# St. John the Baptist School Weekly Newsletter (BFF)

**September 8, 2021**

## A note from the Principal:

Dear Families,

The day may have started out a little wet, and the bus did not come to pick up my kids, but the day ended with sunshine and everyone getting on the right bus! In my book, that is a win!

The first few days of school are always exhausting for students and teachers, so don't be surprised if everyone has an early night. I have attached some helpful information and parent resources to this email. **PLEASE GET IN THE HABIT OF CHECKING AND READING THESE WEEKLY EMAILS.** This is the primary form of communication for the school.

Many Blessings,
Principal Jonna Johnson

## THINGS TO NOTE:

1. **Lunches/Ice Cream** - Lunches will continue to be free for all students. Chips ($.50) and ice cream ($1.00) can be purchased separately. You may choose to set up a lunch account or send in money daily.
2. **Snacks & Water Bottles -** Your child should bring a water bottle daily. These can be refilled at school if needed. Snacks should also be sent daily. Healthy snacks that are low in sugar and high in protein are best for growing minds.
3. **Daily At Home Health Questionnaire -** A health questionnaire was sent out last week and is posted on our website. Review this document carefully. By sending your child to school each day you are attesting that your child is free of COVID 19 symptoms, fever free, and has not been in contact with anyone that has a confirmed case of COVID 19 in the past 10 days.

## ATTACHED DOCUMENTS:

COVID-19 Symptom Flowchart

COVID-19 When Can My Child Return to School Flowchart

COVID-19 Daily At Home Health Questionnaire

Mrs. O'Brien & Dakota Introduction Letter

Mrs. Terranova's Welcome Letter

Mrs. Terranova's Monthly Newsletter - September

# NYSDOH COVID-19 In-Person Decision Making Flowchart for Student Attendance

## Can My Child Go To School Today?

**In the past 10 days, has your child been tested for the virus that causes COVID-19, also known as SARS-CoV-2?**

**YES**

**Was the test result positive OR are you still waiting for the result?**

**YES**

Your child **cannot** go to school today.

They must stay in isolation (at home and away from others) until the test results are back and are **negative OR** if **positive**, the local health department has released your child from isolation.

**NO**

**In the last 14 days, has your child:**

- Traveled internationally to a CDC level 2 or 3 COVID-19 related travel health notice country; or
- Traveled to a state or territory on the NYS Travel Advisory List; or
- Been designated a contact of a person who tested positive for COVID-19 by a local health department?

**YES**

Your child **cannot** go to school today.

They must stay at home until your local health department releases your child from quarantine, at least 14 days.

A negative diagnostic COVID-19 test does not change the 14-day quarantine requirement.

**NO**

**Does your child currently have (or has had in the last 10 days) one or more of these new or worsening symptoms?**

- A temperature greater than or equal to 100.0° F (37.8° C)
- Feel feverish or have chills
- Cough
- Loss of taste or smell
- Fatigue/feeling of tiredness
- Sore throat
- Shortness of breath or trouble breathing
- Nausea, vomiting, diarrhea
- Muscle pain or body aches
- Headaches
- Nasal congestion/runny nose

**YES**

Your child **cannot** go to school today.

Your child should be assessed by their pediatric healthcare provider (HCP). Call your child's HCP before going to the office or clinic to tell them about your child's COVID-19 symptoms. If your child does not have a HCP, call your local health department.

**NO**

**Your child CAN go to school today.**

**Make sure they wear a face covering or face mask, practice social distancing, and wash their hands!**

Report absences, symptoms, and positive COVID-19 test results to your child's school.

## SEEK IMMEDIATE MEDICAL CARE IF YOUR CHILD HAS:

- Trouble breathing or is breathing very quickly
- Prolonged fever
- Is too sick to drink fluids
- Severe abdominal pain, diarrhea or vomiting
- Change in skin color - becoming pale, patchy and/or blue
- Racing heart or chest pain
- Decreased urine output
- Lethargy, irritability, or confusion

# My child has COVID-19 symptoms. When can they go back to school?

**HEALTHCARE PROVIDER (HCP) EVALUATION FOR COVID-19 (can be in-person or by video/telephone as determined by HCP)**

**HCP Recommends COVID-19 Diagnostic Test**

**STAY OUT OF SCHOOL**
**and in isolation until test result is back**

**Positive Test Result**

Your local health department will contact you to follow up.

