

# Peregrine Back to School Quick Tips

## **Pemetic Peregrine Families! We are so excited to be together again! Here are some things to plan on for our return to school:**

- Send two clean masks with your student every day. They can change into a clean one after lunch or anytime their mask gets soiled.
- Dress warmly! An extra sweatshirt and long pants will help keep your student warm while we keep our windows open this fall in order to improve our ventilation.
- Send extra clothes to keep at school. The nurse won't be able to give out clothes from our stash this year. So it's really important to send an extra set. All ages should do this!
- Pack light! For right now, students should only bring what they really need. Stuffedies and favorite toys need to stay home.
- Be ready to spend lots of time outside! Students should dress in comfortable clothes for sitting on the grass or getting exercise. If sunscreen or bug spray are part of your routine, please apply before school.
- If your child is bringing lunch from home, please include a clean dish towel, cloth napkin or a few paper towels they can use as a table cloth on their desk, as students will be eating in classrooms or outside for now. Also, we won't be able to heat anything up that is brought from home, so cold lunch is best. Water bottles will also need to come from home everyday.
- Stay Healthy! Make sure you are up to date on vaccinations and well child checks, plan for early bedtimes and healthy breakfasts. Any student not feeling well will be going home, so whatever you can do to help your student start out the day feeling their best will be so helpful!
- Be ready to be home more often than in other years. Have a plan for how a parent or other adult can stay with your child when they need to be home, or pick up your child when needed.
- Please be in touch with the office as soon as possible if your child will be staying home. They will be asking you about your child's symptoms. This is so the nurse can keep track of how our school community is doing.
- No adult visitors in the building for now. Students will need to be dropped off and picked up outside the building. If you need to bring medication or some other critical item for your child, please be in touch with the office first.
- Stay close to home! Please avoid any unnecessary travel. If someone in your house has been out of the state in the last 14 days, you may not be able to come back to school right away. Please call school to get instructions.