

# Safer Stronger Together

RETURN TO CAMPUS 2020-2021



# FROM THE PRINCIPAL'S DESK

Dear Parents,

I continue to pray for you all in these extraordinary times! As we return to campus for the 2020-2021 know that we are implementing measures to make our classrooms safe and conducive to your child's learning for an exciting school year. We are truly safer and stronger together!

Saint Ann's task force made up of administrators, nurse, and staff members from all curriculum areas have been working together with Diocesan Leaders to ensure a safe return to campus. Along with these entities we also followed guidelines from the CDC, DHHS, American Academy of Pediatrics (AAP) and feedback from our parents through the diocesan survey. We are confident that our school plan will provide our community with a peace of mind that we are safe to return to campus and we will do all that we can to support the well being our families while in our care. Our plan ensures that we are maintaining academic excellence in our school while providing tangible expressions of the Catholic faith to our students. As we move through this unpredictable school year, we will continue to monitor and adjust this plan to maintain the safety of all our stakeholders.

You are the primary educators of your children, and we value your collaboration and the trust you place in us. We will continue to deliver an unmatched education where our priority is placed on the interactions between students, faculty, and each other as well as the continued spiritual development of the children's relationship with God and the importance of prayer to live their faith daily.

Thank you for your continued prayers as we begin this new school year and know that each and every day we pray for you.

May God Bless and guide you.

Mrs. Kathy McKinney  
Principal

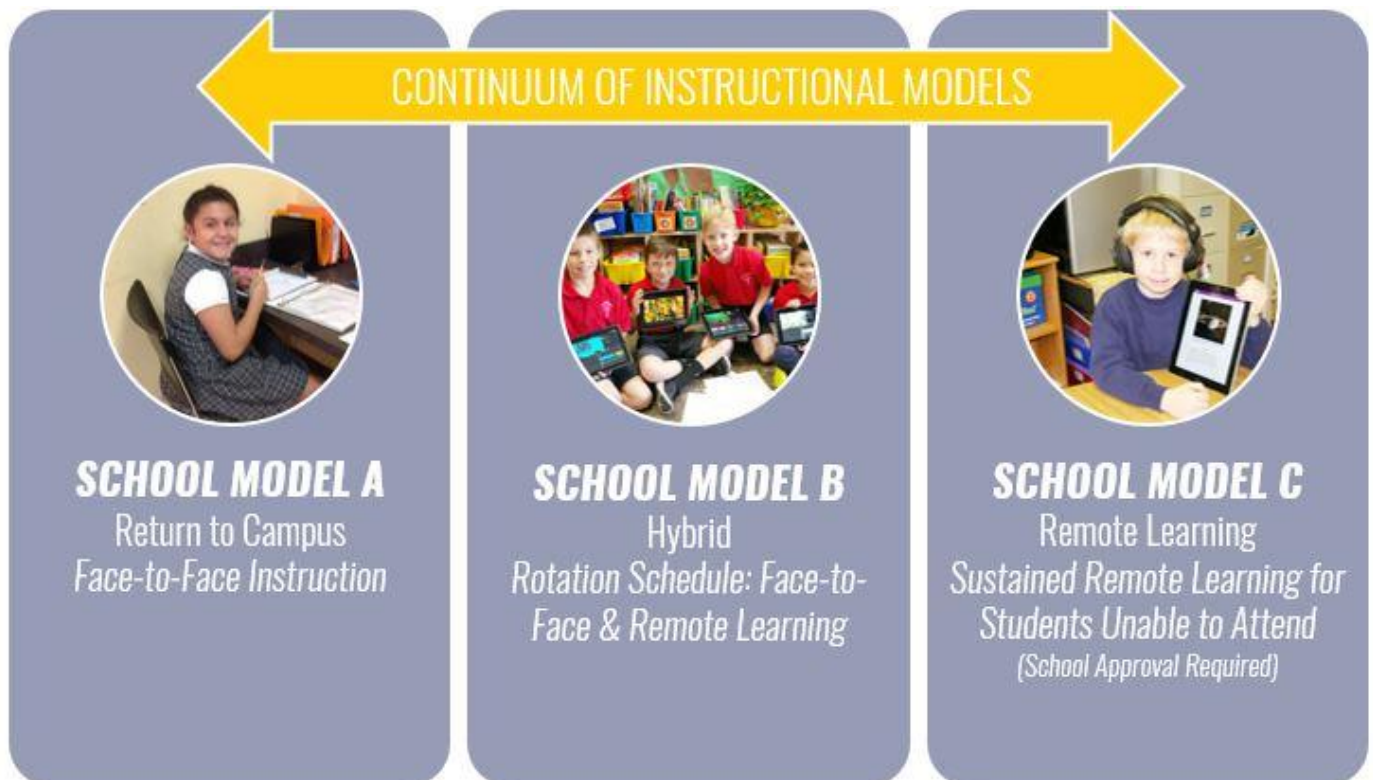
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# I. CONTINUUM OF INSTRUCTION

