



SMART. SAFE. TOGETHER.

2020-2021 RETURN TO SCHOOL PLAN

August 1, 2020 Update

**LAKE HIGHLAND
PREPARATORY SCHOOL**



SCHOOL STARTS AUGUST 13

School is starting in less than two weeks, and we eagerly await the return of Highlander students on campus and via our Digital Campus. We have greatly missed you!

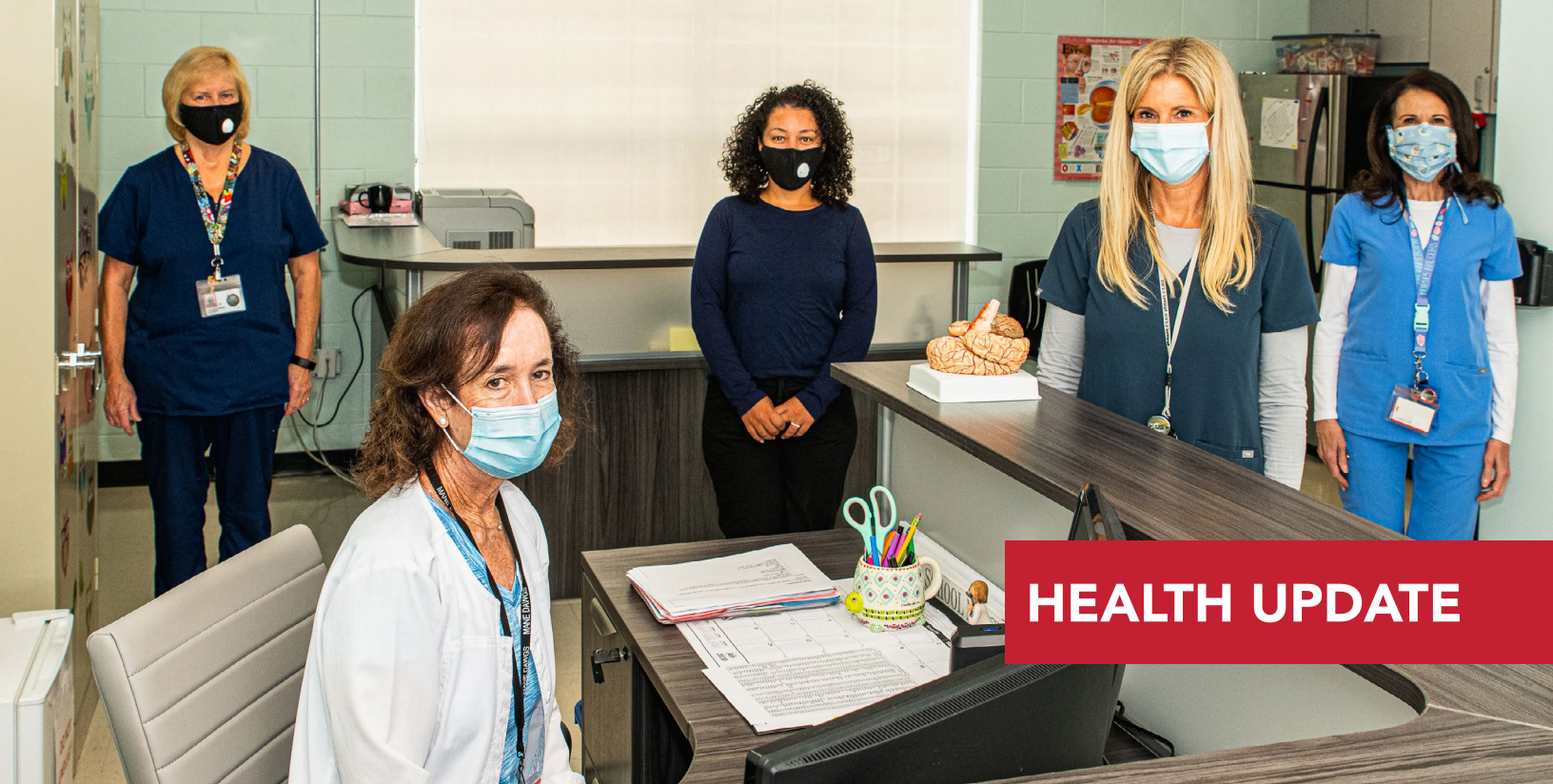
By now, beyond our overarching bimonthly “Return to School” updates, you should all have received additional updates with more specific information from your child’s Division Director in Lower, Middle, and Upper School. Between now and August 13, Division Directors will share any remaining essential information about the start of school.

