

Dear Parents and Guardians,

We are living in a crazy age, with so much uncertainty and controversy and political agenda's winding their way into everything. There are many questions and few answers and even conspiracies floating around. As a Christian school I am hoping that we can find a common ground, and I want you to know your child's health and the health of others in your household, as well as the health of the teachers and staff is our highest priority.

However, our best laid plan may change at any given moment. We are doing the best we can with the latest consensus from the scientific world, along with learning on a daily basis from real life situations unfolding. I will tell you that Darren Wilkins has spent an immense amount of time researching on the subject to make sure his decisions are based off of the best information and guided by the authorities.bbbbb

“Nothing about the coronavirus is simple. Except the small actions you can take to prevent its spread” This was a headline of an article that caught my attention. No single thing is a cure all for Covid, however, we feel that layers of prevention is going to be our best bet to keep down the possible exposure to the virus.

Exposure to the virus is defined as close contact (within 6 feet) for at least 15 minutes with someone who is positive for Covid-19. The problem is, we may not know who is positive, until the critical exposure time has already passed, therefore we must operate on the basis that everyone could be positive, so you take precautions that apply to everyone.

I strongly believe that the more we (You and I) can help the students, your kids, understand why we need to do certain things, the more successful we will be in implementing a plan that is doable. Please talk with your children about what school is going to look like when they return, and how things will be different, but okay. There are key things they can do that will make a BIG difference, and if they can be consistent with those, than all the extra steps are just more layers of assurance. The 2 main key steps are keeping a 2 arms length distance (theirs and yours) from your friend, and limiting the time you need to be closer for any given reason. The other steps that need to be in place to prevent exposure to the virus are as follows.

Layers of Prevention:

- Daily health checks at home. Stay home if sick.
- Temp checks at school. Sent home if fever of 100 or symptoms.
- Wear a mask to school. 3rd grade and up may switch to face shield while in school.
- Wash hands with hand sanitizer entering building and between transitions.
- Disinfecting all classrooms and common shared spaces daily. Students may wipe down their own desk.
- Using a cup or water bottle at the drinking fountain.
- Assigned seating.
- No self serve in cafeteria. No microwave use in the cafeteria.

Dear Parents and Guardians,

Outside as much as possible.

If you have concerns about any part of the plan or the layers of prevention please email myself, or an administrator. Town Hall zoom meetings will still be happening on Thursday Evenings to address concerns. I will be on this Thursday August 6th, for both sessions. if you have any questions, be sure to address them then.

I have heard some concern over the use of the hand sanitizer, and if you are concerned about the Methanol contamination I wanted to let you know that the sanitizer does not have Methanol in it, and is not one of the brand names on the recall. If you are really concerned over the over use of hand sanitizer, you can send your child with one for their pocket that may be more gentle on their hands, or an approved brand. Also, they can wash their hands if they need to, but please discuss the concern with their teacher. Soap and water is preferred, especially if hands are dirty, after using the bathroom, after sneezing or coughing into it and before eating. The hand sanitizer is just a quick easy step to add for an added layer of precaution mainly for transition times.

Other things you can do besides the above layers of protection includes:

Build immunity - healthy diet, hydration, sleep, exercise, and yes, I am a believer in immunity building supplements like zinc AND lowering the viral count with nasal saline soaks (neti pots or close equivalents)

Treat underlying conditions like allergies, and asthma. If there is a good maintenance program of medication and treatments that will cut down on unnecessary symptoms that could look like Covid.

Get your Flu shot.... This is the year to get a flu shot if you were ever going to do it. If you can avoid getting the flu, that will decrease the likelihood of having symptoms that look like Covid.

We all come from different backgrounds and have different beliefs. Be considerate of how your neighbor feels and thinks. Try not to push your agenda or thoughts and opinions on your kids. Help them understand that none of us like the situation we are in, but there are things we do for the common good of all whether we feel it is needed or not.

Trixi Johnson RN