Any decision to shift instruction throughout the year is made after consultation with the Chancery and in light of the mandates by the Governor of North Carolina. The variability of the school year ahead requires that we be effectively prepared for changes to the instructional environment. The models of instruction include our optimal preference of face-to-face instruction. This level will incorporate reasonable social distancing, face coverings, and hand cleaning measures to reduce health risk. The hybrid model pairs face-to-face and remote learning instruction to increase social distance measures. The final model of instruction through remote learning provides safety from home. The continuum of instructional models are designed to be responsive to changes in health protocols as determined by the diocese, state, and local health officials.



## II. MODEL A: FACE-TO-FACE INSTRUCTION

St. Ann Catholic School students thrive in our enriching faith-filled classrooms. Research has shown the importance of face-to-face instruction for the development of the whole child. We will continue to prepare with the guidelines below, a safe and conducive learning environment for our students with minimal social distancing.

### SCHOOL DAY PROTOCOLS

- **Drop-Off:** Students should arrive on campus between 7:00 a.m. and 7:45 a.m. Upon arrival to campus, students and staff will be administered the CDC checklist and receive a temperature check prior to entrance into the school building. Students and staff will sanitize their hands, enter the school and report immediately to their classrooms. Face coverings should be worn when students and staff enter the building .
  - Our staff will wear gloves and face coverings during the drop-off assessment.
  - Cars will enter the church parking lot via Willow Oak Avenue and proceed through the lowest parking area, along the grass (where a temperature check and CDC checklist will be completed), and circle around to the side of the Allen Center for drop off. Cars will exit the parking lot onto Willow Oak Avenue.
- **Pick-Up:** Classrooms will remain separate during pick-up, and students, staff and parents must maintain social distance and wear face coverings.
  - Parents arriving for Pre-K, TK and Kindergarten dismissal should arrive by 2:25 p.m.. Cars arriving after 2:25 will need to wait for direction from staff before picking up their child.
  - Parents arriving for 1st through 5th grade dismissal must arrive by 2:35p.m.. Cars arriving after 2:35 will need to wait for direction from staff before picking up their child.
  - All parents should wait in the car until children arrive in the parking lot. At that time parents should stand in front of their car (social distancing) and watch for their child's class.
  - Teachers will walk students to the various parking area and dismiss to parents.
  - Class dismissal will be staggered between 2:35 p.m. and 2:40 p.m. to allow for social distancing.
  - Cars will not be dismissed until all students are safely in the car. At that time an administrator will come around and dismiss cars one-by-one.