**Your child must remain in isolation (at home and away from others) until your local health department has released them from isolation,** which is typically:

- 10 days after symptom onset; **AND**
- Child's symptoms are improving; **AND**
- Child is fever-free for at least 72 hours without use of fever reducing medicines.

While your child is in isolation, **all members of the household must quarantine at home until released by the local health department,** typically 14 days.

*Note: A repeat negative COVID-19 test is not required for return to school.*

**Negative Test Result**

If your child's symptoms are improving **AND** they are fever-free for at least 24 hours without the use of fever reducing medicines, your child **may return to school** with:

- A note from HCP indicating the test was negative **OR**
- Provide a copy of the negative test result.

**OR**

**HCP Gives Alternate Diagnosis**

If your child's HCP provides a diagnosis of a known chronic condition with unchanged symptoms, or a confirmed acute illness (examples: laboratory-confirmed influenza, strep-throat) **AND** COVID-19 is not suspected, then a note signed by their **HCP explaining the alternate diagnosis is required** before your child will be allowed to return to school. They may return to school according to the usual guidelines for that diagnosis.

*Note: a signed HCP note documenting unconfirmed acute illnesses, such as viral upper respiratory illness (URI) or viral gastroenteritis, will not suffice.*

**COVID-19 Diagnostic Test Recommended but Not Done and No Alternate Diagnosis**

**Child is Not Evaluated by HCP**

**Your child must remain in isolation at home** and is not able to go back to school until your local health department has released them from isolation, which is typically:

- At least 10 days have passed since date of first symptoms; **AND**
- Child's symptoms are improving; **AND**
- Child is fever-free for at least 72 hours without use of fever reducing medicines.

COVID-19 diagnostic testing includes molecular (e.g., PCR) or antigen testing for SARS-CoV-2, the virus that causes COVID-19. Diagnostic testing may be performed with a nasopharyngeal swab, nasal swab, or saliva sample, as ordered by the health care provider and per laboratory specifications. At times, a negative antigen test will need to be followed up with a confirmatory molecular test. Serology (antibody testing) cannot be used to rule in or out acute COVID-19.

**Appendix A: Health Screening Questionnaire**

# COVID-19 HEALTH QUESTIONNAIRE

**DATE:** _____

**NAME:** _____

**QUESTIONS:**

1) **Have you experienced symptoms of COVID-19 such as fever (temperature of 100°F or above) or chills, muscle or body aches, cough, shortness of breath or difficulty breathing, fatigue, headache, sore throat, nasal congestion or runny nose, nausea or vomiting, diarrhea, or new loss of taste and/or smell in the past 10 days?**

   **Please answer "yes" only if you are experiencing a new onset of symptoms OR you are experiencing a change in symptoms from your baseline if you have a known pre-existing medical condition (e.g. asthma, allergies).**

☐ No ☐ Yes

2) **Is your temperature 100 degrees Fahrenheit or greater today?**

☐ No ☐ Yes

3) **Have you tested positive for COVID-19 in the past 10 days?**

☐ No ☐ Yes

4) **Have you had contact with anyone confirmed or suspected of having COVID-19 in the past 10 days?**

☐ No ☐ Yes

***If you checked YES to any of the above questions, please STOP and notify administration immediately***

**SIGNATURE:** _____

8/19/2021

CATHOLIC CHARITIES
HOPE for all seasons

September 2021

Dear Parent/Guardian:

I would like to take the opportunity to introduce myself and the In-School Social Work Program. My name is Ally Terranova and I am the social worker/counselor employed by Catholic Charities of Buffalo. Through our partnership with St John's, I can provide social emotional learning and skill-building to your child(ren). The goal of this program is to promote learning engagement, academic success, and positive social and emotional growth.

