School nurses have been meeting weekly with NH DPHS (Dr. Chan, Dr. Talbot and Dr. Daly) via zoom for guidance for reopening of schools and school health procedures. In addition school nurses are using the NHSNA (NH School Nurse Association) document "Best Practices to Reduce the Transmission of Covid-19 in the school setting" as one of their resource guiding documents.

"How is the Covid-19 virus spread?"

Covid-19 is primarily spread from person to person:

- 1) Between people who are in close contact with one another (within about 6 feet). Closer contact and longer durations of contact increase the risk of getting the Covid-19 from someone who is infected.
- 2) Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- 3) These droplets can land in the eyes, noses, or mouths of people nearby (within 6 feet), or possibly be inhaled into the lungs." (sited from NH DPHS document Ed Institutions FAQ Covid-19 8/28/20).

Layers of protection

[layers of protection](#)

Community mitigation strategies should be layered upon one another and used at the same time- with several layers of safeguards to reduce the spread of disease and lower risk of another spike in cases. No one strategy is sufficient!

These layers of protection include: Hand hygiene, mask/face coverings, physical distancing, frequent cleaning and disinfecting, ventilation, daily screening, cohorting and contact tracing and monitoring.

Daily screening an important layer of protection:

Please screen your child daily before coming to school. This is one of the important strategies to our “layers of protection” to help reduce transmission of the virus.

Parents/guardians should take their child’s temperature daily and screen for symptoms. If a child has a fever and/or symptoms, they should not come to school and the parent/guardian should contact their provider. Thank you for doing your part to help keep our Memorial school healthy!

The NH DPHS has set a low threshold for sending students home from school -this includes for mild symptoms and advising follow up with their PCP and testing for COVID, as well as requiring a note to return to school.

This year the school health office is a wellness office for routine visits - injuries, medications etc and there is a separate room/ space for students waiting to be dismissed for illness.

Masks: Face masks should be routine even when physical distancing is possible. It is the “new norm” for now and is one of the best practices to help us reduce Covid-19 transmission. Cloth face coverings are considered “source control” and are meant to protect other people in case the wearer is unknowingly infected. Masks break when distancing is fine.

Ineffective masks that allow unfiltered exhaled air to escape are NOT an acceptable form of source control (example masks with vents/ exhalation valves, gaiters, buffs or bandanas that are not properly secured to cover face and mouth).

“Cloth face coverings are one of the most powerful weapons we have to slow the stop and spread of the virus- particularly when used universally within a community setting. All Americans have a responsibility to protect themselves, their families and their communities”
CDC

Here are two videos you can share with your child to view on mask wearing:

[Be a superhero ...wear a mask](#)

[how to wear a mask CDC](#)

Other important notes from the school health office:

Medication in school

Students may have medications in school, given from the health office, with the necessary paperwork. This paperwork includes a doctor's order each school year as well as signed parent permission. Medication brought in by parents must be in a labeled container. Please remember to check expiration dates on medication labels and bring in up to date medications.

Breakfast, lunch & snack and hydration

It is important for students to fuel their bodies in the morning with a healthy breakfast to start the school day. It is also important to send your child to school with a water bottle each day as well as a healthy snack and lunch.

Absentee line:

Please be sure to call the absentee line if your child will be absent and indicate reason for absence.

If your child is absent because of illness please inform the nurse on the absentee line as to what symptoms your child is exhibiting. Please also notify the nurse if your child has strep throat. Please notify the school nurse if your child has been diagnosed with a communicable disease. The nurse tracks trends of illness to help keep school healthy.

If your child is participating in remote learning this year please call the absentee line if they will not be participating in that day and indicate the reason.

Immunization and Physicals

The New Hampshire state law requires written documentation of vaccines being up to date and on file in the nurse's office as well as a physical on file at the start of preschool, start of kindergarten and new students to the school.

Please feel free to contact me with any questions or concerns. I can be reached at 627-1776 extension 23204 as well as via email cooka@sau25.net