

## CPS District Update and Important Information

April 9, 2021

*It has been a tumultuous and challenging year, but as a district and community, we have continued to work together and to support one another as we manage the impacts and realities of the pandemic. We are proud of the collaborative efforts that have allowed us to provide a full, in-person learning experience to our students since February.*

*We hope that all will enjoy this next week of Spring Break, but please take a minute to review the information contained in this update that will reduce community transmission of the COVID-19 virus.*

*In addition, the district will continue to monitor and respond to any COVID-19 cases and we ask that you communicate any important COVID-related questions or information to School Health Office Supervisor Donna Frechette at [dfrechette@clintonpublic.net](mailto:dfrechette@clintonpublic.net).*

### **Travel Information**

In order to keep our school community healthy, Clinton Public Schools recommends that all students and staff review and follow Governor Lamont's CT Travel recommendations as published on March 19, 2021. While these are recommendations and not mandates, please review your own travel situation and how best you might help to keep our students and staff safe.

Here are some important links to the guidance for your review if you intend to travel over the break:

[Travel Advisory for CT during the COVID-19 Pandemic](#)

[CDC Travel Information Page](#)

[CDC's "Know Your Travel Risk"](#)

[CDC Travel Recommendations for Fully Vaccinated People](#)

[CDC Travel Recommendations for Unvaccinated People](#)

We know that following this guidance is an effective method of reducing transmission of COVID-19 and request that if you are traveling that you review the guidelines in the links above and practice good mitigation strategies at all times (washing/sanitizing hands, wearing a mask, and social distancing).

Upon return from travel, families should consider the suggested strategies from the CDC depending on their circumstances.

1. Quarantine for full 7-10 days depending on travel locations and circumstances (CDC recommendation for unvaccinated travelers).
2. Get tested after returning from traveling.
3. Stay out of school until a negative test result is received from the Laboratory.
4. Be aware and monitor for any symptoms of COVID 19 for two weeks after travel.
5. Immediately isolate/quarantine if or when symptoms develop.

If you have questions about how the new Travel Advisory guidance may apply to your situation, please contact School Health Office Supervisor, Donna Frechette, at [dfrechette@clintonpublic.net](mailto:dfrechette@clintonpublic.net).

## **Guidance and Expectations for the Remainder of the School Year**

With everyone's cooperation, we can all work together to finish out the school year healthy, safe and strong.

### **WHAT FAMILIES CAN DO TO HELP FINISH THE SCHOOL YEAR HEALTHY & STRONG:**

- Continue to wear masks IN and out of school as well as in the community.
- Conduct frequent hand washing throughout the day.
- Maintain a safe distance from others.
- Avoid unnecessary public gatherings.
- Move any gatherings outdoors whenever possible
- **Keep children home from school if showing symptoms** (fever, cough, congestion, stomach issues, shortness of breath, close contact with a positive case). See Clinton Public Schools website for Daily Self Monitoring Screening forms on the [CPS Health Page](#).
- **Keep children home from school if** they were **tested for COVID 19 and are awaiting results**
- **Keep children home from school if** they **were exposed to a positive COVID 19 individual**
- **When in doubt, keep them out and contact the school Health Office.**

We know that following this guidance is an effective method of reducing transmission of COVID-19 and request that if you are traveling that you review the guidelines in the links above and practice good mitigation strategies at all times (washing/sanitizing hands, wearing a mask, and social distancing).

## **Other Important Health Office Information**

### **State Mandated Physical Examinations**

Clinton Board of Education Policy and Connecticut State Law, Section 10-206c require a physical examination, conducted by a medical provider, for all students prior to entering Kindergarten, 7<sup>th</sup> grade and 11<sup>th</sup> grade. Examinations completed after January 1<sup>st</sup> of your child's 5<sup>th</sup> or 9<sup>th</sup> grade year (1/1/2020) up until 8/16/2021 that are submitted to the school nurse on the [state issued Blue Health Assessment Record](#) are valid to complete this requirement. Students may not attend classes until all paperwork is completed and signed off by the school nurse.

Please call your provider now to set up these physical appointments as they are beginning to get busy and physical appointments are filling up fast.

### **Allergies**

Medical providers are requesting that you contact them for updated allergy medication such as inhalers, allergy control medications, and other as needed items your child may need for the spring season. Please see the following from the CDC and the Mayo Clinic on what to look for when your child presents with symptoms that may be COVID but also could be allergies [Allergies vs COVID 19](#). If presenting with symptoms please call your provider for further guidance before sending to school.

As always, feel free to contact your School Nurse or Donna Frechette, [dfrechette@clintonpublic.net](mailto:dfrechette@clintonpublic.net), Supervisor of Health Offices, with any questions.