

PS/MS114Q
THE BELLE HARBOR SCHOOL
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Elizabeth Welsome, Principal

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Dear Parents and Families,

Our school will look much different this fall as we continue to make careful choices to limit the spread of COVID-19 in our school and community. NYC DOE has mandated the use of face coverings as well as the importance of social distancing. COVID-19 spreads mainly from coughing, sneezing or talking. A face mask acts as a barrier to help block the spread of those respiratory droplets. Encouraging our children to wear a face mask can help prevent the spread of COVID-19. Your child's health and safety are of the utmost importance to us, so with your help to prepare your child for our new look this year, we are asking you to practice wearing face masks with them at home. Be consistent; remind them to wear their masks just like you. Encourage them to avoid touching their mask and keeping it over their mouth and nose. Praise them when they are wearing their mask. Practice wearing face masks for longer periods of time.

Some tips when putting masks on:

- 1- Wash your hands before putting on your mask.
- 2- Put it over your nose and mouth, secure under your chin and place loops over ears.
- 3- Try to fit snugly against the side of your face.
- 4- Make sure you can breathe easily.
- 5- Remind children that their mask is their own and not to share with their friends.
- 6- Remember which side is the inside and which is the outside.
- 7- Place mask in a clean Ziploc bag when not in use.

Follow everyday health habits:

- *Practice Social distancing, stay 6 feet from others
- *Avoid contact with people who are sick.
- *Wash your hands often with soap and water for at least 20 seconds.
- *Use hand sanitizer if soap and water are not available.
- *If you do not feel well stay home and call your doctor.

Extra Hugs and Kisses,
Nurse Katie