

Health First Notice: Autumn Health Considerations: Flu and COVID

Flu Shots

A record number of Central community members received flu shots this past Friday.
THANK YOU!

The number of children and adults who have been immunized is not yet high enough to assure some type of herd immunity within our community and **Central asks that all members, who can accept a flu shot, receive one as soon as possible.**

Families can receive a v hour credit (\$20) per family member who receives a flu shot before the end of October. Just submit your info to Track It Forward. (Contact from desk if you need help with utilizing our Track It Forward program.)

(If you have ever undergone the discomfort of a flu or covid test, you will appreciate the possibility of reducing the need for very uncomfortable testing for both flu and Covid.)

Sharing Information During Covid-19

Central can only keep our community informed about communicable diseases, (not just Covid) if we receive these important notifications from parents.

Specifically, please contact Central directly if any member of your family has been exposed (possibly through other daycare or school settings) or tested positive for Covid-19. This information is confidential and is used only for tracking purposes.

Central, in turn, will share information about the presence of a positive test result in the most timely manner possible.

Central submits information to the Virginia Department of Health about children and staff who meet criteria for exposure (or close contact): The current criteria for exposure (also referred to as close contact) according to current VDH and CDC guidelines are being closer to a positive confirmed individual for 15 minutes (or more) while within 6 feet distance from the individual.

If your child has meet the criteria for exposure, your family will receive a call from VDH to confirm contact tracing information.

Planning Ahead Now

Please always have a plan for an unexpected (short notice) classroom closure at Central during this season (year?) of Covid. Please arrange for help with 1. backup childcare 2. Timely pickup of your child (within 30 minutes of a notice) if you are not able

to arrive at Central within a thirty minute window. Please email the name of the person who will pick your child up from school.

Clothing and Fresh Air

Central will continue to keep fresh air in our buildings and children out in the real fresh air as much as possible.

Please take time over the next week, to send in seasonally appropriate:

Outerwear-**LABELED**. These items will be kept at school so that we are prepared for whatever weather may come our way.

Indoor sweater or hoodie-**LABELED**. The heat will be kept on and windows/doors will be open (when possible) for maximum ventilation.

(Central will gladly label your child's items with a permanent or permanently attached fabric label. Please do not use labeling stickers that can easily come off.)

Morning Routines and Arrivals

Please remember to wear your mask on campuses at all times and to honor social distancing guidelines. This can be challenging when you are transitioning your child to their teachers. Please follow these guidelines.

Infants Arrival and Departure: Strollers and Carseats

When arriving in the morning please use a stroller for your infant if they are not yet walking. Move your stroller toward your child's guide and step back as the guide removes your child from the stroller. You may also leave your child in a bucket-style car seat.

In the evening, please move the empty stroller up to the greeter and wait for your child to be placed in the stroller and then for the greeter to step back.

This all seems to be a bit burdensome but the children seem to be comfortable with it.

If you do not have a stroller and need help securing one, please let Central know. Central will keep a stroller at school to help with this transition. Feel free to let us know that you would like to use it. It will be cleaned between uses.

Toddler, Preprimary, and Primary Arrival

Please encourage your child to walk forward to their teacher. Your child will be directed toward their classroom's very own entry into the room. If your child is

upset, please take time to comfort them but be confident and firm in your expectation. Assure your little one that they are going to have a wonderful day and you will see them soon. It may help to practice this morning routine over the weekend. (I know it seems odd but it works!)

Airspace for Campus Students

Airspace programming will be available whenever an elementary or middle school class must be closed. Links and general information will be sent to families as soon as this can be made available. Thanks for the campus teachers, Emilia, and Venessa who so quickly and professionally got this program up and going!

We can do it, parents! Let's stay safe and sound!