



# Archbishop Damiano School Update

November 2021



## Message from Michele

Dear Parents & Guardians,

At ADS the signs of Fall are everywhere! Thanksgiving crafts the students have proudly created fill our hallways, in our horticulture program students picked the fall harvest from our garden, and activities about leaves, pumpkins and the changing seasons can be heard coming from classrooms. It has been a bountiful and fruitful year so far with much to be thankful for. I hope you were able to connect with your child's teacher for parent/teacher conferences to learn about your child growth and progress over the course of this school year. I continue to be proud of our students and all that they accomplish, as well as our remarkable and passionate staff for their commitment and dedication. With every step, everyday we continue to move forward. Soon we will wave goodbye to fall and welcome winter. There is much in store for the month of December. You will receive information on holiday events sponsored by our community partners, there will be in school events such as ugly sweater day and the grand opening of our new school store where all students will practice community skills of shopping... to shop for holiday presents for family and friends. If you are on social media, be sure to check out the ADS Facebook page for photos of school happenings.

As we look to the long Thanksgiving weekend where many will visit family and friends, please take a moment to review the attached information regarding our safety and travel guidelines. On behalf of myself and all the staff at ADS, we wish you and your family a Happy, Healthy and Safe Thanksgiving!

## Health Updates

- Did you know that the COVID-19 vaccination is available for children 5-11? Information is attached.
- If your child received the COVID-19 vaccine, please notify our school nurses and provide them with proof of vaccination. This facilitates any contact tracing that needs to be completed and having this knowledge would allow us to best determine if your child's need to quarantine if exposed to an individual that tests positive for COVID-19.
- Travel Guidelines for Unvaccinated Individuals- While the NJ Travel Advisory is no longer in effect for vaccinated individuals, ADS will follow CDC guidance regarding domestic and international travel for unvaccinated individuals. Please see attached information. These quarantine standards must be observed. Please contact the school nurse if your child needs to quarantine based on the attached criteria.
- If your child is absent for the day, please contact the school nurses to notify them of your child's absence. They are doing their best to track illness and maintain the good health of our students.
- As we soon will enter flu and cold season, please be mindful of sharing any signs of illness with the school nurses. The care and safety of our child and all students is their priority. This will help them to best manage the health and safety needs of our students.

Please contact our nurses at 856-848-4700. Their extensions are below.

- Linda Hughes- Ext. 1180 (Nurse in ECC)
- Mary Meduri- Ext. 1154 (Nurse in ADS)
- Stephanie Gjerme- Ext. 1147 (Nurse in ADS)

## Looking Ahead

- 12/4/21- POW/MIA- Holiday Toy Giving Event
- 12/8/21- Nostalgia Knights Student Holiday Event
- 12/10/21- Knights of Columbus Santa Visit (ECC Only)



Dwarf heirloom corn that was planted in the garden last spring and harvested this fall by Room 28



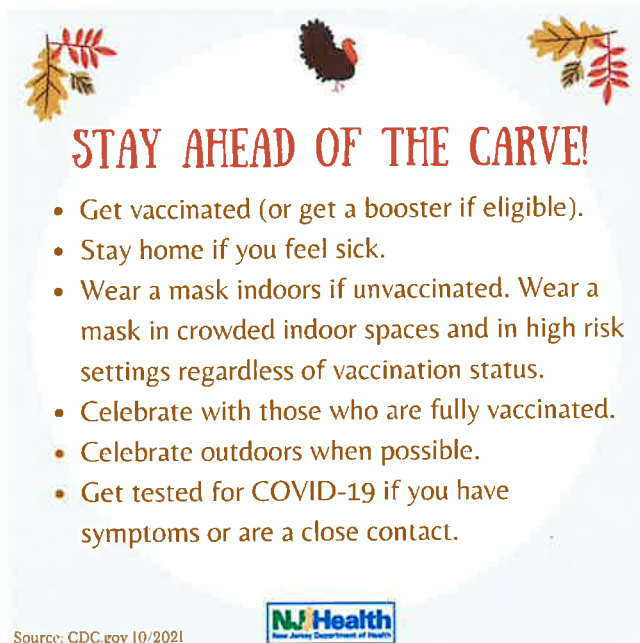
## HOLIDAY GUIDANCE

November 16, 2021

Although the availability and use of effective vaccines promises a return toward normalcy for this year's holiday season, it's still important to continue taking steps to lessen the risk to you, your family, and your friends. Be sure to follow the guidelines below and share them with others in your family, community, and place of work.

