

# John H. Fuller Elementary



## Falcon Newsletter

## February 10, 2021

### DATES TO REMEMBER

**February 11**

Remote Instruction Day

**February 12**

Remote Instruction Day

**February 15-19**

February Vacation

**March 12**

Remote Instruction Day

**March 26**

Early Release for Students



Dear JFS families,

Here we are on the eve of February vacation. I am so proud of the learning and fun that we have created in the building throughout the first half of the 2020-2021 school year. We know that many families are looking forward to this much needed break.

At JFS we strongly support family time. If your family time includes travel outside of New England this February vacation or any time this school year, we appreciate your honesty and your adherence to the NH DHHS COVID-19 Travel Guidance (attached in the newsletter and sent separately through School Messenger). If you are traveling, please read through the entire three page guidance sheet. But for your reference here are the critical highlights:

- **Travelers/visitors to AND residents of NH need to self-quarantine for 10 days** following the last date of any high risk travel, which includes travel internationally (including to/from Canada); on a cruise ship; or domestically outside of the New England states of Maine, Vermont, Massachusetts, Connecticut, or Rhode Island for nonessential purposes.
- People meeting the criteria for high-risk travel have the option of ending their quarantine **after day 7 by getting a test on day 6-7 of their quarantine to test for active SARS-CoV-2 infection (SARS-CoV-2 is the novel coronavirus that causes COVID-19); this test must be a molecular test (e.g., PCR-based test); antigen tests are not accepted for this purpose.** If the test is obtained on day 6-7 of quarantine, the person is asymptomatic, and the test is negative, then the person can end their quarantine after 7 days, but they must still self-observe for symptoms of COVID-19 and strictly adhere to COVID-19 mitigation measures (social distancing, avoiding social and group gatherings, wearing a face mask when around other people, practicing frequent hand hygiene, etc.).

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- Any new symptoms of COVID-19 should prompt the person to isolate and seek testing again (even if the person recently tested out of quarantine). **This 7-day quarantine “test out” option ONLY applies to travel-related quarantine (not quarantine due to a high-risk close contact exposure to a person with COVID-19).**

\*If you need help determining the dates of quarantine or “testing out” please email Mrs. Nutting at [d\\_nutting@sau9.org](mailto:d_nutting@sau9.org) or Nurse [April Fitzsimmons](mailto:April Fitzsimmons) at [a\\_fitzsimmons@sau9.org](mailto:a_fitzsimmons@sau9.org).

Adherence to these guidelines is critical for the continued face to face operation of our schools for the remainder of the 2020-2021 school year. As aforementioned, we fully support family time and we will work with you to make sure your child(ren) have learning materials during their quarantine period.

During your child’s *travel* quarantine period what you can expect from their teacher(s): Chrome-book, passwords/login information for online school accounts, books and other like materials sent home. Your child will have access to UA Google Meet links. He/she may have access to Google Classroom (dependent on grade level) and Google Meet links for instruction (dependent on grade level). Google Meet links for instruction will only be available if this is already in place in the classroom, separate Google Meet links for 1:1 classroom instruction will not be available during a travel quarantine. If your child has an IEP and receives specially designed instruction, please contact your child’s teacher or case manager to check the schedule for his/her services during quarantine.

We are all a part of the JFS community and the MWV community, I know that we all have a similar goal of keeping our children at school. Thank you for your continued support towards this goal. Please continue to keep all lines of communication open. We enjoy working with you and your children every day.

Be well,  
Mrs. Danielle Nutting





## New Hampshire COVID-19 Travel Guidance January 11, 2021

The novel coronavirus disease 2019 (COVID-19) pandemic continues around the world and within the United States. Many countries, including the United States (see [individual state trends](#)), continue to have a high incidence of COVID-19, and new strains are emerging that appear to be more infectious and easily spread. Most international travel destinations continue to have a [Travel Health Notice](#) indicating high risk for COVID-19, with a recommendation to avoid non-essential travel. Therefore, any international or domestic travel increases a person's chances of getting infected and spreading COVID-19; staying home is the best way to protect yourself and others from getting sick.

The CDC has guidance for people [traveling within the United States](#). Because travel increases a person's chance of getting COVID-19 through close contact with others or contaminated public surfaces, anybody traveling should continue to avoid public transportation, avoid gatherings with people who are not immediate household members, keep a distance of at least 6 feet from others, wear a face mask when in public areas, and frequently sanitize their hands.