- **Before School Care:** Upon arrival to campus, students and staff will be administered the CDC checklist and receive a temperature check prior to entrance into the school building. Students and staff will sanitize their hands, enter the school and report immediately to Before School Care. Face coverings should be worn when students and staff enter the building and as they move through the common areas.
  - Our students will be supervised in a space where CDC and social distancing requirements can be met, where the areas used for Before School Care are clearly marked, and where students only have the use of personal materials and supplies. All spaces will be thoroughly cleaned before and after activities.
  - Once the before school care space has more than thirty students, students will be dismissed to the classrooms. Students arriving after this time will walk directly to their classrooms, rather than waiting in the gym. Staff members will be in the common areas to direct and assist students.
- **After School Enrichment Program:** MACS After School Enrichment Programs will be offered for this upcoming school year from dismissal until 6:00 pm. Additional information regarding the operations of the program will be forthcoming. Safety protocols that are in place at each school will be maintained. Should you have any questions please contact the director of your specific school.
- **Classrooms/Homerooms:** We've prepared our classrooms as directed by the CDC and AAP requirements for appropriate social distance seating. Upon arrival to the classroom each morning, students and teachers will sanitize their hands and students will store personal use items for all subject areas in separate cubbies, crates, bags, etc. Students and teachers will wash their hands at key points of the day (i.e. before and after lunch and snack, after transitions, after learning centers, after recess and before dismissal) and use hand sanitizer under supervision where appropriate throughout the day.
  - Each classroom is equipped with an ample supply of hand sanitizer, soap, and paper towels. Each student will need to add two 8 oz. bottles of Germ-X or Purell sanitizer for the classrooms as well as two large containers of Clorox or Lysol wipes to the required school supply list.
  - A schedule is in place to perform frequent cleaning throughout the day of high touch surfaces and allows time for cleaning and disinfecting between activities/classes.
  - Visitors are not allowed in the classroom as we are limiting those in and out of the classroom to essential personnel.
  - Students will only use personal items during the school day. If an item is used from a class supply (marker, scissors, manipulative, etc.) it will remain in the possession of the child and be cleaned or discarded depending on use.
  - Desks will be arranged so all students are facing the same direction.
  - If completing group work on the floor students will sit with appropriate social distance between students.
  - Outdoor or empty classroom space will be used as alternative instructional areas.
  - MAP students will be self-contained in their classrooms for the first weeks of school. We will monitor the situation and begin inclusion at an appropriate time.



- **Clubs/Tutoring:** All individual tutoring by staff members will take place after school hours in the Allen Center. We will not be offering after school clubs at this time.
- **Specials/Transitions:** As students and staff transition from classroom to classroom throughout the day, they will adhere to directional arrows in the hallways and stairwells. Special area classes will take place in the classroom. Students will use their personal supplies during class.
- **Religious Activities** Students will continue to participate in all religious activities of the regular school day. The Friday school mass will be attended by grade level, with no more than three students in a pew, using every other pew and assigned classes sitting on opposite sides of the church. Pews and doors will be labeled for school children as well as parishioners attending mass. Parishioners will be required to sit in a designated area safety separated from school children. Classes not attending Friday mass in the church will attend mass in their classrooms through a live streaming platform.
- **Water:** All students are required to bring a full water bottle to school each day **labeled with their name and class**. If extra water is needed throughout the day, students will use the water filling station on the main hall.
  - All mouthpieces on the water fountains will be inaccessible for use.
- **Bathrooms:** All students and teachers will receive training on proper hand washing upon the start of the school year. Bathrooms will be marked for appropriate social distancing, the number of students in the bathroom at the same time will be limited, and high touch surfaces will be cleaned frequently. Frequent cleaning includes, but is not limited to;
  - after class groups uses the restroom
  - after recess or breaks
  - mid-morning and mid afternoon.For adherence to recommended social distancing measures during handwashing, one of two sinks will be available for use in the restrooms.
- **Front Office:** Visitors, parents, or volunteers may not enter the school or main office.
  - If needed, parents may enter the upper waiting area of our front office and speak with school staff from the upper level.
  - If bringing a child to school late, parents should walk their child to the front door, ring the bell and wait for directions from the office staff.
  - If picking a child up early from school, contact the school office when you arrive and wait in your car until the child is in the upper waiting area of the office. At that time parents may come to the front door, ring the bell and wait for the office staff to release your child to you.
  - At that time parents are not permitted to wait in the upper waiting area of the office.

