

From the Nurse's Desk



First, I want to thank you all for your patience, flexibility and persevering spirit as we tackle this unusual year. With your help, we have been able to keep the amount of education time lost to a minimum and have been able to stay in person. This helps provide consistency and safety for students and offers some normalcy in these crazy times.

Please know that we are continuing to implement health and safety protocols throughout the district to help protect staff and students. Our three biggest protections are wearing masks, hand hygiene (washing hands and using hand sanitizer), and social distancing. A few things you can do to help:

- If anyone within your household is getting tested for COVID, please keep students in your household home until you have results.
- If your student is ill (with anything, not just COVID symptoms) please keep them home. I may be calling to check in and help to determine when it is a good time for your student to return to school.
- If your student has been in direct contact with someone with COVID (within 6 feet for 15min or longer in a 24 hour period, with or without a mask) please keep them at home and contact the nurse to determine how long they will need to remain home.

We are working with the district and the El Paso County Health Department to ensure the safety of everyone. If you have any questions or concerns please contact the school and speak with administration or the nurse.

Immunizations

On a different note, I will be contacting you if we do not have Immunization records for your student(s). If you know that we are missing records, please bring them to the front office or send them with your student as soon as possible. If you need to complete an exemption for medical, religious or personal reasons, I have included the link below. Simply print out the form, complete it and send it back. REMINDER: all religious and personal exemptions must be completed annually in Colorado.

Link for exemptions: <https://cdphe.colorado.gov/vaccine-exemptions>

Lotion

'Tis the season for dry, cracked hands and lips. There is lotion and lip balm available in the health room (handled only by the nurse or secretaries) if hands or lips become uncomfortable during the school day. Students are allowed to bring their own lotion or lip balm in their backpacks if that is preferred. The rules for these are:

- only the student may use the lotion or lip balm – no sharing with friends or classmates. We ask that siblings each have their own supplies so there is less chance of mixing cohorts.
- please provide unscented lotions so those with allergies, asthma or sensitivities are not bothered.
- lotion/lip balm can be kept in backpack as long as it does not become a distraction or a disruption in class. If it becomes a problem, student may no longer be able to keep the lotion with them and other provisions will be made.

I wish you all a healthy and happy Holiday Season!