

Dear Parents and Guardians

As we prepare to return to school, it is extremely important that we remain focused on providing a healthy and safe environment for our students and staff. While we can only plan for what we know today, we will continue to adjust our policies and procedures to align with the new information about the COVID 19 pandemic.

In staying true to our mission to provide the best educational experience possible and our commitment to return to school in a “safe” and “normal” manner, we will need your full cooperation, flexibility, understanding and commitment.

Parents are ultimately responsible for their child’s health and well-being, and we are here to support. Therefore, kindly note the following:

- 1- It is very important to make sure that your child is up to date with all recommended vaccines. Please check with your physician to confirm. **Don't skip vaccinations.**
- 2- **Vision screening** is a very important way to identify vision problems. It is most effective when performed periodically throughout childhood. Please check your child’s vision regularly before start of school years.
- 3- Frequently check the hair of your child for presence of lice and inform the school if any.
- 4- You are in charge of screening your child for any symptoms before sending them to school. With Delta variant now affecting more children, **Please keep your child at home if they are sick with one or more of the following:**
  - **Fever of 37.5° C/ 99.5° F or above**
  - **Nasal congestion or runny nose**
  - **Cough**
  - **Sore throat**
  - **Shortness of breath**
  - **Fatigue**
  - **Headache**
  - **New loss of taste or smell**
  - **Abdominal pain**
  - **Pink eye /conjunctivitis**
  - **Muscle aches**
  - **Nausea or vomiting**
  - **Diarrhea**
  - **Poor appetite**

We will check the temperature of each student before entering school premises and school buses. Students with temperature of 37.5°C will be sent back home for observation. Kindly note that administering fever reducing medicines relieve the symptoms but the risk of infecting others remains there!

Observe your child for 24 hours and contact your physician if symptoms appear, persist or get worse. Provide the school with a medical report clearing your child to return to class.

- 5- **Keep your child home if he/she was in close contact with a person with COVID 19** (A close contact is defined by Centers for Disease Control, as **someone who was within 2 meters of**

- an infected person for at least 15 minutes within a 24-hour period starting** from 2 days before illness onset (or, for asymptomatic cases 2 days prior to positive specimen collection) until the time the patient is isolated.
- 6- If your **child has any health problems** that may worsen any COVID infection, please check with the doctor and provide the school with a medical report confirming that it is safe for your child to attend school during the pandemic.
  - 7- Healthy **hygiene practices** to discuss and/or model with your child:
    - Covering coughs and sneezes with own elbow or tissue
    - If using a tissue, directly throw it in waste basket and wash hands
    - Washing hands frequently and properly (for at least 20seconds) using soap and water or with alcohol based (60-70%)hand gel
    - Avoid touching one's eyes, nose and mouth with unwashed hands
  - 8- Discuss with your child importance of **social distancing**
    - No hugging, kissing or shaking hands (for young children discuss the importance that no one should hold their hand. Others may hold them from the wrist or arm). Show them other alternatives to salute their friends
    - When around others, discuss with your child the importance of keeping a distance of 1 – 1.5 meter.
  - 9- **Wearing a mask.** Centers for Disease Control recommends “**universal indoor masking** for all teachers, staff, students (2 years and above), and visitors to schools, regardless of vaccination status.” Therefore, masks are mandatory for all students, Nursery to Grade 12.

**If your child is unable to wear a face mask, please provide a medical report to the school. Face shields maybe an alternative but it is not as effective at protecting your child.**

Guide to Masks:

Do choose masks that:

- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and don't have gaps. Find a mask that is made for children to help ensure proper fit
- Have a nose wire to prevent air from leaking out of the top of the mask

Avoid masks that:

- Are made of fabric that makes it hard to breathe, for example, vinyl
- Have exhalation valves or vents which allow virus particles to escape

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

- 10- Practice with your child **how to wear and remove a mask**. Give your child a clean zip lock bag to keep the mask in, when not using it (such as when eating) Also, stress that your child does not share or exchange masks.
- 11- Give your child more than one mask.
- 12- Remember to pack one or two **water bottles** for your child to use at school
- 13- Make sure the **hand sanitizer** (60-70% alcohol) bottle is full before leaving to school
- 14- If your child uses the bus, explain that he/she has to wear a mask, and importance of following the bus rules. **All bus riders are required to wear a mask.**

15- **Do not enter the school** during arrival and dismissal times.

- Upon arrival, your child should remain in the car until his temperature is checked and wearing a mask then, he'll be allowed in.
- If you are a morning walker, before leaving you child, please wait until your child's temperature is checked and wearing his /her mask.

16- When picking up your child, by car, please remain in your car and your child will come to you.

17- If your child gets sick while at school, please make sure to pick him/her up as soon as possible. **If your phone or emergency contact number changes, please inform the school.**

18- Inform the school if your child is going to be absent and mention the reason. School may ask for a medical report stating that your child may return to class.

19- Make sure to **disinfect all items** that your child brings back from school (stationery, clothes, masks, books)

Thank you for your continued flexibility and support.

Sincerely ,

Joyce Abi Raad Sawaya  
Mathaf School Nurse

Maria Rahal  
CCC School Nurse