



# THE SCHOOL DISTRICT NORTH FOND DU LAC

## School Health Programs

Early Learning: 920-929-3762/fax 920-322-9117

Friendship Learning 920-929-3757/fax 920-929-7020

0-929-3754/fax 920-929-3747

920-929-3740/fax 920-929-3664

Dear Parents/Guardians,

As we get ready for a new school year, we will have adjustments and changes that have never been encountered before. In preparation for the upcoming school year, I want you to be aware of the daily routine changes your child may encounter and some of the medical concerns that may need to be addressed.

First of all, if your student or a household member is known to have a medical condition that places them at increased risk of severe illness from COVID19 (Click on the link below).

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>

I would strongly advise you to have a conversation with your primary care provider for direction on what is the best way for your student to safely attend school. You also need to think about other family members in the household who are at high risk and are trying to be Safer at Home. These are concerns you need to address with your physicians and your family.

For those who chose in-school face-to-face instruction, there are daily routine changes that your student will experience in this next school year. You may want to begin to practice some of these routines now to help with their transition back to school:

- Practice hand hygiene. Ensure your child washes both the front and back of hands, along with in between fingers for at least 20 seconds (or teach your child to sing the ABC's while washing their hands).
- Practice using hand sanitizer. Rub hands and fingers thoroughly for 15-20 seconds until they are dry.
- Practice 6 feet of distance. Lay pieces of paper down for a visual of what 6 feet looks like or use a pool noodle. Practice having conversations with each other at this distance.
- Practice not touching or rubbing one's face or picking one's nose. Remind them to wash hands immediately if they do touch their face.
- Practice good cough and sneeze etiquette. Use your elbow. Wash hands as soon as possible.
- Plan to screen your children every day before school by taking their temperature and ensuring they do not have symptoms of contagious disease like COVID-19 such as fever, runny nose, sore throat, cough, fatigue, muscle/body aches, vomiting and/or diarrhea. If they are not feeling well, do not send them to school.
  - Purchase a thermometer and use it every morning. Do not send your child to school if their oral temperature is 100 or greater. If your child has a fever, they should not come to school until they are fever free without the use of fever reducing medications (i.e. Tylenol/acetaminophen or Motrin/ibuprofen) for 24 hours or as directed by their health care provider.
  - Notify the office with any illness and its symptoms.
- Purchase a reusable water bottle for your child to have at school. Wash this daily.
- Practice putting on and taking off a face mask. Teach them not to touch the outside of their mask when taking it off. It is best to remove the mask by the ear loops or where it is tied.
- Make or purchase extra masks.
- Wash used masks daily.
- If you are not able to purchase a mask or the child does not have one when they come to school, the District will provide a mask for your student.



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- You may want to consider keeping an extra mask that is clean in your child's backpack in the event the one they are wearing that day gets soiled or saturated. A good way to store the masks are in a labeled brown paper lunch bag.
- For those who cannot wear a mask, there must be a medical letter on file from a physician and an alternative way of lower transmission of disease will be developed for your child.
- For students with Asthma, there will be a change in how nebulizer or inhaler treatments are conducted when at school. Medications via nebulizer will not be allowed due to droplets dispersed in the nebulizer medication administration procedure. Please speak to your child's provider to update the asthma action plan.
- Make a quarantine plan in case a family member is exposed to COVID-19. This may be for 14 days, possibly longer.
- In the event that your child is ill with COVID-19 and is directed to self-isolate, discuss with your family or employer how this will work. Again this will be a prolonged amount of time.

Thank you for reading through this long list of considerations and instructions. We are striving to reduce the risk of infection as much as possible to keep schools open and people safe. or questions.

WE ARE BETTER TOGETHER!!! We are in need of your help and support to make our Return to the Nest work and keep as many of our students, families and staff free of illness! Thank you for reading through this long list of considerations and instructions. Please do not hesitate to contact me with any questions or concerns. We look forward to seeing your child(ren) in September. Enjoy the remainder of summer, stay healthy and stay safe!

Sincerely,

Bridgett Amadon, BSN, RN  
School Nurse - North Fond du Lac School District

### Popular resources for families:

1. [https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/What\\_Families\\_Need\\_to\\_Know-Cloth\\_Facial\\_Coverings\\_in\\_Schools.pdf](https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/What_Families_Need_to_Know-Cloth_Facial_Coverings_in_Schools.pdf)
2. [https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/Recommendations\\_FAQs\\_on\\_Testing\\_for\\_Schools.pdf](https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/Recommendations_FAQs_on_Testing_for_Schools.pdf)
3. [https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/Returning\\_to\\_School\\_After\\_COVID-19.pdf](https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/Returning_to_School_After_COVID-19.pdf)
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