



FRIENDS'  
CENTRAL  
SCHOOL



Wednesday, August 26, 2020

## Dear Families,

While there is joy in our hearts knowing we soon will be able to greet your children again after such a long time apart, we know much will be different. We are following the CDC, PA Dept of Health, PA Dept of Education, Montgomery County Office of Public Health, and CHOP PolicyLab guidelines as we traverse this unfamiliar landscape.

### Water Bottles

Students should have a clean, refillable water bottle with them every day. Water fountains throughout both campuses will be available for water bottle refills only, and the cafeterias are closed, so having a clearly labeled water bottle is vital to the well-being of every student. Please label your child's water bottle with both their first and last names. No initials or nicknames, please.

### Students Needing Mobility Assistance

If a student is on crutches or needs the elevator for safe entry into school, please contact your principal to discuss virtual learning.

### Masks

Everyone will be wearing masks throughout the school day. Please refer to [this photo](#) and [this video](#) for clarification. An approved mask consists of 2-3 layers of densely woven fabric. Three layers provide the most protection and are recommended by CDC. Making the outer layer from a cotton/poly blend will provide some water repellency and make it less likely droplets will transfer through the mask. The mask needs to fit snugly over the mouth and nose and be firmly attached to the head by ear loops, elastic bands that go around the head, or with tie straps. One should not be able to blow out a candle while wearing a properly fitted mask. Because the outside of the mask may harbor droplets of virus, it is important for the user not to touch their mask while in use. Keeping hands away from the face and eyes adds additional protection as mucous membranes are the viral entry points. Cloth masks should be stored with the public side down on a paper towel when not in use, and they should be laundered daily. It will be helpful if children become accustomed to correct mask use prior to the start of in-person school. [Here is an article from the American Academy of Pediatrics](#) containing helpful information for parents. Gators and bandanas are

not acceptable face coverings.

### **Mask Breaks**

While at school, students may remove face coverings when they are eating or drinking when spaced at least 6 feet apart, as well as during scheduled and supervised mask breaks while staying at least 6 feet apart and for no longer than 10 minutes.

### **Asthma and Allergies**

No nebulizers will be given at school. Asthma and allergy symptoms must be under control in order for a student to come to school. MDIs must be used with spacers. Teachers will notify the nurse when a student plans to use their MDI during school hours so an assessment of their symptoms can be made. Students in grades 6-12 may carry their inhalers in their backpacks. This does not negate notification of the nurse for that division.

### **Medications**

Prescription medications will be brought to students in their pod/cohort by the nurse.

### **Symptoms of Illness**

- The similarities among symptoms of routine childhood illnesses, seasonal flu, and COVID-19 present unique challenges, and because they are similar, we will need to be rigorous in keeping symptomatic children out of school classrooms. If your child is attending school in person, parents/guardians will receive a text message from RUVNA each school morning asking you to identify any of the 10 symptoms commonly found in COVID-19 infections and to answer three questions. In keeping with the [Community Compact](#) we all are asked to adhere to, it is of the utmost importance that this checklist be answered honestly.
- If your child demonstrates or complains of any of these symptoms during the school day, you will be required to pick them up promptly. We will not be able to offer rest times in the nurses' offices. We are not able to distinguish the symptoms of COVID-19, seasonal flu, and those of ordinary childhood illnesses, so we must send symptomatic children home as a precaution to protect others.
- If symptoms last for more than a day or if additional symptoms appear, we recommend being tested for COVID-19. Notification from your healthcare provider is required indicating testing results or certification of the illness as non-COVID-19 in nature and should be submitted to your division nurse prior to the student's return to school.
- Combined testing for seasonal flu A and B types and COVID-19 in one procedure is currently available. Seasonal flu symptoms develop quickly, and cough is not usually a presenting symptom, while COVID-19 symptoms develop gradually and difficulty breathing is common.

### **Physical Examinations and Vaccinations**

We recognize that current circumstances may make routine Physical Exams difficult to

obtain. We ask you to make sure your child's immunizations are current and that they obtain needed vaccinations on schedule and the seasonal flu vaccine as soon as it is available.

### **Seasonal Influenza Vaccination**

We cannot state strongly enough how important it is for everyone in our school community to be vaccinated for the seasonal flu this year. Vaccines are available now at CVS and other easily accessible locations but may be in short supply later in the season. We hope you will get vaccinated early. While this vaccine is not 100% effective, it provides the best opportunity to stay well. Trying to determine if you have the seasonal flu or COVID-19, or both at the same time, is made easier if your family is vaccinated. The U.S. Department of Health and Human Services (HHS) is allowing state-licensed pharmacists to administer vaccines to children ages 3-18 to increase access and improve vaccination rates.

### **COVID-19 Testing by Rapid Reliable Testing, LLC**

- Testing for COVID-19 will be done on campus approximately every two weeks. Parents will receive an email with paperwork to complete before their child's testing appointment. (Lower and Middle School families have already received this information; Upper School families will receive the information soon.) Because your children are on a roster, it will be difficult to alter their testing schedule.
- If you cannot attend on the assigned testing date, you need to schedule testing for your child at another testing site within 24 hours of the FCS test date and provide your division nurse with proof of a negative test result before your child returns to school.
- Currently, RRT expects to provide test results to parents and the school by email within 24-48 hours.
- For students in Nursery/Pre-K, RRT is administering the saliva test, unless the child cannot make enough saliva. In that event, the nasal swab test will be used.
- For students in Kindergarten-grade 12, RRT is administering the nasal swab test described below.
  - Using a flocked or spun polyester swab, the swab is inserted at least 1 cm (0.5 inch) inside each nostril sampling the nasal membrane by rotating the swab and leaving it in place for 10-15 seconds.
- If you have questions regarding insurance or scheduling, please contact Miriam Fisher Schaefer at [mschaefer@friendscentral.org](mailto:mschaefer@friendscentral.org).

From the Nurses,

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