



August, 2021

Dear Parents & Guardians,

This letter contains information on the Sunapee School District 2021-2022 school year opening. **Please read it in its entirety.** If you have any feedback you would like to give, please use the link provided at the end of this letter.

As we continue to work on fine tuning the protocols and practices that will need to be in place for the Sunapee School District to open to all students on August 30, 2021, we want to share with families and our community our progress to date.

We are so pleased with the effort our community, students, teachers and staff put forward last year to have 96% of all our students return to in-person learning 5 days a week from August, 2020 to June, 2021 and without missing any extended period of time due to COVID infections or contact tracing. A major part of our success was due to everyone's willingness to follow our protocols for returning to school and adapting to them as the year went on and things changed. This year we will continue to follow guidance from the New Hampshire Department of Health and Human Services & New Hampshire Department of Education and implement what is required by the NHDHHS and the NHDOE.

The Sunapee School District will continue to offer 5 days a week in-person learning to all students in the 2021-2022 school year. From our experience we recognize that this is the best way to provide services to our students to meet their educational needs as well as for staff and student social/emotional and mental health needs and services. This plan will be reviewed by the Sunapee School Board every six months to ensure we are continuing to deliver the best practice/services for our school community.

This plan was developed with input from the SAU staff, school administration, teachers, school board and parents. The School Board reviewed the plan at the June meeting, and it posted on the District website with an optional survey for comment and suggestions in June, 2021.

Our top priority will continue to be the safety of everyone in our school buildings. With the protocols and systems that will be in place, we still have no 100% guarantee that any viruses will not enter our schools and that students, teachers and families may become ill. Parents need to make a decision regarding students' participation that works best for each family.

We have found that over the year some of our COVID protocols have served us well, and we will continue to keep some procedures in place as they have assisted us in becoming more efficient, focused and safe.



Screening:

Parent/Student Home Screenings: All parents shall screen their children daily at home for symptoms of COVID -19 or other illnesses. If any of the following symptoms are present, parents will keep children home from our schools: **fever or chills, shortness of breath or difficulty breathing, cough, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, diarrhea, nausea or vomiting.**

The last page of this letter is the parent/student home screening tool that can assist in this process each day before leaving home for school. We recommend having a copy of the tool on the refrigerator or in a central place in the home as a reminder.

DHHS is recommending the following: See Isolation Guide for People Who Have COVID (attached)

Sick/symptomatic people should not come to school and should be sent home from school if they become sick or symptomatic while at school.

Symptomatic people who are not fully vaccinated and at high risk of exposure to COVID-19 and become sick or symptomatic should be tested before returning to school.

Fully vaccinated people who have been exposed to a COVID person should be tested before returning to school.

Fully vaccinated people who have developed any new COVID symptoms should have a clinical assessment to see if testing is required.

The District Nurse will help students and families with specific steps that will need to be taken for each individual situation.

Bus Transportation: While at bus stops, all students should social distance (3ft) from one another unless they are from the same residence. Students will be allowed on buses and will sit where assigned by the driver. All students will be **required to wear a mask while on the school bus at all times** (this includes fully vaccinated students). Once at school, the bus will unload front to back, and students will enter the building through an identified entrance.

Parent Drop-off: Parents will be directed to approach the identified entrance of the building; remain in your vehicle and allow your child to exit the vehicle.

Student Drivers: Upon arriving at school, student drivers will park their vehicles in assigned spaces and enter the building through the identified entrance.



Parents or Visitors in Buildings: Parents and visitors will be allowed in our buildings at appropriate times for set appointments and asked to follow our protocols. All visitors must sign in upon entering and indicating that they have no signs or symptoms of COVID.

Lunches: Will be served in our café; students will be assigned a specific time that they will eat lunch. We will continue to use the ordering system that will require students who would like to receive school lunch to order lunch in advance based on our provided menu, and that meal will be ready for them once in the café. This system will allow for better ordering and less food waste throughout the year. This system will still allow the use of the “My School Bucks” payment option. The lunch ordering process is located at SAU85.org. Microwaves will be available for student use.

Physical Activity: In our elementary school, grade level recess schedules will be established so that students have the opportunity to be outside and stay active. We will ask for students to continue to appropriately distance while at recess. Our physical education classes will have a similar practice in place which follows appropriate distancing when possible. Band and Chorus will resume as normal and will require social distancing (3ft) as well as instrument shields for additional protection as needed. Extracurricular activities will be returning in full, and we will look to the NHIAA for any guidance in sports programs. All other activities will follow school protocols.

Classrooms: The Administration has been working with the Facilities Department on appropriate classroom sizing that allows for social distancing of three feet. Our hope is that many classrooms will look more traditional as they were pre-COVID. Students in a classroom where a student is identified as positive for COVID will not need to quarantine but self-observe for signs or symptoms.

COVID Positive Individuals: Anyone who is COVID positive will need to isolate at home until they have met the **Isolation Guide Criteria** (Attached). Anyone identified as having **close contact** with anyone diagnosed positive with COVID will need to follow the **Quarantine Guide Protocols** (Attached).