In this final “Return to School” update, we have included information about:

- The CDC’s guidance on preventative behaviors to help mitigate the spread of COVID-19
- Immunization and Health Forms due before the start of school
- Updating emergency contact and health information in PowerSchool
- Registering to receive text alerts from the school
- Tips and exercises to help prepare your students socially and emotionally for the new school year ahead
- Helpful school contacts

We continue to be grateful for your partnership in entering the 2020-21 school year. Please remember, the primary line of defense in limiting exposure to COVID-19 is the daily at-home health screening and temperature check required before coming to school. Do not bring your children to campus if they have a temperature of 100 degrees Fahrenheit or higher, are medicated to reduce a fever, or exhibit any of the following symptoms: fever, chills, shortness of breath or difficulty breathing, new cough, or new loss of taste or smell. This home screening and disciplined adherence to the long-standing protocol of not coming to school when ill is the absolute best guarantor of a healthy year for all Highlanders.

We are incredibly excited to welcome your family and your children back to Lake Highland on August 13. Thank you in advance for your ongoing support and partnership in serving your students, and please know how much we look forward to a great 50th year as Highlanders!



HEALTH UPDATE

Following CDC guidance, we ask that all Highlanders engage in preventative behaviors to reduce the spread of COVID-19. Again, these necessary actions are the best ways to support the school's reopening and continued on-campus operations.

The CDC's Preventative Behaviors include:

- Wash your hands thoroughly and often
- Avoid close contact with others
- Cover your mouth and nose with a cloth face covering when around others (always when 6 feet or less apart)
- Cover coughs and sneezes
- Frequently clean and disinfect commonly touched areas
- Monitor your health and your child's health daily

For more information from the CDC about preventative behaviors, visit [this website link](#).

Before the start of school, our Health Services Coordinator, **Marissa Johansen**, will provide detailed information about home health screenings. Please review and complete the daily health screenings before coming to campus.

For health-related questions, please contact LHPS's Health Services Coordinator, **Marissa Johansen**, at mjohansen@lhps.org or **407-206-1900 ext. 1234**.



UPDATING HEALTH & CONTACT INFO

By August 10, we ask that every family submit their immunization forms, complete and return the Medical Health Form in PowerSchool, and update your contact information and your child's emergency contacts in PowerSchool. As further emphasized in the immunization section below, your child will not be permitted to start school (on-campus or Digital Campus) without a completed and signed Florida Certificate of Immunization on file.

REQUIRED Update Info in PowerSchool

By August 10, please log into PowerSchool and verify or update your child's Medical Health Form, emergency contacts, and preferred parent contact information.

REQUIRED Medical Health Form

The Medical Health Form must be updated every year. This critical document alerts us to your child's health conditions and indicates your permission for Tylenol or Advil to be administered to your child at school, if necessary. **Fill out and submit via PowerSchool.**

REQUIRED Immunization Information

The Florida Department of Health and Rehabilitative Services requires that all children enrolling in school must show proof of the following, or a temporary or permanent exemption:

COMPLETED AND SIGNED FLORIDA CERTIFICATE OF IMMUNIZATION (DH680 Form).

As per Florida statute, the official form, or copy thereof, must be in the student's LHPS records file before the start of the school year. **Your child will not be permitted to start school (on-campus or Digital Campus learning) without a completed and signed Florida Certificate of Immunization on file.**

If you have not yet submitted an immunization form or your immunization form is not up-to-date, please email a copy to Marissa Johansen at mjohansen@lhps.org.

Emergency Text Alerts

If you would like to receive text alerts from the school (instructions below), the cell number on file in PowerSchool must be the same cell number you use to opt-in to receive emergency text alerts. If the numbers are different, you may not receive the texts. Each parent should provide their updated cell phone numbers to PowerSchool.

To opt-in, send a text of "Y" or "Yes" to 67587 from the cell phone number on file with PowerSchool. To comply with wireless carrier requirements and protect against unsolicited text messages, you will receive a text message on your wireless cell phone confirming that you've opted in. Please note: standard text message rates may apply.



SOCIAL-EMOTIONAL WELLNESS

During these last few weeks of summer, it is vital that we collectively prepare our children for what a return to school will look and feel like from a social-emotional perspective. Yes, it will be different from anything they've experienced in previous school years.

Your student's school counselor is the best point of contact if you have specific concerns about your child's mental health and well-being leading up to and after the start of the school year.

