



## Welcome back!

## Happy New Year!

I hope everyone had a relaxing and safe holiday and new year. Here at Kernsville, we take pride in being **P**ROUD, **A**CCOUNTABLE, **C**AREFUL and **K**IND. Here are a few ways we can show that we are part of the **P**ACK :

- Please send your child to school with a mask or other face covering every day. Make sure it can properly fit his/her face to cover both the mouth and nose. Keep an extra mask in his/her backpack in case one gets soiled or wet.
- Remind your child about 6ft of social distancing including with other students at the bus stop, etc. You can tell them that 6ft is about the length of two shopping carts facing each other or the length of a Christmas tree.
- Please remember to complete the Daily Wellness form for **EACH** of your children:
  - If you answer **yes** to any question, please keep your student(s) home and await a call from the school nurse.
- If your child is ill and/or may have been exposed to someone sick, please call the school nurse or email: [badelitam@parklandsd.org](mailto:badelitam@parklandsd.org), this includes **ONE** of the following symptoms: **fever-100.4F or higher, cough, shortness of breath, chills, lack of taste or smell** or **TWO** of the following symptoms: **headache, congestion, runny nose, sore throat, body aches, nausea, vomiting, diarrhea or fatigue**
- Continue to encourage frequent handwashing for at least 20 seconds.
- Finally, make sure your child continues to get at least 30 minutes of physical activity each day and eats nutritious meals.

Stay healthy! Let's make this new year a great one at Kernsville!

*Nurse Badelita*