

NOTES FROM THE OFFICE

October 7, 2020

COVID-19 Update

I'll be glad when I can stop writing about this topic- but we are certainly not done with it yet! We have heard that some students are going away for a long weekend- just a reminder that there are only a few states that do not have travel restrictions according to Massachusetts guidelines.

- Connecticut
- Maine
- Washington D.C.
- New Hampshire
- New York
- Vermont

Students traveling to other areas would need to quarantine for two weeks upon their return.

Also, if your child has come in contact outside of school, with a person who may have COVID-19 or tests positive for COVID-19-

- If it is unknown whether the person is positive, monitor your child's health against the list of possible symptoms sent home previously and listed below:
- If the person is, in fact, positive, you need to determine if your child was in "close contact"

The CDC defines a close contact as *those who have been within 6 feet distance of the COVID-19 individual for at least fifteen minutes, while the person was infectious.*

All identified close contacts of an infected person should be tested (with the PCR test) and must quarantine for 14 days after the last exposure to the positive case- regardless of test results.

You should be contacted by the Board of Health - if your child in fact, was determined to be a "close contact" to an individual who tests positive for COVID-19.

- If your child was in the same space as an infected individual, but not in close contact- for example, in the same arena, continue to monitor their symptoms daily.

SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Myalgia
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

MAP Testing

The first round of MAP assessments began in Tech classes. We expect this round will provide some valuable data about the impact of the quarantine and subsequent effects on onsite schooling. This data will inform teachers about the academic standing of individual students and classes following spring remote learning. Providing the opportunity to complete these assessments in Tech class avoids the loss of instructional time for our learners.

School Pictures

School pictures are tomorrow. **FULL DRESS UNIFORM- INCLUDING SWEATER-IS REQUIRED-for pictures!**

School Uniforms

Summer days have ended, and so must our summer uniform. This Friday is the last day for it. Beginning Tuesday, the Standard Uniform is worn to school. Check the Handbook for specific details related to your child(ren).

Remote Learning and Remote Learners Reminders

We had some remote learners return to school, and have some new remote learners, for short periods of time - often as they await COVID test results

- Most students are doing a good job checking in for each class and remaining visible for each class. Attendance is taken.
- Usage of headphones and a microphone will cut down on any home noises interfering with the classroom. *Unfortunately, there continue to be interferences that disrupt the entire class.*
- Headphones and microphone are required for any Middle School remote learners who opt for the class with Mrs. Martin.
- Parents- your role is strictly technical. You should not be asking the teachers questions during class, providing responses for your child, or completing student work. *Work not completed by the student will not be accepted for credit.*
- Any actual paper-work may be turned in, and new paperwork picked up on Fridays between 11:30 and 1:30. Just come to the door, and exchange at your mailbox.
- Students, continue with your great efforts! Though we see you, we miss you!

News From Our Class of 2021

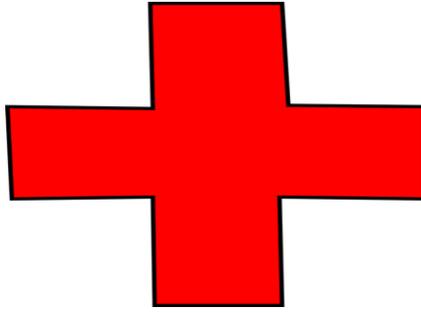
Dress Down Day Coming Up

Next Wednesday, October 14th, wear casual clothing, appropriate for school including masks with designs (no political statements on clothing or masks!). Cost for Dress-Down is \$3.00, and it benefits our Class of 2021!

The Pie Sale is returning!

Grade 8 students will begin their pie sales this week. Great News!!! They can be ordered online at <https://your.mcmfundraising.com/2020-fall-st-pius-x-school-south-yarmouth/st.-pius-x-8th-grade-class/>

Take a look at these decadent sweet offerings and help Gr. 8!!!



FROM NURSE ANNIE

HEALTHY HABITS SERIES TO HELP KIDS AND
FAMILIES BE AT THEIR BEST

SEE NEXT WEEK'S NOTES FOR PART 3

SMART SNACKING

Healthy habits part 2

DID YOU KNOW? Only 11% of kids eat the recommended 5 servings of fruit and vegetables each day

When the right foods are offered at the right times, snacks can play an important role in managing kids' hunger and boosting nutrition. A well-timed snack can even out spikes in hunger and provide energy boost between meals.

Snacks can keep younger children from getting so hungry that they become cranky, and they can keep older kids from overeating at larger meals. For picky eaters of all ages, snacks can be added insurance that they're getting necessary nutrients.

Whole foods such as fruits, vegetables, eggs and cheese are nature's perfect convenience food. These should be your first choice for snacks. Beyond fruits and vegetables, the best snacks are low in sugar, high in protein, are unrefined and/or contain a short list of ingredients.

The best snacks satisfy hunger while helping meet our daily dietary needs. Here are some easy suggestions:

Grains

Whole grain crackers
Air popped popcorn
Pretzels
(Low fat/low sugar)
Granola bars
Whole grain cereal

Vegetables

baby carrots
cucumber slices
sliced peppers
edamame
hummus
salsa

Fruits

apple slices
banana
berries
melon cubes
clementines
grapes

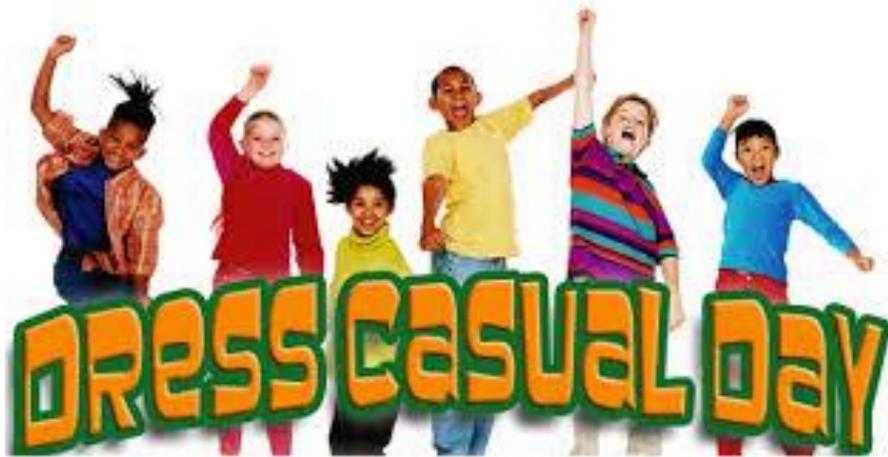
Protein

cheese
hard-boiled egg
low sugar yogurt
rolled up turkey
sun butter

Beverages: water, tap, sparkling or seltzer, is best. Sugar sweetened beverages are the **largest source of added sugars** in the American diet for all ages. They are they **3rd largest source of calories** for Americans ages 2 and over.

**8th Grade is having a fundraiser and
you can help.**

Let's celebrate the beginning of the
STANDARD uniform by having a



When: Wednesday, October 14th

Cost: \$3

What to wear: Casual clothing but school appropriate (this includes masks).

No Political Statements or Slogans.