



NEW PROVIDENCE SCHOOL DISTRICT

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Dear Parents/Guardians,

We would like to share some updated health information and reminders given the changing environment involving the coronavirus pandemic. With the onset of cold and flu season and the upcoming holidays, we are working to protect the health of the school community. Thank you for your ongoing support of the district's efforts to maintain a healthy environment for our students to learn and grow in.

Please review the following important reminders and updates. Thank you for taking the time to read this letter. Feel free to contact your child's school nurse if you have any questions.

Quarantine, isolation, and return to school:

- **Related to travel:** The school district is following New Jersey Department of Health (NJDOH) guidelines related to travel advisories. Any student who travels to an impacted state or international destination must adhere to the 14-day quarantine upon their return to New Jersey. Students who have traveled to locations on the NJDOH [travel advisory list](#) will not be allowed to attend in-person classes during the quarantine period. They will be able to participate remotely until the quarantine period ends.
- **When ill or had close contact with an infected individual:** Isolation and quarantine periods must also be adhered to when students become infected with the coronavirus or are close contacts of individuals with COVID. The local health department will determine the appropriate return-to-school dates. The school nurses cannot issue return-to-school dates until approval from the local health department is obtained. If the local health department is unable to communicate with parents, extended quarantine and isolation periods will be required in order to ensure the safety of the school community.
- **If waiting for test results:** Students should remain isolated at home when waiting for COVID test results. If there is a reasonable suspicion of COVID infection, individuals who go for testing should not participate in activities outside the home until a negative test result is received. This includes individuals with COVID-like symptoms as well as those who have had contact with ill persons. Please refer to the district [flow charts](#) for guidance regarding school attendance.

Close contact definition:

The NJDOH has recently updated its definition of close contact in accordance with CDC guidelines. Close contact is now defined as spending 15 or more cumulative minutes over a 24-hour period within 6-feet of an infected person. This is a change from the previous definition

that involved continuous time periods of contact. With this updated definition, close contact is determined even if exposures are of short duration but occur repeatedly over a 24 hour period.

Reporting absences:

All absences must be reported via the online [Attendance Matters form](#) available on the district and each school’s websites. Physical absences must be reported, even if students will participate remotely. The comment section can be used to state that students will participate remotely. The absence will then be specially coded to indicate the academic participation. Please also report absences from remote learning classes, even if it is for only a portion of the day. Again, the comment section can be used to outline the time periods that students will not be participating in classes.

Staying healthy:

Ongoing vigilance and continuing good health practices will help to maintain a healthy school community. Please continue with the following health practices as we enter the cold and flu season and enjoy the upcoming holidays.

- Wear a mask or cloth face covering whenever you will be near non-household members
- Wash hands or use hand sanitizer frequently
- Maintain social distancing of at least 6-feet
- Disinfect frequently touched surfaces
- Consider limiting holiday gatherings to immediate family members
- Avoid unnecessary travel
- Keep students home, even if only one symptom of illness is present
- Get a flu shot...now!

Parents are expected to check their children before leaving the home and avoid sending students who display fever or any single COVID-like symptom to school.

****STUDENTS WITH ANY OF THESE SYMPTOMS SHOULD NOT BE SENT TO SCHOOL****

Fever ($\geq 100.4^{\circ}\text{F}$)	Muscle or Body Aches	Chills
Shivers	Sore throat	Nausea or Vomiting
Fatigue	Headache	Congestion or runny nose
Diarrhea	Difficulty Breathing	Cough
Shortness of breath	New loss of taste	New loss of smell

**For more information in regards to staying home, as well as when a student may return to school, please view the [NPSD “Symptomatic” Student Flow Chart](#).

Other reasons to keep students home from school:

Children should not be sent to school if a household member, or other close contact, has tested positive for coronavirus infection, displays COVID-like illness, or is awaiting a COVID-19 test result. A 14-day quarantine period is required, starting from the last day of known exposure to the ill or coronavirus-positive individual. If the student becomes ill or tests positive for coronavirus, a 10-day isolation period is required that begins from the first day of onset of symptoms.

Communication:

Communication between the home and school is vitally important and parental vigilance is key to keeping our schools safe. Staying in touch with your school nurse and alerting us when students are being tested or are symptomatic helps us to best protect our school community. Please reach out to us any time you have any questions or concerns.

Stay Healthy!

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