- **Other Common Areas:** If common areas of the school are used for class or gatherings, social distancing will be adhered to and the area sanitized between uses. There will be no school assemblies.
- **Cafeteria:** Students may use the cafeteria when safe social distancing is possible between each person and will be cleaned between each use. Hot lunch service will meet all health and safety guidelines. Students will have assigned days for eating in the cafeteria. If not eating in the cafeteria, students will eat in the classroom or outside.
  - Cafeteria Rotation (when applicable) Monday/Wednesday KA,1A,2A, 4A Tuesday/Thursday KB,1B,3A,3B,5A,5B Friday rotating.
- **Snack:** During daily snack time, all students will bring their individual snack from home. If there is a situation in which the school provides a snack, it will be individual and pre-packaged. Students are not permitted to share snacks with other students (including special celebration snacks.)
- **Lunch:** MACS will continue to provide hot lunch service for our students. Both employees of vendors and our school will comply with COVID-19 safe food handling, preparation, and distribution as determined by the CDC and DHHS guidelines. **No outside shared treats (food or non food) will be allowed which includes birthday treats.**
- **Recess:** This school year our recess schedule was created to allow for proper social distancing between students and prevents the mixing of classes. A rotating recess schedule to include the playground, parking lot, and field near the greenway or a class walk in the neighborhood. This will allow for classes to remain distant while still maintaining their normal outside activity schedule. Swings and structural equipment will be disinfected after each recess group. Individual items such as hula hoops and jump ropes will only be used by one student at recess and then disinfected.
  - Teachers and staff will monitor games and activities to make sure that students adhere to social distancing guidelines and will prevent student gatherings and/or games that require physical contact. Students will not share items such as balls or frisbees.
  - If indoor recess is required, the activities will include the use of group games that allow for social distancing.
- **PE:** PE will be held outdoors whenever possible and will include individualized activities such as jump rope, agility activities, personal fitness, etc. Students will not share equipment or participate in activities that require physical contact between individuals and social distancing will be enforced.
  - Cleaning of any individual use equipment used in PE class will be cleaned between uses.
  - If indoor PE is required, the activities will include organized group games that allow for social distancing.



- **Nurse Visit:** Our school nurse or designee will continue to distribute medications to students who need medication to sustain attendance, students who have chronic health problems, or students with special needs as well as provide daily care for those who become sick or injured.
  - Students or staff feeling ill will be screened for COVID-19 and/or other illness prior to being sent to the health room or triage room.
  - If a student or staff is deemed symptomatic, they will not go to the nurses office but will be isolated in a triage room and safely distanced from other students or staff that may also be in this room. If the student presents with fever or chills, cough, shortness of breath or difficulty breathing, body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting and diarrhea, the parent will be notified for immediate pick up. Parents are required to pick-up their child within an hour of being called. It is advisable to create a pick-up plan now rather than waiting to get a phone call from school. This will help in your ability to meet the hour pick-up requirement. If feasible and developmentally appropriate, the student will be asked to wear a face covering while waiting for pick-up.
  - Once a student has left the triage room, it will be closed off and will be thoroughly cleaned and disinfected to minimize the risk of exposure to respiratory droplets.
  - Our health room is equipped with temporal touchless thermometers, disposable surgical face coverings, reusable face shields, and disposable gowns. Our nurse or designee will wear a face covering when providing care for a symptomatic person, providing respiratory-related procedures that carry the risk of aerosolization such as nebulizers, and monitoring students who are waiting to go home in isolation. When monitoring or assisting a symptomatic student who is coughing and/or producing heavy respiratory secretions, a face shield will be worn in addition to the face covering. Gowns will be worn when caring for a younger student with vomiting and/or diarrhea.
- **Cleaning:** Common areas and high touch surfaces will be cleaned multiple times throughout the day in accordance with CDC and DHHS guidelines.
  - Sanitizing materials will be provided for staff such as disinfectant spray and wipes to use in classrooms and common areas.
  - High touch areas throughout the school will be wiped down by teachers, assistants and maintenance staff at least once per hour with an approved disinfectant and/or sanitizer.
  - Classrooms desk/tables will be wiped with the use of approved products. This include but is not limited to before/after snack and lunch as well as prior to dismissal.
  - The after hours cleaning service will disinfect the school daily.

## **III. MODEL B: HYBRID**

The shift to a hybrid approach for instructional delivery would include rotation schedules with face-to-face and remote learning components. There would be an emphasis on the need for increased social distancing at 50% capacity.

If there is a shift to Model B, MACS schools will be using a Monday-Tuesday, Wednesday-Thursday, student split with Friday no-in-person class. Student assigned rotation, including an A-L/M-Z split, will be provided should we make a shift to this model.

The school facilities will be maintained utilizing the guidelines in Model A, providing a safe and conducive learning environment for all students with increased social distancing.

Student assignments and lesson plans will be posted via Google Classroom. More information will be forthcoming if this model is instituted.