Topics often covered include:

- Respect and caring for self and others
- Effective communication and conflict resolution skills
- Problem solving skills to make responsible choices
- Managing and expressing emotions
- Healthy stress-management strategies
- Developing resiliency, positive goal-setting and striving for one's personal best.

In addition to classroom presentations, I have the privilege of collaborating with St. John's teachers and administrators to identify and respond to students' needs so they have an enriching experience that fits with the beliefs and aspirations of a Catholic education. Teachers and administrators sometimes make referrals for counseling. If this happens, I will contact you to discuss how to effectively address your child's needs and if agreed upon, obtain consent to begin seeing your student regularly. **You** can also request counseling for your student by contacting me any time during the year. Occasionally, a student will ask to meet with me or stop in to talk. I will always try to be a support to them and problem solve when necessary.

My hope is you welcome the In-School Social Work Program and the benefits it brings your child. <u>If you agree to have your child participate in this voluntary program, a response is not necessary</u>. If, on the other hand, you **do not want** your child to participate, you must return the second section of this letter to your child's teacher by September 17th, 2021.

If you have any questions or concerns, please do not hesitate to contact me at 716-387-3340. I may also be reached at St. John's on Wednesdays and Fridays when school is in session. Wishing you and your child(ren) a healthy, happy, and productive school year.

Sincerely,

Ally Terranova

Mrs. Ally Terranova, LMSW

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Catholic Charities of Buffalo In School Social Work Program
Attn: Ally Terranova, LMSW

____ I do **NOT** want my child to participate in Catholic Charities' social emotional learning programs.
**(Please fill out below if you checked the above line.)**

Student's Name _____

Grade _____ Teacher _____

Parent/Guardian Signature _____

Date: _____

# News from the School Counselor

## Introduction

I wanted to introduce myself to the new families that may not be familiar with my services here. My name is Mrs. Ally Terranova, LMSW and I have been working through Catholic Charities as the school social worker here at St. John's for 2 years now. I provide individual counseling, small groups, and classroom group lessons focusing on social-emotional learning. I am here 2 days a week from 7:30-2:30. If interested in any of my services, please feel free to contact me at any time!

**Phone: 716-387-3340 or Email: allison.terranova@ccwny.org**

## Student Screenings

I will be sending home screening forms (similar to last year). These forms are to get an idea of the needs of families/students. A letter will be sent home with more information.