- Get vaccinated against the flu and COVID-19. If eligible, get your COVID-19 booster.
- Everyone 2 years and older who is not fully vaccinated should wear a mask when in indoor public places. You may also want to wear a mask indoors, even if vaccinated, in higher risk settings, including crowds, where the vaccination status of others is not known, and if you are at increased risk of severe disease. Consider wearing a mask to protect others around you who are at high risk of severe disease.
- Celebrate outside when possible or in well-ventilated areas.
- If you have any COVID-19 symptoms, stay home and do not host or attend gatherings.
- Get tested if you have COVID-19 symptoms or are a close contact of someone with COVID-19.
- Delay travel until fully vaccinated.
- If traveling over the holiday season, be sure to visit the new [NJDOH Traveler's Health page](#) for travel-related guidance! Remember that masks are required on all modes of public transportation and in transportation hubs.
- Utilize the infographics below to promote a safe holiday season. Please see the [website](#) for PDF versions of the infographics.

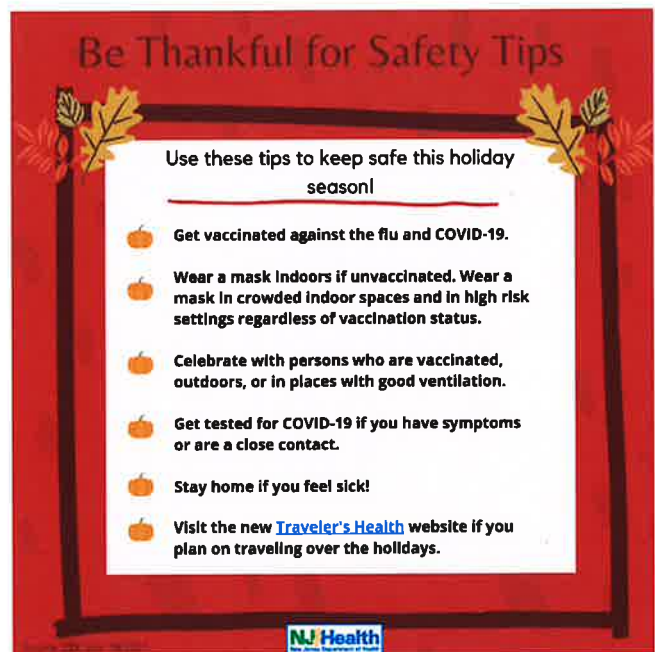

When we work together to protect our health as well as the health of others, we can enjoy safer holidays and travel.



**STAY AHEAD OF THE CARVE!**

- Get vaccinated (or get a booster if eligible).
- Stay home if you feel sick.
- Wear a mask indoors if unvaccinated. Wear a mask in crowded indoor spaces and in high risk settings regardless of vaccination status.
- Celebrate with those who are fully vaccinated.
- Celebrate outdoors when possible.
- Get tested for COVID-19 if you have symptoms or are a close contact.


Source: CDC.gov 10/2021



**Be Thankful for Safety Tips**

Use these tips to keep safe this holiday season!

- Get vaccinated against the flu and COVID-19.
- Wear a mask indoors if unvaccinated. Wear a mask in crowded indoor spaces and in high risk settings regardless of vaccination status.
- Celebrate with persons who are vaccinated, outdoors, or in places with good ventilation.
- Get tested for COVID-19 if you have symptoms or are a close contact.
- Stay home if you feel sick!
- Visit the new [Traveler's Health](#) website if you plan on traveling over the holidays.





# COVID-19

## COVID-19 Vaccines for Children and Teens

Updated Nov. 23, 2021

### Most Children and All Teens Can Get COVID-19 Vaccines

CDC recommends everyone ages 5 and older get a COVID-19 vaccine to help protect against COVID-19.