Optional Vaccination Information: To help with COVID protocols that are currently in place or that we may be required to move towards, we have added an optional question to the back of the school registration paperwork about vaccinations. This is an optional question and no one is required to reply.



Masks: Any person entering our facilities has the option to wear a mask at any time due to any medical concerns they may have. The CDC, NH Division of Public Health Services, and the District encourage anyone not fully vaccinated to wear a mask for his or her own protection. The District will provide disposable masks at the entrance of each building. Students and teachers will be required to wear masks and isolate if they become symptomatic while at school until an assessment is made by the school nurse.

Facility Precautions: We have taken the necessary precautions to allow us to open our facilities. Nighttime cleaning will be completed using normal cleaning practices along with room spray disinfectant and ultraviolet light treatments. Our HVAC systems, where applicable, have all been cleaned, and filters will be replaced more frequently to help promote clean air. In spaces where additional air filtration is needed, portable systems have been purchased. When possible, windows will be opened to help with the circulation of fresh air.

Remote Option: Any family that requires a remote option should contact the school administration who will assist them in contacting Virtual Learning Academy for enrollment in Grades K-12.

We hope that this letter provides you with information that helps to outline our District's re-opening of schools in August, 2021. The District and school administrations will have additional school-specific information coming out in August.

The Sunapee School District will continue to utilize NH Division of Public Health Services for guidance on re-opening protocols, screening, travel, self-quarantine and self-isolation for staff and students, closures of schools, and communication with families.

Sincerely,

Russell E. Holden
Superintendent

If you have any comments, please go to Sau85.org where you will find a link for comments.



Reopening Implementation Team

The Reopening Implementation Team was charged with creating a detailed plan using the Reopening Framework and the 2020-2021 Reopening Plan as guiding documents. These detailed plans provide a clear road map for reopening for in-person learning.

Russell Holden	Superintendent
Kelly Wessells	Business Administrator
Terra Geer	Director of Student Services
Sean Moynihan	Principal/Parent SMHS
Meagan Reed	Assistant Principal/Teacher/Parent SMHS
Walter Huston	Principal SCES
Emily Sevigny	District Nurse
Mat Bouranis	Director of Facilities/Parent
Mike Montore	Director of Technology
Jon Reed	Technology Integrator/Parent
Rob Fullerton	Director of Food Service
Brenda Thomas	Director of Transportation
Cindy Lamontagne	Adjustment Counselor

Thank you to all the parents, teachers, students and community members who offered suggestions and comments for the opening plan.

Isolation Guide for People Who Have COVID-19

If you have symptoms of COVID-19, you should be tested so you can know if you actually have COVID-19.
If you test positive for COVID-19, please follow these instructions.

1 Stay home

Self-Isolation: You must stay at your home and avoid other people, including those you live with. You may not go out in public places - not even to the grocery store or to run errands. You may not visit with other people outside of your home, and you may not invite others into your house to visit.

If you have symptoms of COVID-19 with your positive test, you must stay at home until:

- At least 10 days have passed since your symptoms first started

AND

- At least 24 hours have passed since you had a fever (without using fever-reducing medications like acetaminophen or ibuprofen), and your symptoms are improving

If you do NOT have symptoms but have a positive COVID-19 test, you must stay at home until:

- At least 10 days have passed since the date of collection of your positive COVID-19 test, assuming you don't develop symptoms. If you develop symptoms then follow the instructions above.

2 Tell your contacts

Household Contacts:* Tell your household contacts about your COVID-19 infection. They will need to self-quarantine for at least 10 days starting the day after their last exposure to you while you were able to infect them, which is usually for ten days after the start of your symptoms (or 10 days from your positive test date if you don't have symptoms). If you don't stay separate from other people in your household while in isolation, then they may need to self-quarantine for longer than 10 days. You should also clean your home and follow CDC recommendations to protect others.

Contacts Outside Your Household: We encourage you to tell non-household contacts about your COVID-19 infection if you were in close contact with them at any point during the two days before you developed COVID-19 symptoms (or two days before you tested positive, if you don't have symptoms) through your last day of isolation. "Close contact" means you were closer than 6 feet to the person for more than ten total minutes while you had COVID-19. These people should monitor themselves closely for symptoms and, if they develop symptoms, isolate and seek testing.

- You may provide your non-household contacts the public health Self-Observation Guide which has further instructions on monitoring for signs and symptoms for COVID-19 and seeking testing.
- If you have questions about talking to your non-household contacts or if you think you may have become ill as part of a potential outbreak, please call the NH Department of Health and Human Services at 603-271-4496.

3 Take care of yourself

Support While in Isolation: Reach out to your healthcare provider or seek emergency care if you have any worsening of symptoms. Isolation can be lonely. Connect with others through phone, video chat, text, and email. Seek help from others to safely provide you and your household food and supplies you need while in isolation. If you need support to maintain isolation, call 211 (TTY: 603-634-3388).

If you have a medical emergency, call 911. Tell them that you have COVID-19.

