

## Back-to-School Bulletin

Dear RCPS Families,

Thank you so much for all of your involvement, support, and helpful suggestions during the Reopening Planning Process. We hope that this bulletin will provide you with answers to any remaining questions you may have about Back to School, as well as help prepare you and your children as they prepare to once again grace the hallways of RCPS. We look forward to seeing you soon!

At your service,

Dr. G

## Student Anxiety: Helpful Tips for Parents

Starting school or starting a new school year can be stressful at the best of times, let alone during a global pandemic. Here are some helpful tips for parents if you notice that your child is worried or anxious about resuming school.

- 1 Have an open conversation about what it is that's worrying him/her and letting him/her know that it's natural to feel anxious.
- 2 Reassure children about safety measures in place to keep students and teachers healthy and remind children that they can also help prevent germs spreading by washing their hands with soap and coughing or sneezing into their elbow.
- 3 Remind children about the positives – that they will be able to see their friends and teachers (if they are physically returning to the classroom) and continue learning new things.

Source: <https://www.unicef.org/coronavirus/supporting-your-childs-mental-health-during-covid-19-school-return>

**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**



## SCHOOL REOPENING INFORMATION

### Important Dates

#### August 14

4-Day Applications & Remote Learning  
Agreements due to  
arogers@rappahannockschools.us

#### August 17

Meet the Teacher Week begins

#### August 24

First day of school for students

### Preparing Students to Return to School: Helpful Tips for Parents

\*Have younger students practice opening their own food items (ex. open bags, place straw in milk, etc.) This reduces the amount of items that teachers will be touching.

\*Prepare students to wear face masks (see page 2) for ideas.

\*Practice good handwashing techniques with students.

\*Reinforce that following the safety mitigation rules are important in order to keep everyone healthy and safe. Please let them know that if they are unable to follow the rules, they will have to switch to 100% remote learning.

**Find all of the back-to-school information in one place!**

Visit our district website at [www.rappahannockschools.us](http://www.rappahannockschools.us) and click the **School Reopening Information** logo on the homepage.

# HOW TO HELP YOUR CHILD adapt TO WEARING A MASK



## EXPLAIN WHY

Use easy-to-understand language and positive phrasing. For example, "Many people are sick right now. Wearing a mask will protect you from germs!"

## TAKE A PICTURE

Ask family members or friends to take pictures of themselves wearing masks. You can even arrange a virtual get together so everyone can show off their masks.

## PRACTICE MAKES PERFECT

Break it down into smaller steps. Then practice & reinforce each step.

1. Holding the mask.
2. Putting it against his or her face.
3. Securing the elastic.

## LET'S PRETEND

Integrate masks into your favorite pretend play schemes. Encourage your child to dress up as a doctor, nurse, or veterinarian.



## GET CREATIVE

Allow your child to decorate their mask using crayons or markers. If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.

## START WITH FAMILIAR CLOTHING

Choose clothing that your child already wears and turn it into a mask. Some ideas include a scarf, balaclava, or bandana.

## STUFFED ANIMALS & DOLLS NEED MASKS TOO

Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!



Modified from [BIASBEHAVIORAL.COM](http://BIASBEHAVIORAL.COM)

## Meet the Teacher Schedules



### Monday 8/17

PreK all students 1:00-3:00  
Kindergarten **A-J** 1:00-3:00 **K-Z** 4:30-6:30  
4th grade **A-J** 1:00-3:00 **K-Z** 4:30-6:30

### Tuesday 8/18

1st Grade **A-J** 1:00-3:00 **K-Z** 4:30-6:30  
5th Grade **A-J** 1:00-3:00 **K-Z** 4:30-6:30

### Wednesday 8/19

2nd Grade **A-J** 1:00-3:00 **K-Z** 4:30-6:30  
6th Grade **A-J** 1:00-3:00 **K-Z** 4:30-6:30

### Thursday 8/20

3rd Grade **A-J** 1:00-3:00 **K-Z** 4:30-6:30  
7th Grade **A-J** 1:00-3:00 **K-Z** 4:30-6:30

### Friday 8/21

Scheduled Zoom meetings with Remote Students or families that do not feel comfortable attending in person.

### Monday 8/17

Seniors Cohort A 1:30-3:00  
Seniors Cohort B 3:30-6:00  
8th Grade Cohort A Orientation 6:30-7:30

### Tuesday 8/18

Juniors Cohort A 1:30-3:00  
Juniors Cohort B 3:30-6:00  
8th Grade Cohort B Orientation 6:30-7:30

### Wednesday 8/19

Sophomores Cohort A 1:30-3:00  
Sophomores Cohort B 3:30-6:00

### Thursday 8/20

Freshmen Cohort A 1:30-3:00  
Freshmen Cohort B 3:30-6:00

### Friday 8/21

100% Remote Learners 1:30-5:00  
Zoom meetings are available.

Families with students in multiple grade levels can stop by the office so that we can make sure that all siblings can meet their teachers while at school. All visitors must complete a health screening.

## Screening of Students

We ask that parents monitor their child's temperature and any signs of COVID-19 symptoms (fever 100F or higher, chills, new cough, shortness of breath, new loss of taste or smell) at home prior to sending them to school. Parents are asked to keep their child at home if any of the symptoms are present.

Students will be given a second health assessment upon arriving to school. Temperature will be taken if they answer yes to any of the questions. If the student is highly suspicious of COVID-19, testing will be recommended. If the test is negative, they may return to school when they are fever free for 24 hours. If the student receives a positive test for COVID-19, parents will report that to the school nurse and the student will be on an automatic 10 day quarantine from the date of their positive test.

Any student or staff member reporting they have been in close contact with a positive COVID-19 person will be on an automatic 14 day quarantine from the date of their last exposure to the positive person.

### Close Contact Defined:

- You were within 6 ft of someone who has COVID-19 for at least 15 mins
- You provided care at home to someone sick with COVID-19
- You had direct physical contact with someone sick from COVID-19 (touch, hugged, kissed, etc.)
- You shared eating or drinking utensils
- The person sick with COVID-19 sneezed, coughed, or somehow got respiratory droplets on you

Tracing protocols per CDC and VDH will be followed with any positive COVID-19 cases. Remote learning and any materials needed will be offered to any students who are required to quarantine from in-person instruction.