

Start of School Health & Wellness Checklist

(See additional resources [here](#))

Watch Your Distance, Wear a Mask, Wash Your Hands

[Stop the Spread](#) CDC one sheet for young people / [Stop the Spread](#) CDC one Sheet for older students and adults

- ☐ Check your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher, they should not go to school
- ☐ Make sure your child does not have a sore throat or other signs of illness, like a cough, diarrhea, severe headache, vomiting, or body aches
- ☐ If your child has had close contact with a person diagnosed with COVID-19, they should not go to school

- ☐ These are **EVERY DAY** required health checks
- ☐ If any concern about potential/confirmed COVID-19 exposure follow Board of Health guidance on what to do when someone has known exposure

- ☐ Review and practice proper hand washing techniques, especially before and after eating, sneezing, coughing, and adjusting a face covering
- ☐ Make hand washing fun and explain to your child why it's important

- ☐ [Tips for developing handwashing habits](#)
- ☐ [CDC Proper Handwashing](#) (printable)
- ☐ [Wash Your Hands to Your Favorite Lyrics](#) (printable)

- ☐ Be familiar with how your school will make water available during the day.

- ☐ Pack a water bottle daily.

- ☐ Develop daily routines before and after school.

- ☐ Pack school items in the morning (hand sanitizer, back-up face coverings, and water bottle)
- ☐ On returning home wash hands immediately
- ☐ Wash worn face coverings daily

- ☐ Talk to your child about precautions to take at school.
 - ☐ Wash or sanitize hands often
 - ☐ Keep physical distance from others
 - ☐ Wear a face covering
 - ☐ Avoid sharing objects, like water bottles, devices, writing instruments, and books

- ☐ [Stop the Spread](#) younger / [Stop the Spread](#) older
- ☐ *Note: Use hand sanitizer (containing at least 60% alcohol.) Make sure you're using a safe product. FDA recalled products that contain toxic methanol.*

- ☐ Reinforce the concept of physical distancing with your child.

- ☐ [Teaching Social Distancing at Home to use at School](#)
- ☐ [Tips for Teaching 6 ft Social Distancing](#)
- ☐ [6 ft is the Length of my Bed video \(by Sudbury family\)](#)

Face Coverings (Cloth and Disposable are acceptable)

- ☐ Have multiple face coverings available, so you can wash them daily and have back-ups ready.
- ☐ Label your child's face coverings clearly in a permanent marker so that they are not confused with those of other children.

- ☐ Experiment to find the best fit and most comfortable face coverings.
- ☐ Be sure to have enough on hand for school and washing. We request that you pack 3 for each school day.

☐ If you have a young child, help build their comfort wearing face covering and become comfortable seeing others in face coverings.	☐ Model mask wearing behaviors, especially in situations where physical distancing is difficult to maintain. ☐ Practice wearing face coverings in increasing amounts of time (e.g. if having screen time) ☐ Helping Your Child Wear a Mask
☐ Practice with your child putting on and taking off face coverings only touching the straps.	☐ How to correctly put on and remove face covering ☐ How to Wear and Care for Your Mask (video)
☐ Explain the importance of wearing a face covering and how it protects other people from getting sick.	☐ How to talk to your kids about wearing masks
Mental Health & Social-Emotional Wellbeing	
☐ Take advantage of the resources on SEL website	☐ SPS Social Emotional Resources
☐ Anticipate behavior changes in your child ☐ Watch for signs that your child may be struggling with stress or anxiety like: ☐ Excessive crying or irritability ☐ Excessive worry, sadness, or clinginess ☐ Change in eating habits ☐ Difficulty concentrating ☐ Difficulty sleeping	☐ Coronavirus, Kids, and Signs of Stress
Who to Contact if Your Child Gets Sick or You Have Health Concerns About Your Child	
<u>Call absentee line</u> ☐ Curtis 978-443-1071 press 1 ☐ Haynes (978) 443-1093 press 1 ☐ Loring 978-579-0870 press 1 ☐ Nixon (978) 443-1080 press 1 ☐ Noyes (978) 443-1085 press 1	<u>Contact nurse with specific health concerns</u> ☐ Curtis Katelyn Griffin (978) 443-1071, ext 7528 ☐ Curtis Lynn Lucier (978) 443-1071, ext 7509 ☐ Haynes Lisa Nigrelli (978) 443-1093, ext 1204 ☐ Loring Tina Cirillo (978) 579-0870 Ext 4004 ☐ Nixon Anne Chabot (978) 443-1080, ext 2003 ☐ Noyes Carol Bradford (978) 443-1085, ext 6005
<u>Social-Emotional Health Concerns</u> Curtis Guidance Counselors ☐ Ivar Henningson ☐ Terry Miller ☐ Jennifer Hymes Curtis School Adjustment/Guidance Counselor ☐ Ann-Noelle McCowan Curtis School Adjustment Counselor ☐ Emily Ambreau Curtis School Psychologists ☐ Samantha Gylmn ☐	Guidance Counselors ☐ Haynes Veronica Rogers ☐ Loring Karen Blumberg ☐ Nixon Alicia Heymann ☐ Noyes Jennifer Neville ☐ Noyes/Loring Melinda O'Neill School Psychologists ☐ Haynes Melanie Francer ☐ Loring Dana Naliboff ☐ Nixon Maureen Acton ☐ Nixon Joy Kazarian ☐ Noyes Elizabeth Clark

Adapted from [CDC Back to School Checklist for Parents-for-In-Person-Classes](#)