Authorized For	Pfizer-BioNTech	Moderna	J&J / Janssen
4 years and under	No	No	No
5–11 years old	Yes	No	No
12–17 years old	Yes	No	No
18 years and older	Yes	Yes	Yes

Widespread vaccination for COVID-19 is a critical tool to best protect everyone from COVID-19 and COVID-19 related complications. Children and teens who are fully vaccinated can safely resume many activities that they did prior to the pandemic.

Learn about [myths and facts](#) or get answers to [frequently asked questions](#) about COVID-19 vaccines for children.

### Find a COVID-19 Vaccine for Children 5 Years and Older

- The federal government is providing the COVID-19 vaccine **free of charge** to all people living in the United States, regardless of their immigration or health insurance status.
- Check with your child’s healthcare provider about whether they offer COVID-19 vaccination.
- Check your local pharmacy’s website to see if vaccination walk-ins or appointments are available for children.
- Contact your [state](#), [territorial](#), [local](#), or [tribal health department](#) for more information.



**Find a COVID-19 vaccine:** Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

## Why Children and Teens Should Get Vaccinated for COVID-19

There are approximately 28 million children between the ages of 5 and 11 years old in the United States, and there have been nearly 2 million cases of COVID-19 within this age group during the pandemic. COVID-19 can make children very sick and cause children to be hospitalized. In some situations, the complications from infection can lead to death.

Children are as likely to be infected with COVID-19 as adults and can

- Get very sick from COVID-19
- Have both short and long-term health complications from COVID-19
- Spread COVID-19 to others, including at home and school

As of mid-October 2021, children ages 5 through 11 years have experienced more than 8,300 COVID-19 related hospitalizations and nearly 100 deaths from COVID-19. In fact, COVID-19 ranks as **one of the top 10 causes of death** for children aged 5 through 11 years.

Children who get infected with COVID-19 can also develop serious complications like [multisystem inflammatory syndrome \(MIS-C\)](#)—a condition where different body parts become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. Since the pandemic began, more than 2,300 cases of MIS-C have been reported in children ages 5 through 11 years. Children with [underlying medical conditions](#) are more at risk for severe illness from COVID-19 compared with children without underlying medical conditions.

## Help Protect Your Child, Your Family, and Others

Getting a COVID-19 vaccine can help protect children ages 5 years and older from getting COVID-19.

- Vaccinating children can help protect family members, including siblings who are not eligible for vaccination and family members who may be at increased risk of getting very sick if they are infected.
- Vaccination can also help keep children from getting seriously sick even if they do get COVID-19.
- Vaccinating children ages 5 years and older can help keep them in school and help them safely participate in sports, playdates, and other group activities.

Help protect your whole family and slow the spread of COVID-19 in your community by getting yourself and your children ages 5 years and older vaccinated against COVID-19.

### Protect Unvaccinated Children

Unvaccinated children ages 2 years and older should wear a mask in public spaces and around people they don't live with. Learn more about [protecting unvaccinated family members](#).

## COVID-19 Vaccines Are Safe for Children and Teens

Before recommending COVID-19 vaccination for children, scientists conducted clinical trials with thousands of children and no serious safety concerns were identified. The FDA gave the [Pfizer-BioNTech COVID-19 vaccine](#) emergency authorization to use in children ages 5-15 years old and full approval to use in people ages 16 years and older. Learn more about the [process of developing, authorizing, and approving COVID-19 vaccines](#).

**The benefits of COVID-19 vaccination outweigh the known and potential risks. Get a COVID-19 vaccine for children ages 5 years and older as soon as you can.**

COVID-19 vaccines are being monitored for safety with the most comprehensive and intense safety monitoring program in U.S. history. CDC monitors the safety of all COVID-19 vaccines after the vaccines are authorized or approved for use, including the risk of myocarditis in children ages 5 through 11 years.

- Your child may get a COVID-19 vaccine and other vaccines, including flu vaccine, at the same time.

