

Good Morning SJS Families and staff,  
Welcome back! I hope this Welcome back Health Office newsletter finds you well. My name is Tara Medeiros and it's my third year here at SJS as the school Nurse. I also have twin boys entering fourth grade. I am looking forward to a fresh new school year, meeting new students and reconnecting with returning ones. As much as I love summer and taking the time to refresh, I am ready to get back into a routine (aka have the teachers take my children!). I am looking forward to seeing what this year has in store for us. Last year was a whirlwind of changing protocols, testing, isolations, quarantines etc. I had sent out the new guidance but I don't believe it reflected the changes. You can access the new guidance here-[Protocols](#). Also, super important, please see below to consent on a new form for testing this year.

### COVID-19 symptoms

- 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, *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 symptoms*

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**COVID-19 Testing**-SJS will only be performing rapid symptomatic testing. No contact tracing or close contact testing. I have made a google doc for new consent for this school year. Consent must be done yearly. It would be appreciated if parents can fill out consent, this way it is on file if your child presents to the health office ill. This will assist with a quicker health office visit. Thank you for your consideration. **Please find consent here- [CONSENT HERE PLEASE\\*\\*\\*\\*](#)**

**Illness**-If you're child is sick please keep them home if they are experiencing any of the following symptoms:

Evidence of a newly developed cold (runny, stuffy nose, coughing, sneezing).

The greatest period of contagion is the first 2-3 days after onset of symptoms.

A temperature of 100 degrees or more. Your child may return to school if fever free for 24 hours without the use of Acetaminophen/ Ibuprofen

A suspicious rash.

A sore or discharging eye(s) or ear(s).

Had an upset stomach, vomiting or Diarrhea within the past 24 hours.

A contagious disease (i.e., strep throat, tonsillitis, bronchitis, conjunctivitis, etc.) Until he/she has been on medication at least 24 – 48 hours from the first dose.

If your child should develop any of these symptoms during school, we will notify you and the child will be dismissed. Please make sure phone numbers are up to date for pick ups.

**Lunch and snack-** We are a peanut free school. Please see the SJS website for acceptable school celebration snacks. [School Celebrations](#). If your student forgets their lunch, they will come to the health office and receive crackers/cereal.

**Health updates-** Please reach out if there are any changes to your child's health or well being. This could be new allergies, medical diagnosis or mental health changes.

**Physical exams** are required yearly for any new students as well as, students entering in grades preschool, Pre-kindergarten, Kindergarten, 4 and 7. Please email to [Tara.Medeiros@sjscanton.org](mailto:Tara.Medeiros@sjscanton.org)

**Health Screenings-** Health screenings will begin at the end of September. Screenings include vision, hearing, height, weight, BMI, and postural and are based on grade level. If you wish to opt your child out from screenings this year please email me at [Tara.Medeiros@sjscanton.org](mailto:Tara.Medeiros@sjscanton.org)

**Medications-** Please drop off medications the first day of school. Medications should be in a pharmacy labeled container with name and date of birth. If a medication can be given at home before school hours please do so.

**Medication forms** can be accessed here- [Medication Forms](#)  
Over the counter medications need to be filled out and signed by parents.

I look forward to working with you and your child this upcoming school year. Please reach out with any questions.

Best,  
Tara Medeiros  
SJS Nurse