## **IV. MODEL C: REMOTE LEARNING**

There may be times throughout the year that we will have to navigate to remote learning. Thoughtful deliberations, evaluation of resources and feedback has helped us create a framework for remote learning moving into the 2020-2021 school year. We are better equipped to meet the learning needs of our students. Flexible lesson planning with the incorporation of instructional tools that assist students in both face-to-face and remote learning environments will help ensure we are providing a high-caliber and rigorous level of education to all students. If the diocese moves to Model C for schools, teachers will utilize Google Classroom for posting assignments and conducting live teaching sessions.

Sustained remote learning is an option for students unable to attend due to general health concerns including anxiety and/or compromised immune system within the family. School approval is required for a student to enter into sustained remote learning. Consultation with the family that confirms the inability of the school to make additional accommodations for the safety of the student would result in the decision to implement remote learning.

### **Remote Learning Tuition**

In the event of a natural disaster, disease outbreak or any other circumstances which, in the judgment of the school administration, make it infeasible, unsafe or otherwise imprudent to continue campus-based education, school shall resume as soon as practical via distance learning and/or other methods adopted and/or developed by the school administration and faculty. Due to continuing financial obligations relating to operational costs, including administrative, faculty and staff salaries, there shall be no suspension, reduction or refund of tuition or applicable fees.

## **REMOTE LEARNING PRINCIPAL EXPECTATIONS**

- Begin each day with morning prayer for our community.
- Establish a team to determine the technology needs of our community.
- Continue weekly communication through the Thursday packet.
- Continue to monitor teacher lessons plans, instructional time and grading to ensure the continuation of learning occurs.
- Work with teachers to develop a schedule for virtual lessons.
- Continue to hold regularly scheduled staff meetings.
- Continue to collaborate with fellow elementary principals to ensure commonality among schools.
- Plan for alternative coverage to ensure consistent lesson plans in the case of teacher absence.
- Work with clergy to continue to promote prayer and spiritual development of our students.
- Approve remote learning for students unable to attend in person instruction at the school.

## **REMOTE LEARNING TEACHER EXPECTATIONS**

- Continue to promote the spiritual growth of our students through prayer at the beginning and end of each live session, provide religious activities and organize prayer services in place of weekly mass.
- Prepare and post lessons to Google Classroom.
- When introducing a new concept live instruction will be provided.
- Create activities that allow for family involvement, short and/or long term projects.
- Provide activities to promote movement.
- Maintain a balance between advancing the curriculum and keeping screen time to a minimum.
- Develop assessment tools for ensuring concepts are mastered.

## REMOTE LEARNING PARENT EXPECTATIONS

- Continue to support the community and prayer life of the school.
- Set up a workspace and work time for your child, consistent with the school's schedule.
- As part of a conscious effort to continue to develop your child's life skills, be sure your child makes positive contributions to household work and family life. Schools will be reinforcing the students' need to make positive contributions at home.
- Expect guided activities which may include any subject area, including specials classes.
  - Expect **up to** two hours of activities a day for PK – 1st grades.
  - Expect **up to** three hours of activities a day for 2nd – 5th grades.
- Students are expected to attend all live classes and/or sessions. During these live sessions, students will be required to turn on their device's camera so the teacher is able to see the student during class. Students need to check-in to class as specified by the teacher no later than 5 min into the class or they will be marked absent. Students **MUST** remain signed into the class for the entire block or until the teacher releases them to do class/group work
- If a student leaves in the middle of a class, the parent **MUST** notify the teacher by email that he or she is leaving the session and why. A parent email must follow to report the absence.
- Continue to report absences per your school's guidelines. Students are expected to attend all live classes and/or sessions. If a student is not able to attend a scheduled live class and/or session, then the parent needs to consider this as an absence and report it to the school accordingly. If a student is absent for a live class and/or session, then he or she is expected to watch the recording of the live session and complete the work as directed. Please refer to your school's policy regarding excused and unexcused absences.
- Your school's absence make-up policies apply to Remote Learning.
- Behavior considered to be distracting to class meetings and/or other students or not following the directives for virtual classroom management by the teacher, can be written up for classroom disruption or insubordination per the school's code of conduct and discipline policy. Parents will be notified if there is a discipline issue with a student.
- Work with your teacher on developing a routine for your child. Appropriate and consistent bedtimes, meal times, and school work times are very important to success. If you are struggling with developing a routine for your child, please reach out to your child's teacher for suggestions and help.

