

GREAT MEADOWS REGIONAL SCHOOL DISTRICT

PO Box 74

Great Meadows, New Jersey 07838-0074

Superintendent's Office: Phone: 908-637-6576 ~ Fax: 908-637-6356

MICHAEL MAI
Superintendent of Schools/
Director of Special Services

KATHY ASCOLESE
Confidential Secretary to
Superintendent/Director of Special Services

ANGELA MOYER
Interim Business Administrator/
Board Secretary

BUSINESS OFFICE
Telephone: 908-637-8672
Fax: 908-647-6356

September 1, 2020

Dear GMRSD Parents and Guardians,

As we begin this historical school start we would like to review some important information regarding the health offices and guidelines to keep your child(ren) and others healthy and safe.

A COVID QUESTIONNAIRE NEEDS TO BE COMPLETED DAILY FOR EACH STUDENT PRIOR TO BOARDING BUS OR ARRIVING AT SCHOOL. TO DO THIS PLEASE LOG INTO YOUR PARENT PORTAL. A POP-UP WINDOW WILL PRESENT EACH MORNING WITH QUESTIONS TO ANSWER.

MASKS

As you know, all students, staff and anyone entering the schools will be required to wear masks at all times during the school day. The only exceptions to this will be during snack, taking a drink of water, when socially distant outside or during a scheduled mask break. Recommended masks are cloth face coverings with ear loops, (no masks with valves) and NOT gaiters or bandanas. Please send your student with a paper bag to store their mask in when removed. Also, you may want to send in an extra mask in case the one they have gets soiled or malfunctions.

SNACKS, WATER AND HAND SANITIZER

Please send in a Healthy snack with your child each day since no lunch will be served. By the time your child gets home from school it may be a span of approximately five hours. If there is a child with a nut allergy within the classroom you will be notified by the classroom teacher, and snacks must be nut free. Gummy snacks of any type are NOT considered healthy snacks. Anything with sugar as the first ingredient is NOT considered a healthy snack. **Please consider snacks that include fruit/vegetables, cheese, whole grain crackers and granola bars.** In the past the school nurse has been able to provide snacks to children that do not have one, but with COVID precautions that will not be an option. Also please send in a water bottle for your child as the water fountains will not be used and send in a personal hand sanitizer to keep at their desks, though there will be one in each classroom.

Guidelines for Parents: WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

In order to be able to control communicable diseases in school, it is important to keep your child home when sick. This not only benefits your child but other children and staff in the classroom at school. Use the guidelines listed below should your child become sick, and do not hesitate to seek the advice of your healthcare provider. Check your child every morning before sending him/her to school for any of the following symptoms. If you are unsure of any symptoms, contact your school nurse for further guidance before sending your child to school.

- **Fever of 100°F or above**
- **Headaches**
- **Sore Throat**

GREAT MEADOWS REGIONAL SCHOOL DISTRICT

PO Box 74

Great Meadows, New Jersey 07838-0074

Superintendent's Office: Phone: 908-637-6576 ~ Fax: 908-637-6356

MICHAEL MAI
Superintendent of Schools/
Director of Special Services

ANGELA MOYER
Interim Business Administrator/
Board Secretary

KATHY ASCOLESE
Confidential Secretary to
Superintendent/Director of Special Services

BUSINESS OFFICE
Telephone: 908-637-8672
Fax: 908-647-6356

- Chills
- Cough
- Tiredness
- Achy Body
- Vomiting and/or Diarrhea

WHAT SHOULD I DO IF MY CHILD HAS ANY OF THESE SYMPTOMS? If your child has any of these symptoms when it is time for school, it is best that she/he stay home.

WHEN CAN MY CHILD RETURN TO SCHOOL AFTER AN ILLNESS? Generally, your child may return to school when he/she is symptom free of an illness. However, there may be times when it is necessary for your child to see their health care provider before returning to school. ***ANY child with a fever of 100°F or greater must remain home and out of school until 24 hours fever free without the use of fever reducing medication such as ibuprofen or acetaminophen.***

Please call your school nurse if you have any questions regarding a specific condition.

Do **NOT** send your child to school if they have:

- Tested positive (viral test) for COVID-19
- COVID-19 symptoms (see below)
- Recent close contact (being within 6 feet for at least 10 minutes) with a person with COVID-19 in the past 14 days
- Travelled to an area with high levels of COVID-19 transmission in the past 14 days.
- NJ travel advisory list: <https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>

SIGNS AND SYMPTOMS OF COVID-19 The signs and symptoms may be similar to those of common viral respiratory infections or other childhood illnesses. **The overlap between COVID-19 symptoms and other common illnesses means that many people with symptoms of COVID-19 may actually be ill with something else.** This is even more likely in young children, who typically have multiple viral illnesses each year. Individuals with COVID-19 have had a wide range of symptoms reported – ranging from mild to severe illness. There is not a single symptom that is uniquely predictive of a COVID-19 diagnosis. A COVID-19 viral test is needed to confirm if someone has a current infection. Symptoms may appear 2-14 days after exposure to the virus and include the following:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache

GREAT MEADOWS REGIONAL SCHOOL DISTRICT

PO Box 74

Great Meadows, New Jersey 07838-0074

Superintendent's Office: Phone: 908-637-6576 ~ Fax: 908-637-6356

MICHAEL MAI

Superintendent of Schools/
Director of Special Services

ANGELA MOYER

Interim Business Administrator/
Board Secretary

KATHY ASCOLESE

Confidential Secretary to
Superintendent/Director of Special Services

BUSINESS OFFICE

Telephone: 908-637-8672
Fax: 908-647-6356

- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If your child is home from school with symptoms of COVID or is sent home by the school nurse with symptoms of COVID, it will be recommended that they be seen by a healthcare professional who may order a COVID-19 test. According to NJDOH guidelines, they may not return to school until **ONE** of the following is received by the health office:

1. A healthcare provider provides documentation of an alternate diagnosis other than COVID-19 such as allergies or a common cold **OR**
2. A confirmed negative COVID-19 test is received **OR**
3. 10 days have passed since the start of symptoms; symptoms have improved AND the child is fever free for at least 24 hours without fever reducing medications.

EMERGENCY CONTACTS

If your child develops COVID-like symptoms during the school day it is imperative that they be picked up immediately. Please ensure that you have at least one emergency contact that will be available to pick up your child within 30 minutes of being contacted. Please update your student's Realtime portal and be sure to check all notification boxes after doing so.

IF YOU HAVE ANY QUESTIONS CONTACT Ms. Abruzzese at Central School 908 637-4041 x203 or Mrs. Wilson at GMMS at 908 637-4349 x 206