## Updates

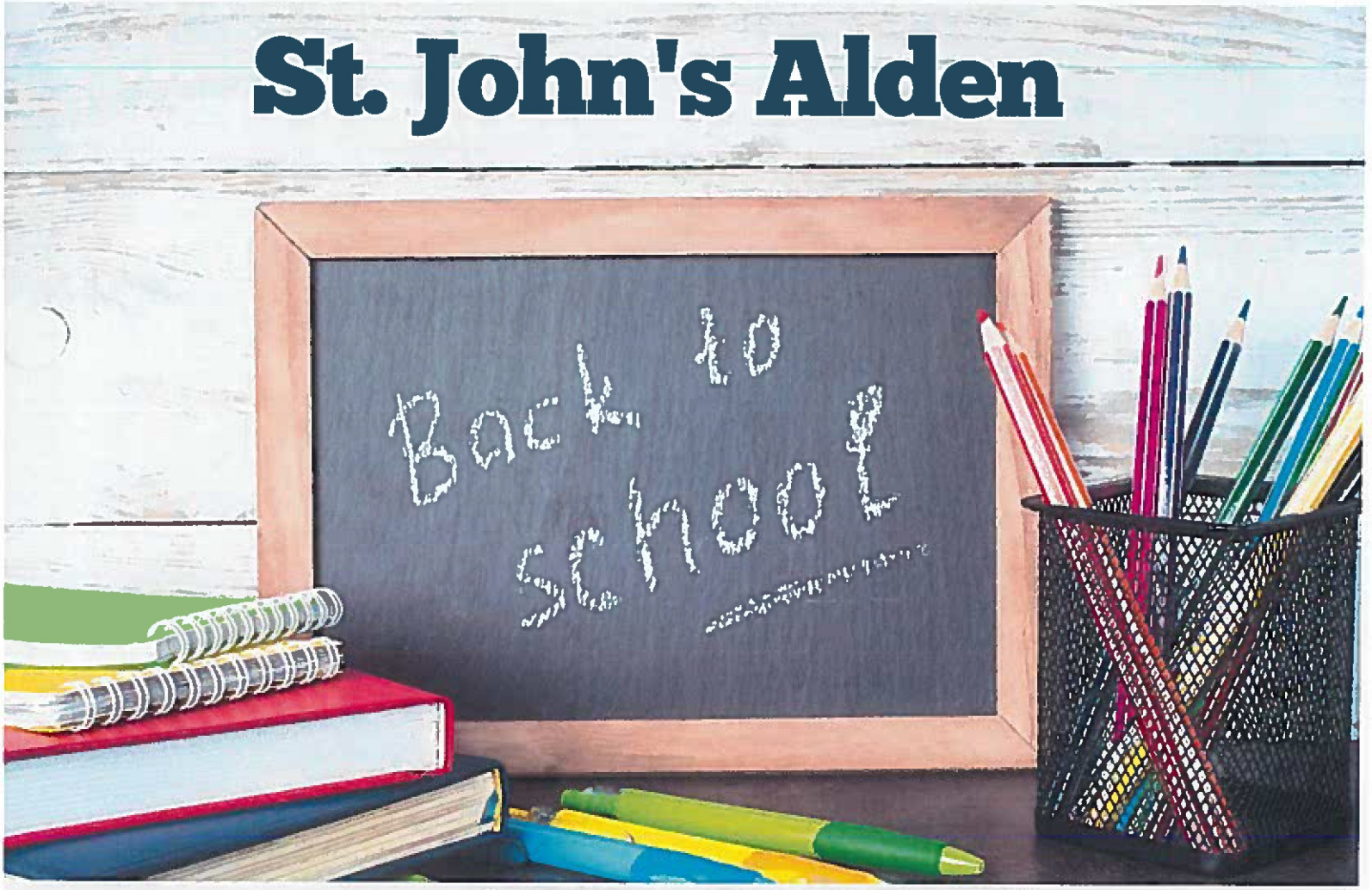
I will be going on leave sometime in October and will hopefully have a replacement for me while I am out. More information will be provided.

## My website

https://sites.google.com/sjsbatavia.org/mrsterranova/home

Above is my website created for parents (and students) to get access to resources, crisis numbers, or fun social-emotional learning. You can also contact me through there by using a support form if you need any support from me during the school year.

# St. John's Alden




## SEPTEMBER 2021 NEWSLETTER

## Welcome back!

I really cannot believe that I am writing the first newsletter already for the 2021-2022 school year. I hope you and your family took these last 2 months to relax and refresh to prepare for another exciting and eventful school year. Maybe you went camping, went to an amusement park, spent time with family, went swimming...whatever you did, I hope it was FUN. I am so excited to be back for my 3rd year providing social-emotional learning to the students. I look forward to a successful year filled with learning, teaching, and GROWING!