New Hampshire recommends the following travel and quarantine guidance for residents and visitors to NH in order to prevent introduction and spread of COVID-19 into our communities from areas outside of NH that may be experiencing higher community spread of COVID-19. There is separate guidance for employers/employees related to travel and quarantine outlined in the [NH Universal Guidelines](#) and [NH DPHS Employee Travel, Screening, and Exclusion Guidance](#). Other organizations and individuals for whom the business guidance may not apply (e.g., public schools) should follow this guidance, or adapt this guidance to their specific situation and needs by developing travel and quarantine policies that allow for essential travel to occur while protecting individuals, families, and communities from introduction and spread of COVID-19.

### Travel Quarantine Guidance

**Travelers/visitors to AND residents** of NH need to [self-quarantine](#) for 10 days following the last date of any high-risk travel, which includes travel internationally (including to/from Canada); on a cruise ship; or domestically outside of the New England states of Maine, Vermont, Massachusetts, Connecticut, or Rhode Island for non-essential purposes.

People meeting the criteria for high-risk travel have the option of ending their quarantine after day 7 by getting a test on day 6-7 of their quarantine to test for active SARS-CoV-2 infection (SARS-CoV-2 is the novel coronavirus that causes COVID-19); this test must be a molecular test (e.g., PCR-based test); antigen tests are not accepted for this purpose. If the test is obtained on day 6-7 of quarantine, the person is asymptomatic, and the test is negative, then the person can end their quarantine after 7 days, but they must still [self-observe](#) for symptoms of COVID-19 and strictly adhere to COVID-19 mitigation measures (social distancing, avoiding social and group gatherings, wearing a face mask when around other people, practicing frequent hand hygiene, etc.). Any new [symptoms of COVID-19](#) should prompt the person to isolate and seek testing again (even if the person recently tested out of quarantine). This 7-day quarantine "test out" option ONLY applies to travel-related quarantine (not quarantine due to a high-risk close contact exposure to a person with COVID-19).

It is permissible for travelers/visitors to NH to quarantine in their home state for the 10 days immediately prior to arrival as long as they did not travel on public transportation to get to NH. Alternatively, travelers/visitors to NH have the option of quarantining in their home state for 7 days, and obtaining a molecular test (e.g., PCR-based test) to test for active SARS-CoV-2 infection immediately prior to arrival to NH, and if negative the traveler is not required to quarantine upon arrival to NH as long as they did not travel on public transportation to get to NH and had no other potential exposures to COVID-19. Antigen tests are not accepted for this purpose. Quarantine means the person may not leave their home, even for work, school, or other essential functions, and the person traveling to NH may not end quarantine before receiving their test result and before traveling to NH (i.e., from the point of testing negative until their arrival in NH, there must be no other potential public exposures).

### Exceptions to Travel Quarantine

The following people do NOT need to quarantine after high-risk travel:

1. Persons who are 14 days beyond the second dose of their COVID-19 vaccine (i.e., 14 days after full vaccination).
2. Persons who are within 90 days of a prior SARS-CoV-2 infection that was diagnosed by PCR or antigen testing (if a person had a previous infection that was more than 90 days prior, then they are still subject to travel quarantine).

Such persons, however, still need to monitor themselves for symptoms of COVID-19 daily, practice social distancing, avoid social and other group gatherings, always wear a face mask when around other people, and practice good hand hygiene at all times.

Additional exceptions to the travel quarantine can be made by businesses, organizations, schools, etc. for people traveling due to “essential travel” purposes who do not meet one of the above two criteria. Essential travel includes for work, school, personal safety, medical care, care of others, parental shared custody, for medication, and for food or beverage (brief trips for take-out and groceries only). Essential travel also includes travel for students and their parents or guardians who are visiting institutions of higher learning or preparatory high schools as potential future students, including allowing the students to remain at the schools for overnight stays. Non-essential employees who travel to higher risk areas for personal or leisure reasons cannot rely on this “essential travel” exemption (see NH DPHS Employer Travel, Screening, and Exclusion Guidance for more information about “essential employee” designation and guidance).