- Serious health events after COVID-19 vaccination are rare.
- Cases of **myocarditis** (inflammation of the heart muscle) and **pericarditis** (inflammation of the outer lining of the heart) have been reported after Pfizer-BioNTech COVID-19 vaccination of children ages 12–17 years. These reactions are rare; in one study, the risk of myocarditis after the second dose of Pfizer-BioNTech in the week following vaccination was around 54 cases per million doses administered to males ages 12–17 years.
  - In general, adolescents ages 12 through 17 years have a higher risk for myocarditis than children ages 5 through 11 years. During clinical trials, no cases of myocarditis occurred in children ages 5 through 11 years who received the COVID-19 vaccine.
- A **severe allergic reaction**, like anaphylaxis, may happen after any vaccine, including COVID-19 vaccines, but this is rare.
- Your child cannot get COVID-19 from any COVID-19 vaccine, including the Pfizer-BioNTech vaccine. Learn more about how mRNA vaccines, like the Pfizer-BioNTech vaccines, work.
- There is no evidence that COVID-19 vaccines cause fertility problems.

## COVID-19 Vaccine Dosage and Administration for Children and Teens

- Unlike many medications, COVID-19 vaccine dosage does not vary by patient weight but by age on the day of vaccination.
- Adolescents ages 12 years and older receive the same dose of Pfizer-BioNTech COVID-19 vaccine as adults.
- Children ages 5 through 11 years receive an age-appropriate dose of the Pfizer-BioNTech COVID-19 vaccine.
  - The Pfizer-BioNTech COVID-19 vaccine for children ages 5 through 11 years has the same active ingredients as the vaccine given to adults and adolescents. However, the Pfizer-BioNTech vaccine for adults and adolescents **cannot** be used for children ages 5 through 11 years.
- Your child will need a second shot of the Pfizer-BioNTech vaccine three weeks after their first shot.
  - If a child turns from 11 to 12 years of age in between their first and second dose, the second dose should be the Pfizer-BioNTech vaccine for people 12 years and older. However, if the child receives the Pfizer-BioNTech COVID-19 vaccine for children ages 5 through 11 for their second dose, they do not need to repeat the dose.



## Preparing Children and Teens for Vaccination

The experience of getting a COVID-19 vaccine will be very similar to the experience of getting routine vaccines. Use our [tips to support your child before, during, and after routine vaccinations](#) when they get a COVID-19 vaccine.

- Talk to your child before vaccination about [what to expect](#).
- It is **not recommended** you give pain relievers before vaccination to try to prevent side effects.
- Tell the doctor or nurse about any allergies your child may have.
- To prevent fainting and injuries related to fainting, your child should be seated or lying down during vaccination and for 15 minutes after the vaccine is given.
- After your child's COVID-19 vaccination, you will be asked to stay for 15–30 minutes so your child can be observed in case they have a severe allergic reaction and need immediate treatment.

## After Your Child's COVID-19 Vaccination

### Possible side effects

Your child may have some [side effects](#), which are normal signs that their body is building protection.

## On the arm where your child got the shot:



- Pain
- Redness
- Swelling

## Throughout the rest of their body:



- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

These side effects may affect your child's ability to do daily activities, but they should go away in a few days. Some people have no side effects and severe allergic reactions are rare. If your child **experiences a severe allergic reaction** after getting a COVID-19 vaccine, vaccine providers can rapidly provide care and call for emergency medical services, if needed.

Ask your child's healthcare provider for advice on using a non-aspirin pain reliever and other steps you can take at home after your child gets vaccinated. In general, aspirin is **not recommended** for use in children and adolescents less than 18 years of age. Placing a cool, damp cloth on the injection site can help with discomfort.

## Get Started with v-safe

Get started with **v-safe**, a free, easy-to-use, and confidential smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after COVID-19 vaccination. Through v-safe, parents and caregivers can create or use their own account to enter their child's information and report how their child is feeling after getting vaccinated. **V-safe** also sends reminders for a child's second dose. Learn more about **v-safe** and share this tool with other parents and caregivers to use after vaccination.

## Related Pages

- › [Find a COVID-19 Vaccine](#)
- › [Key Things to Know About COVID-19 Vaccines](#)
- › [Myths and Facts About COVID-19 Vaccines](#)
- › [Frequently Asked Questions about COVID-19 Vaccination in Children](#)
- › [Get Started with v-safe](#)
- › [Pfizer-BioNTech COVID-19 Vaccine \(5 Through 11 Years of Age\)](#)
- › [How mRNA COVID-19 Vaccines were Developed](#)
- › [COVID-19 and Kids: How mRNA Vaccines Work](#)
- › [Resources to Promote the COVID-19 Vaccine for Children & Teens](#)