-Mrs. Terranova

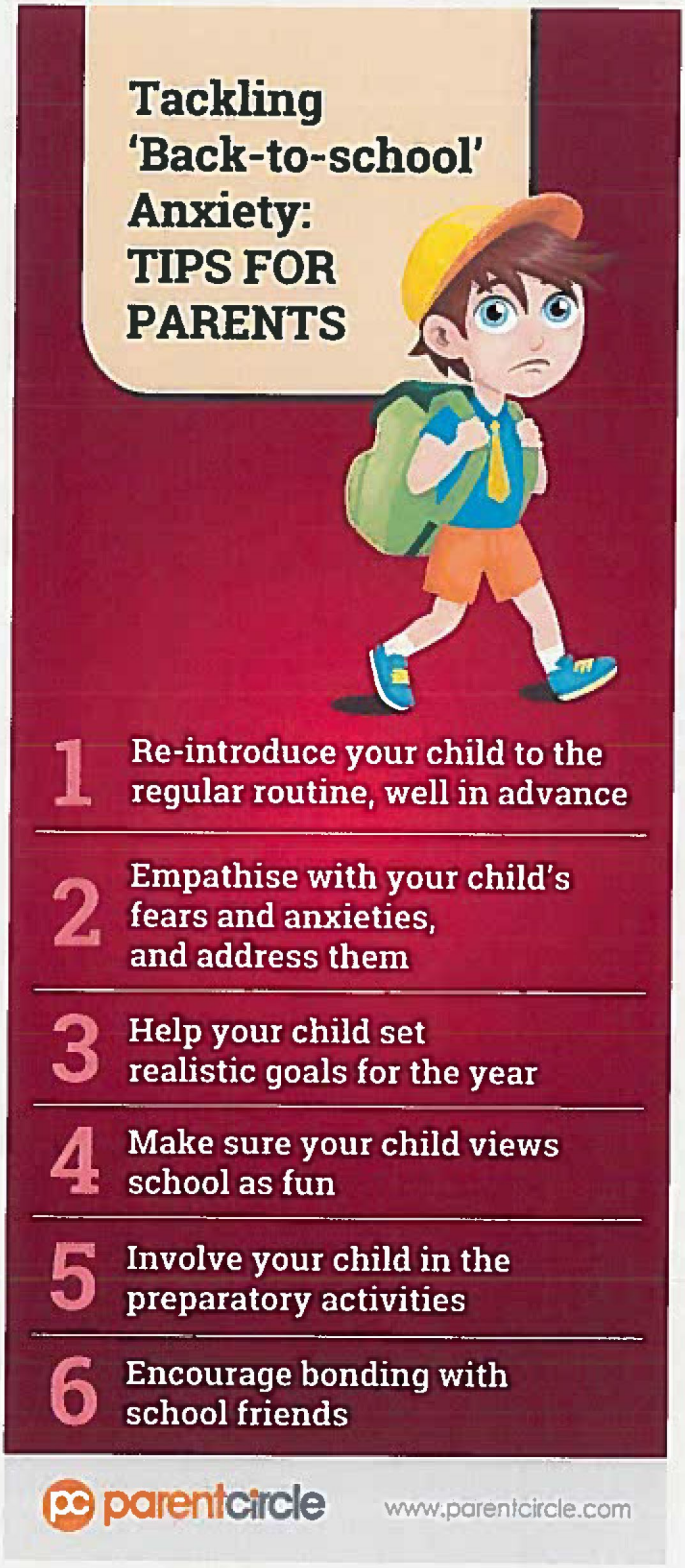
Inside this issue:


- Back to School Tips
- Mindfulness
- Social Worker News
- Important Phone Numbers/Resources

# Back to School Tips for New and Returning Students

- Ask for help from the school-if you have any concerns or questions, try to contact the school a week or two before school starts.
- If your child is nervous (new situations or new school), this NORMAL. Take them to visit the school a few days early. Remind them that there are other students who may be feeling the same way.
- BE POSITIVE. Remind your child of all the positive aspects of starting school: seeing old friends, meeting new friends, talk about their summer, meeting their teacher, etc.
- Attend any orientations or meetings before school to get comfortable.
- Create a sleep/wake schedule for your child to get used to a new school routine.
- Have your child eat a nutritious breakfast for better concentration and energy throughout the day.
- Schedule some time after school to talk with your child about how their day went.

**HealthyChildren.org**



# DISCUSSING BACK TO SCHOOL WORRIES WITH YOUR CHILD

## THINGS TO REMEMBER

- **Worries are normal.**
  The goal is not to avoid worry but to help children learn how to manage it.
- **Keep your own worries in check.**
  Learning to manage your own worries can help you be present for your child.
- **Discussing worries do not amplify them.**
  Generally, discussing worries with children helps relieve their fear.

## A FEW QUESTIONS TO START THE CONVERSATION

"What are some things you are looking forward to about school?"

"When you think about the first day of school, what comes to mind?"

"What feels hard about going back to school?"

"What makes going back to school easier or better?"

"Is there anything you wish you could change about going back to school?"