Below are a few key points to discuss and exercises to engage in at home with your child to ensure a smooth transition into this school year:

- Talk through what this school year will be like and what changes your child can expect. Create an open dialogue by encouraging them to ask questions and to express their concerns. Parents and other family members who model positivity and openness will help put children at ease about the return to school.
- Do not hesitate to open up these conversations with your child. The more we all discuss what to expect – the better! Ask your child how they are feeling about the start of the year and ask if they have any questions that you can talk through together. Don't feel like you have to have all of the answers or simply assure them "not to worry." It is normal to feel uneasy when you know things might feel new and different, and all of us have experienced new challenges caused by the pandemic. When discussing the "unknown," it can do a world of good to simply allow your child to name the feelings they are experiencing. Your instinctual nodding and understanding of these feelings will help normalize their feelings and cope with the changes. You may also want to ask them questions to gauge their thoughts and how they are managing their expectations, like "What are you looking forward to?" and "What do you expect to be different?"
- This will undoubtedly initiate conversation regarding what to expect and how to prepare for some of the new safety measures that may feel strange at first – like wearing a mask, having one-way pathways between classes, eating lunch in classrooms and other designated areas, having their temperatures monitored, following floor markings to keep space between students, and other distancing and hygiene measures. While some may quickly adapt to "the new normal," knowing what to expect is key!
- Practice wearing face coverings at home, especially with young children. Allow your child to help choose their face coverings since they will wear them daily. Face coverings should be comfortable, fit well, and feel personal to them. Model and encourage a positive attitude regarding face coverings.
- Emphasize that jokes and hurtful comments about COVID-19 directed towards other students are harmful both to the targeted student and our school community as a whole. Further emphasize that these types of negative comments have no place in our Highlander family. Encourage children to report any hurtful jokes or targeted COVID-19 comments to a teacher, counselor, or Dean of Students in a timely manner.
- In addition to good hygiene and adherence to the physical distancing and safety measures at school, remind your child to also maintain these wellness measures when not in school. Also encourage your child to practice other good health habits to maintain their wellness – eating healthy food, getting regular exercise, and maintaining a good sleep schedule. Together, all of these things go a long way to help protect and sustain your children's bodies, minds, and sense of well-being!

HELPFUL LHPS CONTACTS

SCHOOL COUNSELORS

Jonathan Hiett, *Dean of Counseling* jhiett@lhps.org ext. 3271

Lower School

Drew Shaner, *Lower School Counselor for PK-2nd* dshaner@lhps.org ext. 1118

Ingrid Greci, *Lower School Counselor for 3rd-6th* igreci@lhps.org ext. 1117

Middle School

Adrianne Benso, *Middle School Social-Emotional Counselor* abenso@lhps.org ext. 2142

Connie Warnick, *Middle School Academic School Counselor* cwarnick@lhps.org ext. 2140

Upper School

Lynn Stewart, *Dean of College Counseling & Guidance and College Counselor for 12th* lstewart@lhps.org ext. 3253
 • 12th: A-F

Amanda Flader, *Upper School Counselor for 9th-11th* aflader@lhps.org ext. 3257
 • 9th: A-H • 10th: A-Gn • 11th: A-G

Meredith Malkin, *Upper School Counselor for 9th-11th* mmalkin@lhps.org ext. 3258
 • 9th: I-P • 10th: Go-Om • 11th: H-Ri

Tammy Lundgren, *Upper School Counselor for 9th-11th* tlundgren@lhps.org ext. 3256
 • 9th: Q-Z • 10th: On-Z • 11th: Ro-Z

Jennifer Spearman, *College Counselor for 12th* jspearman@lhps.org ext. 3259
 • 12th: G-O

Camille Kuperman, *College Counselor for 12th* ckuperman@lhps.org ext. 3255
 • 12th: P-Z

Garth Parke, *College Counselor* gparke@lhps.org ext. 3254

ASSOCIATE DIRECTORS OF CURRICULUM & INSTRUCTION (DIGITAL CAMPUS CONTACTS)

Lower School Susan Keogh skeogh@lhps.org ext. 1156

Middle School Josh Lauer jlauer@lhps.org ext. 2118

Upper School Jennifer D'Andrea jdandrea@lhps.org ext. 3285

DIVISION DIRECTORS

Lower School Dustin Bowlin dbowlin@lhps.org ext. 1137

Middle School Alison Murphy amurphy@lhps.org ext. 2003

Upper School Derek Daly ddaly@lhps.org ext. 3274

TECH HELP

Email techhelp@lhps.org with any questions about LHPS logins, passwords, learning platforms, or general LHPS technology questions.

Visit the parent portal for announcements, updates, and relevant information throughout the school year. www.lhps.org/parents