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Dear Canterbury Public School Families,

Welcome back to school! We hope you had a healthy and restful summer. We would like to take a few moments to give you some updated information regarding the health offices in Canterbury Elementary School and Dr. Helen Baldwin Middle School.

Your school nurses have been hard at work ensuring the nurses offices are prepared. We are asking for your help in keeping our schools as safe as possible for all students. Below are some guidelines for achieving this:

- Please assess your child every morning before they leave for school including taking their temperature. Children should not be sent to school if they have a temperature >100, nausea, vomiting, diarrhea, a persistent cough or sore throat, severe headache or body aches, or other signs of illness.
- If your child has been exposed to a person who has tested positive for Covid 19, please keep them home from school and inform your school nurse immediately.
- If your child travels out of state, they must follow all State of CT travel restrictions for that state.
- Please have a plan for pick-up in the event your child must be sent home, and a back-up plan in case you are unavailable. It is more important than ever this school year that your child be picked up as soon as possible.
- Please review hand washing techniques with your child and practice often. Make hand washing fun and explain to them why it is important..
- We suggest that you practice mask wearing with your child at home, starting with short periods of time and working up their tolerance. One option is to have your child wear a mask at home anytime they are having screen time!

We will be working closely with our local health department, the Northeast District Department of Health (NDDH) along with the State of Connecticut Department of Education and Department of Health for the latest information and guidance during this ever changing pandemic.

We look forward to seeing your children on the first day of school. Please contact us if you have any questions or concerns. Remember, we are all in this together; it is our honor to be partnering with you for your child's health.

Sincerely,

Cassie Stimson, RN  
CES Nurse

Kimberly Jodoin RN  
DHBMS Nurse  
School Nurse Supervisor, Canterbury Public Schools