### LISTEN

Avoid minimizing feelings: "That's not a big deal" or "Why are you worried about such a silly thing?"

### ASK NON-JUDGMENTAL QUESTIONS

Avoid leading with questions that could be seen as judgemental or that children probably cannot answer: "Why are you so worried?" "Why do you feel that way?"

### LIMIT SOLUTIONS (TO START WITH)

Avoid jumping straight to solutions. Give kids time to vent their feelings. Then brainstorm together: "What are some ways you could handle that?", "Would you like me to suggest some ideas for that situation?"

### HELP THEM FEEL CONNECTED AND SAFE

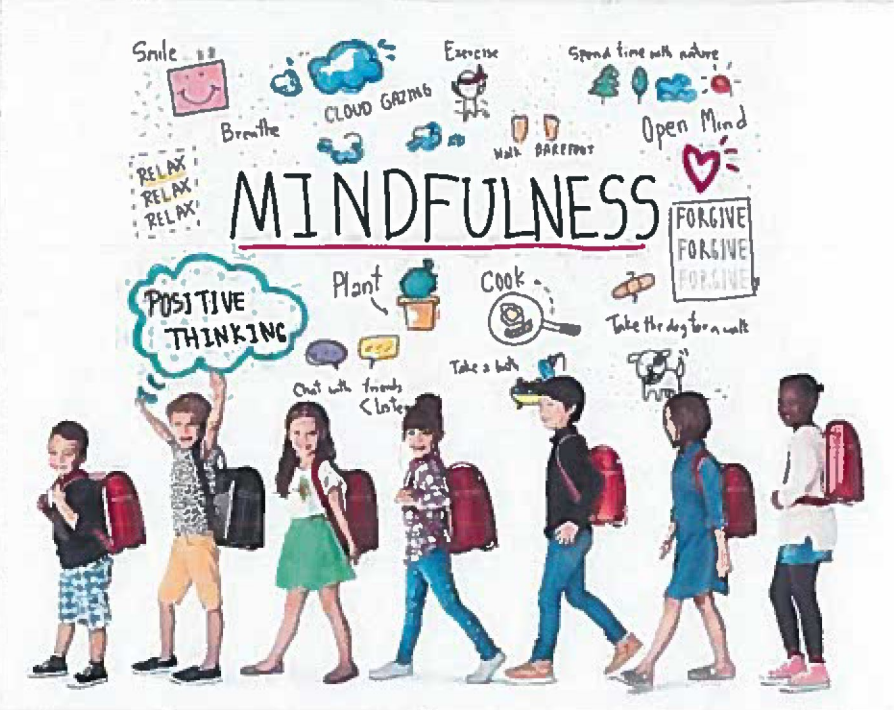
Reinforce your love and support. "Is there anything I can do to make the first day easier for you?" "I'll be thinking of you when you are at school.", "I'll be waiting right by the bus stop when you come home from school."

# Let's talk MINDFULNESS

**Mindfulness**: the ability to bring your attention back to the present moment.

**Why is this important?**

It allows us to observe our thoughts and feelings and create self-awareness.

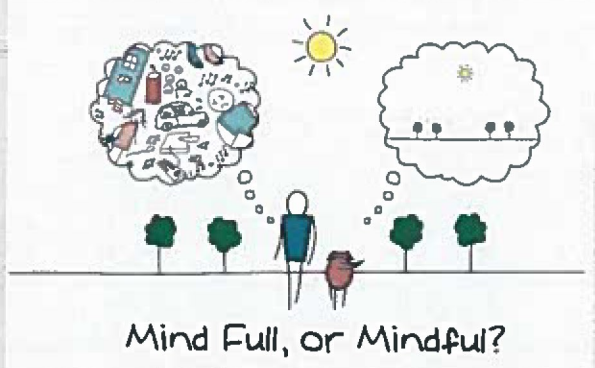



## How do we practice MINDFULNESS?

**Breathing**: taking deep breaths to relax your mind and body. You can use a pinwheel, bubbles, balloons, and pretending with a candle.