Please review these resources to help keep your home clean and protect others:

- What to do if you are sick and Caring for yourself at home
- Cleaning and disinfecting your home
- Coping with stress

* **Household Contact:** any individual who lives and sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement), leading to close contact and potential repeated exposure to the person with COVID-19. This includes situations where there may be temporary but prolonged exposure such as occurs as sleep-over events, shared camp cabins, vacation rentals, etc.

Quarantine Guide for Unvaccinated People Exposed to COVID-19 in their Household

If you are unvaccinated and have been identified as a household contact to someone diagnosed with COVID-19, then you are at risk of developing COVID-19 in the 14 days after you were exposed, and you should follow these instructions.

Household Contact: any individual who lives and sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement), leading to close contact and potential repeated exposure to the person with COVID-19. This includes situations where there may be temporary but prolonged exposure such as occurs as sleep-over events, shared camp cabins, vacation rentals, etc.

1 Stay Home (Quarantine) for 10 days from last exposure*

- You should stay at your home and avoid other people for 10 days after your last close contact with the household member with COVID-19 while they are considered infectious (their 10-day isolation period). You can begin your 10 day quarantine period sooner if the person with COVID-19 sleeps in a different room than you and you can avoid ongoing close contact in your home.
- You should not go out in public places - not even to the grocery store or to run errands. Please do not visit with other people outside of your home, and do not invite others into your house to visit. Keep your distance from others in your household (at least 6 feet).
- Wear a face mask to protect those around you.

As long as you don't develop symptoms of COVID-19, you can stop quarantine after 10 days have passed starting from the day of your last exposure to the person with COVID-19.

2 Get tested*

- Get tested 5 – 7 days after your last exposure to a person with COVID-19. This should be a test that detects active infection using a PCR-based test on a nose swab. You can find testing locations on our [COVID-19 testing guidance webpage](#).
- A negative test does NOT mean that you can end quarantine early (you still need to quarantine for 10 days), but a test does help to identify infection early even if you're not showing symptoms, and it can help prevent spread and protect others around you.
- If you test positive for COVID-19, then you need to follow the instructions found in the [Isolation Guide](#).

3 Monitor for symptoms

- Take your temperature. You should do this twice a day for 14 days after your last exposure (even if you end your quarantine after 10 days), and take your temperature anytime you feel like you might have a fever.
- Monitor yourself closely for other potential symptoms of COVID-19 such as respiratory illness (cough, sore throat, runny nose, shortness of breath), body symptoms (fatigue, chills, muscle aches), change in taste or smell, nausea, vomiting, or diarrhea, even after you end your quarantine.
- If you develop any symptoms of COVID-19: Seek medical advice and get tested – call ahead before you go to a healthcare provider's office or emergency room. Tell them you were recently exposed to someone with COVID-19 and have symptoms.

4 Take care of yourself

Reach out to your healthcare provider or seek emergency care if you have any concerns about your health. Social isolation can be lonely. Connect with others through phone, video chat, text, and email. Seek help from others to safely provide you and your household food and supplies you need while in quarantine. If you need support to maintain isolation, call 211 (TTY: 603-634-3388).

If you have a medical emergency, call 911. Tell them that you are under quarantine for COVID-19 exposure.

Please review these resources to help keep your home clean and protect others:

- [What to do if you are sick and Caring for yourself at home](#)
- [Cleaning and disinfecting your home](#)
- [Coping with stress](#)

*You do NOT need to stay home (quarantine) for 10 days or get tested for COVID-19 if either of the following apply:

1. You are fully vaccinated against COVID-19 and more than 14 days have passed since you received the last recommended dose of a COVID-19 vaccine series.
2. You have previously tested positive for active COVID-19 infection (by PCR or antigen testing) in the last 90 days (if you had a previous infection that was more than 90 days ago, then you still need to follow all of these instructions).

This document is available online at:

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/self-quarantine-covid.pdf>

7/2/21

Sunapee Parent Home Screening Tool

Parent/Student Home Screenings: All parents will screen their children daily at home for symptoms of COVID -19.

If any of the following symptoms are present, parents will keep their children home from our schools, and contact your family medical provider for an assessment screening as to next steps:

Fever or chills	Yes	No
Shortness of breath or difficulty breathing	Yes	No
Fatigue, muscle or body aches	Yes	No
Headache	Yes	No
Cough	Yes	No
New loss of taste or smell	Yes	No
Sore throat, congestion or runny nose	Yes	No
Diarrhea	Yes	No
Nausea or vomiting	Yes	No

If you have responded "yes" to any of the above symptoms, you will need to contact your medical provider for an assessment for next steps or test for COVID before you can return to school. Please call the school nurse for additional information.

Other specific screen questions should also be asked:

1. Is the student's temperature below 100-degrees without the use of fever reducing medication?
2. Have you had **close contact** with someone who is suspected or confirmed to have COVID-19 in the prior 10 days? **See attached Isolation Guide.**

***The District will be following New Hampshire Department of Health and Human Services guides on travel, screening, self-isolation, self-quarantine, and return to work or school.**

This information can be found at www.SAU85.org.