

- Check in with your child each morning for signs of illness. If your child has a temperature of 100.0 degrees or higher, they should not go to school.
- Make sure your child does not have a sore throat or other signs of illness, like a cough, diarrhea, severe headache, vomiting, or body aches.
- If your child has had close contact to a COVID-19 case, they should not go to school. Follow SAA guidance on what to do when someone has known exposure.
- Identify your school point person to contact if your child gets sick.  
Name of school point person: Lisa Fusini Contact information:413-684-3143.  
[lfusini@saintagnescc.com](mailto:lfusini@saintagnescc.com). Please element any unnecessary stoping by the school. Brief phone calls/emails are best. Keep in mind that our staff is extremely busy taking care of your child.
- Be familiar with local COVID-19 testing sites in the event you or your child develops symptoms.  
  - CHP NEIGHBORHOOD DENTAL CENTER Pittsfield, MA, 01201-4111
  - CHP NEIGHBORHOOD HEALTH CENTER Pittsfield, MA, 01201-5493
  - CHP BERKSHIRE PEDIATRICS Pittsfield, MA, 01201-4147
  - TEMPORARY SITE - ISOLATION UNIT AT HILTON GARDEN INN Pittsfield, MA, 01201-8225
- Make sure your child is up-to-date with all recommended vaccines, including for flu. All school-aged children should get an influenza flu vaccine every season, with rare exceptions. By January, every student is required to have a flue vaccines to attend the school with rare exceptions.
- Review and practice proper hand washing techniques at home, especially before and after eating, sneezing, coughing, and adjusting a face cover. Make hand washing fun and explain to your child why it's important.  
Go to this link for proper hand washing techniques  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- Every student need to pack a water bottle. School will provide water bottle if needed.
- Develop daily routines before and after school—for example, things to pack for school in the morning (like hand sanitizer and an additional (back up) cloth face covering) and things to do when you return home (like washing hands immediately and washing worn cloth face coverings).

- Talk to your child about precautions to take at school. Children may be advised to:
  - Wash and sanitize their hands more often.
  - Keep physical distance from other students.
  - Wear a cloth face covering.
  - Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books.
- Use hand sanitizer (that contains at least 60% alcohol.) Make sure you're using a safe product.
- Develop a plan as a family to protect household members who are at increased risk for severe illness.
- **Make sure your information is current at school, including emergency contacts and individuals authorized to pick up your child(ren) from school. If that list includes anyone who is at increased risk for severe illness from COVID-19, consider identifying an alternate person.**
- Be familiar with your school's plan for how we will communicate with families when a positive case or exposure to someone with COVID-19 is identified and ensure student privacy is upheld. If SAA has a confirmed positive case, we will email, text and make a phone call to only people who are close contact with the infected person. We will not expose any personal information of the infected child/staff. We will only communicate we have a **confirmed positive COVID-19** case. Not every sick child or staff member is a COVID-19 case.
- Plan for possible school closures or periods of quarantine. If transmission is increasing in our community or if multiple children or staff test positive for COVID-19, the school building might close. Similarly, **if a close contact of your child (within or outside of school) tests positive for COVID-19, your child may need to stay home for a 2-week quarantine period.** You may need to consider the feasibility of teleworking, taking leave from work, or identifying someone who can supervise your child in the event of school building closures or quarantine.
- Plan for transportation:
  - If your child rides a bus, plan for your child to wear a cloth face covering on the bus and talk to your child about the importance of following bus rules and any spaced seating rules.
  - If carpooling, plan on every child in the carpool and the driver wearing cloth face coverings for the entire trip. SAA uses the cohort model with each grade being their own cohort, consider finding families within your child's group/cohort at school to be part of the carpool.
- If your child has an Individualized Education Program (IEP) or 504 Plan or receives other learning support (e.g., tutoring), these services will continue to our best ability and with coordinating with public schools. We are working with both Pittsfield Public School and Central Berkshires Regional School to put a plan in place.

- If your child receives speech, occupational or physical therapy or other related services from the school, these services will continue as directed by the public schools. We are working with both Pittsfield Public School and Central Berkshires Regional School to put a plan in place.
- Reinforce the concept of physical distancing with your child.
- Our school plans to help ensure that students are following practices to reduce the spread of COVID-19 by training and visual signs. Help us by preparing your child.
- We have plans for physical education and physical activity. Children will continue to have both. Every child will hand sanitize, before and after. The teachers will rotate the use of the recess equipments. Each cohort will have their own outdoor games. Safer options include being outdoors when possible, reducing the number of people in an indoor space, and encouraging students to stay at least 6 ft apart. If in close contact, they will be asked to wear a mask.
- Have multiple cloth face coverings, so you can wash them daily and have back-ups ready.
- Choose cloth face coverings that
  - Fit snugly but comfortably against the side of the face
  - Completely cover the nose and mouth
  - Are secured with ties or ear loops
  - Include multiple layers of fabric
  - Allow for breathing without restriction
  - Can be washed and machine dried without damage or change to shape
- Label your child's cloth face coverings clearly in a permanent marker so that they are not confused with those of other children.
- Practice with your child putting on and taking off cloth face coverings without touching the cloth.
- Explain the importance of wearing a cloth face covering and how it protects other people from getting sick.
- Consider talking to your child about other people who may not be able to wear cloth face coverings for medical reasons (e.g., asthma).
- As a family, model wearing cloth face coverings, especially when you are in situations where physical distancing is difficult to maintain or impossible.

- If you have a young child, help build their comfort wearing a cloth face covering and become comfortable seeing others in face covers.
  - Praise your child for wearing a cloth face covering correctly.
  - Put a cloth face covering on stuffed animals.
  - Draw a cloth face covering on a favorite book character.
  - Show images of other children wearing cloth face coverings.
  - Allow your child to choose their cloth face covering . Any cloth face covering that is age appropriate and not distracting your child or other students/staff should meets any SAA requirements

Suggestions from the American Academy of Pediatrics

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Cloth-Face-Coverings-for-Children-During-COVID-19.aspx>

- SAA will be providing your child with a container to store their extra cloth face coverings when not wearing it. This container will hold their mask, tissue box, hand sanitizer, and wipes.
- Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, staying in the classroom for lunch).
- Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate to our teachers that what they may be feeling is normal.
- Anticipate behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating, which may be signs of your child struggling with stress and anxiety.
- Try to attend school activities and meetings. We have offered and will continue to offer more meetings virtually. As a parent, staying informed and connected may reduce your feelings of anxiety and provide a way for you to express any concerns you may have about your child's school.
- SAA has a plan to help students adjust to being back in school. Students might need help adjusting to how COVID-19 has disrupted their daily life. Our staff and faculty will take the time to address any issues related to COVID -19 disruptions, we will give our students the time to transition back to school. We will be going out as often as possible, allowing the children to get fresh air and interact with other peers safely.
- You can be a role model for your child by practicing self-care:
  - Take breaks
  - Get plenty of sleep
  - Exercise

- Eat well
- Stay socially connected
  
- WEAR YOUR FACE COVERING CORRECTLY
  - Wash your hands before putting on your face covering
  - Put it over your nose and mouth and secure it under your chin
  - Try to fit it snugly against the sides of your face . Make sure you can breathe easily
  
- WEAR A FACE COVERING TO PROTECT OTHERS
  - Wear a face covering that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms
  - Wear a face covering in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
  - Wear a face covering correctly for maximum protection
  - Don't put the face covering around your neck or up on your forehead
  - Don't touch the face covering, and, if you do, wash your hands or use hand sanitizer to disinfect