**Body scans**: helps recognize when our body is in a calm vs. tense state. Have your child tense up all of their muscles for 10-15 seconds. Have them release their tense muscles and relax. Ask them how they feel!

**Take a walk**: Being outside helps children be present in the moment and calm their bodies. Point out different smells or sounds.



# Resources and Phone Numbers

Crisis Services
www.crisisservices.org
**716-834-3131 *Call 24/7**

Spectrum C.A.R.E.S.
www.shswny.org/services/cares
**716-882-4357 *Call 24/7**

**Catholic Charities-Monsignor Carr Clinics** 716-895-1033
www.ccwny.org
**Brylin Behavioral Health System** 716-632-5450
**Jewish Family Services** 716-883-1914
www.jfsbuffalo.org
**BestSelf Behavioral Health** 716-884-0888
www.bestselfwny.org
**Spectrum Human Services** 716-884-5797
www.shswny.com
**Child and Family Services** 716-842-0668
www.cfsbny.org
**Baker Victory Services** 716-828-9500
www.bakervictoryservices.org
**Gateway-Longview** 716-783-3100
www.gateway-longview.org
**New Directions Youth and Family Services** 716-839-1392
www.fosteringgood.org

# MEET THE teacher

**Señora O'Brien**

## Welcome to Art and Spanish!

Hi! My name is Sra. O'Brien and I can't wait to get to know you! We are going to have a lot of fun learning together this year! I have so many really cool things planned for Art and Spanish. I am so excited for the school year to begin! Unfortunately eventhough I see everyone for Art, Spanish is grades 2-8 only

## About Me

This is my 26th year of teaching. I have degrees in Art and Spanish Education and my masters work is in Student Personnel Administration. I love books, art, and music; anything cultural. When I'm not teaching you'll find me spending time with my best friends Dakota and Jury. Since we live close, you will see us all over town, even at Darien Lake!

## A Few of My Favorite Things

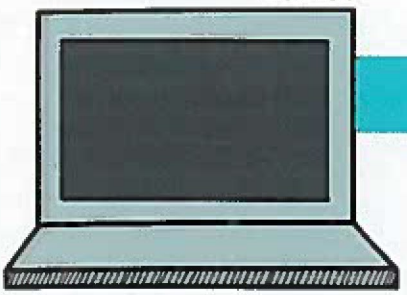
**Color:** Depends on the day, usually cool colors

**Book:** Fablehaven series, Harry Potter, Son of Angels series

**Food:** Vanilla Custard or Cookies and Cream Ice Cream

**Candy:** Twizzlers and Kit Kat

**Hobbies:** Reading, Baking, Dog Training, Remodeling My House



## Contact Information

Phone: 716-937-9483
Email: kate.obrien@stjohnsalden.org
Email is best, the phone number goes directly to the office

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# MEET THE teacher

**Dakota**

## Welcome Back to School!

Hi! My name is Dakota and I can't wait to get to know you or see you again! We are going to have a lot of fun this year but, you will need to remember the rules with me. Please remember to let me come to you when we are in class and ask if we see one another in the hall before you touch me. I am VERY gentile but, I don't want to be scared of you either.

## About Me

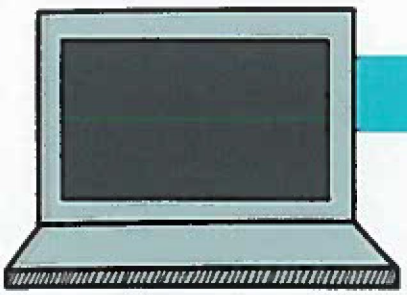
This is my 3rd year of teaching. I am certified in Therapy but I am also a Task Trained Service Dog. I love balls, stuffed animals and cookies! When I'm not working, you'll find me spending time with my sister Jury. She thinks she knows everything but, she's still a baby. I love seeing "my kids," i get really excited when i see them in public.

## A Few of My Favorite Things

**Food:** Milk bones & peanut butter

**Candy:** Mom won't let me eat it

**Hobbies:** playing, swimming, wrestling with my sister, and escaping from the yard (it's a game my mom and I play; she doesn't think it's funny)



## Contact Information

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