Organizations should develop their own travel and exclusion policies following public health guidance (this guidance and the [NH DPHS Employee Travel, Screening, and Exclusion Guidance](#)) and the [NH Universal Guidelines](#). “Essential travel” and “essential employee” exceptions to travel quarantine requirements, however, should not be standard practice and all efforts should be made to allow individuals to work, learn, or perform other important functions remotely during their quarantine period. People permitted to work or attend school despite higher risk travel must still quarantine for all other purposes other than work or school (unless fully vaccinated against COVID-19 or previously infected within the prior 90 days), and must not attend social functions or gatherings during their quarantine period.

### Travel Quarantine Summary

Symptom/Test Status	Traveled internationally, by cruise ship, or domestically outside of New England	Travel within New England or No Travel
<b>New or unexplained symptom of COVID-19</b>	<p>Isolate and get tested immediately.</p> <p>If negative the person can return to normal activities once they are at least 24 hours without a fever (off fever-reducing medications) and other symptoms are improving, AND one of the following criteria apply:</p> <ol style="list-style-type: none"> <li>1. Person has been fully vaccinated against COVID-19 (at least 14 days have passed since receiving the second dose of a COVID-19 vaccine), <u>or</u> person previously tested positive for active COVID-19 in the prior 90 days.</li> <li>2. Person completes <u>self-quarantine</u> for 10 days from last day of travel</li> <li>3. Travel was “essential travel”</li> <li>4. Person ends quarantine after day 7 with a negative SARS-CoV-2 test on day 6-7 of quarantine (must be a molecular test to detect active infection, such as a PCR test) (Note: If person was tested before days 6-7 of quarantine due to symptoms and was negative, then a second test on day 7 is still required to end quarantine after 7 days.)</li> </ol>	<p>Isolate and get tested immediately.</p> <p>If negative the person can return to normal activities after at least 24 hours without a fever (off fever reducing medications) and other symptoms are improving.</p>
<b>No symptoms (Asymptomatic)</b>	<p><u>Self-Quarantine</u> for 10 days from last day of travel (unless: travel was deemed “essential travel”, person is fully vaccinated and at least 14 days have passed since receiving the second dose of a COVID-19 vaccine, or person previously tested positive for active COVID-19 in the prior 90 days.)</p> <p>Person has the option of ending quarantine after day 7 with a negative SARS-CoV-2 test on day 6-7 of quarantine (must be a molecular test to detect active infection, such as a PCR-based test).</p>	No restrictions
<b>Positive Test for COVID-19</b>	<u>Self-Isolate</u>	<u>Self-Isolate</u>

Essential Travel: Essential travel includes for work, school, personal safety, medical care, care of others, parental shared custody, for medication, and for food or beverage (brief trips for take-out and groceries only). Essential travel also includes travel for students and their parents or guardians who are visiting institutions of higher learning or preparatory high schools as potential future students, including allowing the students to remain at the schools for overnight stays. Non-essential employees who travel to higher risk areas for personal or leisure reasons cannot rely on this exemption.

**What is the difference between Isolation and Quarantine?**

Isolation applies to people who are sick or infected with the novel coronavirus causing COVID-19; and quarantine applies to people who have been potentially exposed and are at risk of becoming infected. They both mean a person needs to stay home away from others, but the time required for each differs. See this overview of differences [online](#).

# Mrs. Memoli's Counseling Corner

February 10, 2021

## National School Counseling Week

National School Counseling Week 2021, "School Counselors: All in for All Students," sponsored by the American School Counselor Association (ASCA), was celebrated from Feb. 1-5, 2021, to focus public attention on the unique contribution of school counselors within U.S. school systems and how students benefit from a partnership of counselors in the school community.

At JFS, the counseling program provides 1:1 counseling, small groups, classroom guidance lessons, family/teacher consultations, school-wide programs and resources to support students. Thank you for supporting the school counseling program at JFS!

*Truly,  
Mrs. Memoli*

## The Great Kindness Challenge

JFS participated in the Great Kindness Challenge with over 17 million students in 33,000+ schools spanning 115 countries during the week of January 25-29th! The JFS Student Council sponsored this event by creating kindness challenge forms (with a few prizes), having daily kindness quotes on the announcements, creating Valentine's Day cards in guidance for the Merriman House, and making kindness bookmarks in library. Although, JFS encourages kindness always this was a great way to keep the momentum going.

