

Good Afternoon SJS Families,

I hope this Health Office newsletter finds you all well. We are entering our first full week of school and getting back into the swing of things. My favorite interaction last week was with a Kindergarten student. The student shared, "it's my sixth day and I'm still really nervous" I told the student it's my sixth day too and I feel the same way. It was a gentle reminder that both staff and students have butterflies and anxieties and to be extra kind to one another.

I wanted to send this Health Office newsletter out to keep families informed and updated.

Dr. Flieger sent out a communication last week regarding our partnership with Clc Health. Our testing program is not fully up and running at 100% capacity. Clc Health is experiencing back ups state wide. Although this is unfortunate and throws us a curveball, we must look forward and go with the flow. We will continue to follow the alternative policies. Attached here are our DESE policies and protocols.

As a reminder, if your child presents with any new symptoms of cold or illness, it is important to keep them home. Here is the symptom list:

COVID-19 symptoms list:

- **Fever (100.0° Fahrenheit or higher), chills, or shaking chills**
- **Difficulty breathing or shortness of breath**
- **New loss of taste or smell**
- **Muscle aches or body aches**
- Cough (not due to other known cause, such as chronic cough)
- Sore throat, when in combination with other symptoms
- Nausea, vomiting, or diarrhea when in combination with other symptoms
- Headache when in combination with other symptoms
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptom

Each child that enters the health office will have an individualized nursing assessment. What is important to note is that if they have one major symptom or two mild symptoms, they still will need to be dismissed and obtain PCR testing.

Even if we are up and running with our symptomatic testing, dismissal and PCR will still be required. The rapid binax now tests are key to help us identify close contacts quicker and stop the spread.

If your student, 12 and older, has been vaccinated. If you can please send in documentation. This is important to know as they will not have to test or quarantine if there is a positive case.

As always, please always reach out, call or email. I am happy to answer any questions. It takes a village to keep our SJS village safe and healthy.

Best,  
Tara Medeiros  
SJS Nurse