

## Transition to 4-Day Update

At the December 8<sup>th</sup> School Board meeting, Dr. Grimsley made a formal recommendation to postpone the 4-day transition process until February. Given the increase in community COVID-positive cases in Rappahannock County, the decision was made to provide additional time to evaluate the data before bringing back the primary grade levels on a 4-day schedule.

RCPS recently released a Change Request for the Second Semester survey to families. As a reminder, if anyone has any schedule adjustment requests, please complete the survey by Friday, December 11<sup>th</sup>.



## Calendar Update

The School Board approved a calendar revision during the December 8<sup>th</sup> meeting. January 5<sup>th</sup> and 6<sup>th</sup> will be teacher workdays. January 7<sup>th</sup> will be a remote learning day for cohort A. Cohort B and Fully-Remote groups will resume with a remote learning day on January 8<sup>th</sup>. Students will return to school for in-person instruction starting the week of Monday, January 11<sup>th</sup> with their specific cohort days.

## Updated Quarantine Procedures

Due to the number of new cases of COVID-19 in our area, RCPS is moving to the more stringent quarantine procedures for symptomatic students. Although the risk for transmission in our schools based on our CDC school metrics remains low at this time, we are going to take extra precautions in order to maintain this level of safety for our school community.

As of Thursday, December 3, any student who presents with COVID symptoms and meets the quarantine criteria **as assessed by the school nurse**, will be sent home and placed on an automatic 10 day quarantine period and will not be allowed to reenter school until one of the following criteria is met:

1. Completes the 10 days and is no longer symptomatic without fever for 24 hours or more without the aid of fever reducing medicine
2. A negative COVID-19 test result is presented within 48 hours of day 7 of the quarantine period with no symptoms and no fever for 24 hours without fever reducing medicine
3. An alternative diagnosis is made by a physician and no symptoms are present and no fever has been present for 24 hours without fever reducing medicine

**Please continue to use the home screening tool (following page) to check your child's symptoms before allowing them to come to school each day.**

## Communications

As always, RCPS will continue to provide COVID-related notifications to families in a timely manner. Unfortunately, given the fluid nature of the pandemic, a sudden switch to remote learning may be necessary with little notice. Although we have every intention to move forward with our reopening plan, we ask that parents please prepare for this possibility, should it become necessary.



## Home-Based Symptom Screening Tool

Caregivers: Please complete this short check of your student each morning before they leave for school.

If your child has any of the following symptoms, they might have an illness they can spread to others.

**Check your child for these symptoms before they go to school:**

**Note: For students with chronic conditions, check a symptom only if it has changed from usual or baseline health.**

- **Temperature of 100.4 degrees or higher**
- **Sore throat**
- **Cough (for students with chronic cough due to allergies or asthma, a change in their cough from baseline)**
- **Difficulty breathing (for students with asthma, a change from baseline breathing)**
- **Diarrhea or vomiting**
- **New onset of severe headache, especially with a fever**

If your child does NOT have any of the above symptoms, send them to school as usual.

If your child has any of the symptoms above,

- Keep them home from school
- Consider whether your child needs to see a healthcare provider and possible COVID-19 testing.
- Contact your child's school and report your child is sick. The school may ask some additional questions to help determine when it is safe for your child to return to school.

Should you have any questions about the information in this notice, please contact your child's school to better understand absence procedures and symptoms.

## Free Meals for SY 20-21

Just a reminder, ALL Rappahannock County Public School students can receive free breakfast and lunch while learning at school or at home for the entire 2020 - 2021 school year! The USDA has extended waivers that allow our Nutrition Department to provide FREE meals to Rappahannock children 18 and younger through June 30, 2021.

To sign up for meals on your student's virtual day, please call 540-227-0023 or visit our website for the link to our google form.



## REMOTE LEARNING HELP

For TECHNICAL support videos or for the technology help desk contact info, visit the homepage on our district website at [www.rappahannockschools.us](http://www.rappahannockschools.us) and search for the icon shown above.

Need additional assistance? Call the TECHNICAL SUPPORT HOTLINE at 540-227-0023 x 3003.

Be sure to check out the Technology tab, on the district website, to view helpful tips for Chromebooks, iPads, and Canvas.



## Mental Health & Wellness Resource

The RCPS Mental Health Innovators Team has created a thorough, multi-page Mental Health and Wellness Resource document that includes contact information for many helpful services. To view this document, visit our district website homepage. [www.rappahannockschools.us](http://www.rappahannockschools.us)

## Emotional Support Hotline

If you or your student is feeling anxious or depressed, we are here to help!

Call or text our  
**EMOTIONAL SUPPORT  
HOTLINE:  
540-683-0437**



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