### **Parent Expectations Continued**

- School policies for homework and academic integrity still pertain.
- Don't over-edit or take over your child's school work. School policies on student original work and academic honesty will still apply.
- Please presume the best of the teachers and school leaders. Follow the appropriate chain of command if an issue arises. Please contact your child's teacher first with any concerns. Matthew 18:15 "If your brother\* sins [against you], go and tell him his fault between you and him alone. If he listens to you, you have won over your brother."
- If you have multiple school-aged children, a suggestion would be to stagger their work times as much as possible.
- Be sure your child gets exercise daily.
- Schools are not expecting faculty/staff to share personal cell phone numbers. Please contact your child's teacher through school provided contact information.
- If contacting the teacher after their scheduled office hours, allow time for the teacher to respond.
- We're here to work with you. We are all in this together.

***Pray. We need your prayers and the prayers of your family, especially now. Make it a priority to connect with God during these times to feed your spiritual growth.***



## REMOTE LEARNING STUDENT EXPECTATIONS

- Support the community and prayer life of the school.
- Set up an appropriate workspace and work time for yourself. Approach Remote Learning sessions as if you were in the classroom. Your workspace should be in a quiet area of your home and include a desk or table. It should be void of distractions (ie, food, toys, pets, television, etc.).
- Follow your school's dress-down policies when attending live sessions.
- You are expected to attend all live classes and/or sessions. During these live sessions, you will be required to turn on your device's camera so the teacher is able to see you during class. Check-in to class as specified by your teachers no later than 5 minutes into the class or you will be marked absent. You **MUST** remain signed into the class for the entire block or until the teacher releases you to do class/group work.
- If you leave in the middle of a class, a parent **MUST** email the teacher prior to the start of the lesson to explain the reason for early release.
- Absences will still be recorded by the school. If you are not able to attend a scheduled live class and/or session, then your parents need to report your absence to the school per school guidelines for reporting absences. If you are absent for a live class and/or session, then you are expected to watch the recording of the live session and complete the work as directed by the class and/or school policy.
- Your school's absence make-up policies apply to Remote Learning.
- Complete and submit your work on time.
- Do your own work.
- Obey the 4th Commandment – Honor your mother and father. As part of a conscious effort to continue to develop your life skills, be sure to make positive contributions to household work and family life. School will be reinforcing your need to make positive contributions at home.
- School policies for homework and academic integrity still pertain.
- Communicate if you have any questions or concerns. Ask for help if you need it.
- Be considerate of others in online discussions. Raise your hand and wait to be called upon to participate or ask questions.
- Behavior considered to be distracting to class meetings and/or other students, or not following the directives for virtual classroom conduct by your teacher, can be written up for classroom disruption or insubordination per your school's code of conduct and discipline policy. This can include adjusting the virtual screen and name during the lesson.
- Continue to follow your school's Acceptable Use Policy and be exceptional digital citizens.

### **Student Expectations Continued**

- Remain hopeful, knowing your teachers are doing all they can to move your education forward in an excellent manner.
- Obey the 3rd Commandment - Honor the Sabbath day.
- Remember you are not “at home” during Remote Learning but “in school”. Your job is to learn. This is an opportunity to learn a new skill set and grow in responsibility in this new model of learning.
- Screen backgrounds should be your actual space or solid background. Backgrounds should not change during the session or throughout the remote learning timeframe.
- Names displayed should be actual student name and not changed throughout the session or throughout the remote learning timeframe.

***Pray. We need your prayers and the prayers of your family, especially now. Make it a priority to connect with God during these times to feed your spiritual growth.***

## V. PROCEDURES

### **Masks/Face Coverings**

Knowing the sensitivity and importance of face coverings, requirements for various grade levels are detailed below. At this time, students in grades K-12th will be required to wear a face covering upon arrival to school for COVID-19 screening to help reduce the risk of spread. Following screening and once inside the school building, during the course of the school day when social distancing cannot be maintained according to CDC and AAP, and following the June 24th mandate requirements from the Governor, face coverings are required for grades 6 and above. It is not required that students wear a face covering during class or throughout the school day when social distancing measures have been established. Staff/faculty members are required to wear a face covering when social distancing measures cannot be maintained. Clear face shields are suggested as students take many cues from staff's non-verbal communication. The requirements regarding face coverings may be revised, up to the beginning and through the end of the school year.

