



August 29, 2022

Dear SHS families,

This document contains our updated COVID-19 guidance for the 22-23 school year. This is based on the guidance from the Catholic Schools Office released on August 1, 2022. You can see their most up to date guidance here: <https://www.catholicnh.org/schools/> .

As we enter this new school year, we are shifting the paradigm on how our school manages COVID-19. We are moving to a model that promotes individual responsibility. Our goal is to operate as close to pre-pandemic normal as possible. We will continue to promote awareness of community health and safety but will place the onus of responsibility on families to make the right health choices for their children and themselves.

We will continue to monitor and address COVID-19 cases as needed. Our school nurse will continue to support students, staff, and families by providing the best guidance available and by providing access to testing when possible and with permission. Our intention is to make our protocols as simple as possible so that we can keep everyone healthy and also able to be fully engaged in their learning.

Thank you for your support as we move forward with these guidelines, and thank you for your patience and understanding over the last few years regarding COVID-19 protocols. Here's to a healthy, happy, and blessed year ahead.

Sincerely,

Maegan Koelker

Maegan Koelker
SHS Principal



Sacred Heart School COVID-19 Protocols: August 29, 2022

The health and safety of our community is at the forefront of our decision making and we remain vigilant in our efforts to prevent the spread of COVID-19 and other infectious diseases. We take into account the recommendations of the Diocese, and the New Hampshire Department of Health and Human Services as we evaluate our protocols. We will update families throughout the school year if we make changes to any of these protocols.

Positive COVID-19 Case: Individuals who test positive for COVID-19 are required to isolate for 5 days and may not come to school. Day 0 (zero) is considered the first day of symptoms or the first non-symptomatic positive test. Individuals can return to school on or after Day 6 if they have been symptom-free for 24 hours. There no longer is a requirement to produce a negative test to return to school. It is recommended that individuals returning to school after having Covid-19 wear a mask indoors on days 6-10. NH-DHHS no longer requires people exposed to someone else with COVID-19 to stay at home and quarantine.

Masks on Campus: Mask use will remain the option of the individual employee and visitor and the decision of parents for their children. Masks will continue to be available at all entrances.

Vaccination: Covid vaccines will not be required for employees, students, or visitors and school employees will remember that a person's vaccination status is personal medical information. Students, employees, and visitors will not be asked if they have been vaccinated.

Testing for COVID-19: Our Health Office will not be requiring families to test for COVID-19. If your child has symptoms consistent with COVID-19, testing is recommended. Families should plan to test at home should a child become symptomatic outside of school. Like last school year, our Health Office can test students who become symptomatic while at school. Testing at school is upon parent request and with a signed consent form on file in the health office. A new consent form will need to be completed for the 2022-23 school year. Testing will only be available at school while supplies last.

Remote Learning: We will not be offering Zoom instruction this year. If your child is out for an extended period of time because they are ill, please contact their classroom teacher to arrange a plan to get them caught up on their academic work when they are feeling well enough to do so.

Stay home when sick: It is our expectation that families will do a health check with their child each morning and will not send them to school if they have any of the following symptoms: fever equal to or higher than 100.4 degrees Fahrenheit, nausea or vomiting, or diarrhea. Additionally, if your child has a contagious illness or infection (ex: strep throat and conjunctivitis) that requires antibiotic treatment, please keep your child home until they have been on antibiotics for 24 hours.

Returning to school after illness: In most situations, children may return to school after an illness when they are feeling better. If your child had a fever or vomiting, he or she may return once they have been fever-free and/or had no vomiting for 24 hours without the use of medication. If your child was started on antibiotics, they should take the medication for 24 hours before returning to school. For children who test positive for COVID-19, please refer to the section on Positive Case.

Communication with the Health Office: Communication with Nurse Davis is key in keeping our students safe and healthy this year. Please email or call the Health Office if your child(ren) will be absent due to illness or injury or if they have any changes to their health and wellbeing that might impact their day.