



Santa Catalina Lower and Middle School

The Cougar Promise

At Santa Catalina, we believe that relationships are built on trust. It is important that we all take seriously the ongoing risk of COVID-19. It is our belief that this partnership is of the utmost importance during this time of uncertainty.

As we reopen the school, we must work together and pledge to comply with the following:

I will:

- Keep my child home when he/she is ill.
- Take the temperature of my child before leaving for school and keep him/her home if it is 100.4 degrees or higher.
- Check for newly developing symptoms and keep my child home if **any** of these symptoms develop: fever or chills, persistent cough, shortness of breath or difficulty breathing, unusual fatigue, muscle or body aches or sore throat not brought on by allergies, new loss of taste or smell, congestion or runny nose not related to allergies, nausea or vomiting, diarrhea. (Please note that chronic allergies must be documented by a physician **prior** to the start of in-person learning.)
- Immediately arrange to have my child picked up from school when notified that one or more of these symptoms develop during the day.
- Keep my child at home if there is a COVID-19 exposure within our household. My child will remain at home and follow the school procedures for COVID-19 exposure.
- Do my best to incorporate a lifestyle and eating habits that support a healthy immune system (exercise, sleep, nutrition, regular hand washing/sanitizing, etc.).
- Support the Santa Catalina teachers, staff, and administration as they establish an environment that reduces the risk of spreading COVID-19, including physical distancing, wearing face masks, checking temperatures, and isolating students who show symptoms of being ill.
- Comply with *California Department of Public Health Travel Guidelines*. I will contact Christy Pollacci to inform the school of any personal family travel circumstances.
- Be honest and forthright about symptoms, exposures, or confirmed infections with my child(ren) or within my household.
- Remain calm, composed, and supportive if and when there are reports of exposure or confirmed cases of COVID-19 within our school community.
- Not judge or talk about members of our school community.
- When in doubt, **don't**.
- I will have a plan in place for my child(ren) in the event that we must return to distance learning.