### **Transportation**

Parents should be provided the option for students to ride the bus when the school can feasibly provide the service. Because students are often at the bus station unsupervised, and we cannot physically send a student home without a parent present, parents will be required to complete the CDC checklist at home with their child prior to arriving at the bus stop. Students in grades K-12th must have a face covering in order to board the bus. Should a student arrive to the bus without a face covering, the bus driver will provide one prior to the child boarding the bus. Upon arrival to schools, students will be screened with a temperature check and the CDC checklist prior to entering the building. Should the student display any symptoms, the symptomatic protocols will be followed.

Each bus will be thoroughly disinfected after dropping students off and before the next group of students board. Efforts to increase social distancing between students will be employed. When social distancing is not feasible, students will be required to wear a face covering. Siblings will be required to sit together on the bus to help reduce the risk of spread and increase social distancing measures. The number of occupants on the bus will be determined by the Transportation Department and the CSO. The model of instruction that schools are operating under, in conjunction with state and local health protocols, will be taken into consideration.

# APPENDICES

## Daily Home Screening for Students

**Parents:** Please complete this short check each morning and report your child's information. Each family will receive this check list in tablet form. Please complete the form in the morning, before your child leaves for school, and hand to school personnel during morning drop-off.

### SECTION 1: Symptoms

If your child has any of the following symptoms, that indicates a possible illness that may decrease the student's ability to learn and also put them at risk for spreading illness to others. Please check your child for these symptoms:

<input type="checkbox"/>	Temperature 100.4 degrees Fahrenheit or higher when taken by mouth;
<input type="checkbox"/>	Sore throat;
<input type="checkbox"/>	New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline);
<input type="checkbox"/>	Diarrhea, vomiting, or abdominal pain
<input type="checkbox"/>	New onset of severe headache, especially with a fever.

### SECTION 2: Close Contact/Potential Exposure

<input type="checkbox"/>	Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19; OR
<input type="checkbox"/>	Had close contact (within 6 feet of an infected person for at least 15 minutes) with person under quarantine for possible exposure to SARS-CoV-2; OR
<input type="checkbox"/>	Traveled to or lived in an area where the local, Tribal, territorial, or state health department is reporting large numbers of COVID-19 cases as described in the <a href="#">Community Mitigation Framework</a>
<input type="checkbox"/>	New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline);
<input type="checkbox"/>	Live in areas of high community transmission (as described in the <a href="#">Community Mitigation Framework</a> ) while the school remains open



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[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# APPENDICES

Dear Families,

As we prepare to open the school year according to “Model A” of our continuum, I am sure you have questions and concerns. Please be assured of our commitment to provide a safe environment for your children as well as the teachers and staff of our schools.

We have consulted with local physicians and we are following the guidelines of the American Academy of Pediatrics, the Centers for Disease Control as well as the Department of Human Health and Services Strong Schools NC Tool Kit.

There is much work to be done prior to the first day of school. Please carefully read the educational materials provided and watch the video on hand washing with your children. We will be reinforcing this material when your children arrive on campus in August.

Handwashing Video: <https://www.youtube.com/watch?v=LWmok9avzr4&feature=youtu.be>

It is important that you closely monitor your children for signs of infectious illness daily. Most important, please keep your children home when they are sick. Common sense good health practices will go a long way to keep your children healthy. Ensure your children are getting a good night sleep, eating healthy, and getting regular exercise. I have also included a link to a video on how you as a parent can support your child emotionally during this stressful time.

Emotional Support Video: <https://www.youtube.com/watch?v=h6HN8Krki-Y>

This year it is even more important to get your flu shots. When you get your flu shot you not only protect yourself, but you protect our community as well. Working together we can provide a healthy environment for your children to grow spiritually, emotionally, and academically.

Thank you for entrusting your children to our care. We are truly “Stronger and Safer Together.”

In Christ,



Kathie Holder  
School Health Director for MACS