



BACK TO SCHOOL

Wayfinder

September 2021

Wondering When to Keep Your Child Home from School?

Student Illness Decision-Making

A: Does student have ANY of the following symptoms (new/different/worse from baseline of chronic illness):

- Temperature 100.4 or signs of fever (chills/sweating)
- Sore throat
- New onset of cough
- Diarrhea, vomiting, or abdominal pain
- New onset of headache
- Loss of taste or loss of smell

B: Has student had ANY close contact or potential exposure risk in the past 14 days:

- Had close contact with a person with confirmed COVID-19
- Had close contact with person under quarantine for possible exposure to COVID-19
- Attended large events (e.g., wedding, concert), especially indoors
- Travel history

If A is YES and B is NO, student needs COVID test and/or medical evaluation; can return with symptom improvement per usual communicable disease guidelines.

If A is YES and B is YES, must have COVID test. Exclude from school for 10 days even if COVID test is negative, unless a different diagnosis is available.

If A is NO and student is a close contact, follow close contact guidance.

If both are NO or student is not a close contact, student goes to school.



this issue

Welcome Back! page 1

Dread Strong Together..... page 1

Wondering When to Keep Your Child Home from School? page 1

How To Help Your Child Adjust To Going Back to School This Fall page 2

Food & Nutrition page 2

DCS Communications page 3

Transportation page 3

How To Help Your Child Adjust To Going Back to School This Fall (con't) page 4

DCS Athletics New Ticketing Policy page 4

Where Do I Find page 5

Board of Education page 5

Booster & PTO Groups page 5

WELCOME BACK!

This past summer, our campus was buzzing with DCS students laughing, playing, and just being kids. Open houses for the start of the 2021-2022 school year shared this same excitement. I cannot put into words how happy all DCS educators and staff are to have our students on our buses, in our buildings and classrooms, and on our fields every day this school year. To hear their voices, share in their joy, and learn alongside our kids is why all of us went into education. Our collective passion for educating students has never been so strong and we are looking forward to an incredible school year.

Thank you for allowing us the opportunity to work with your children every day. Dexter kids are kind, funny, smart, and talented and we are blessed to spend our days working with kids as we Champion Learning: Develop, Educate, and Inspire!

Have a great year and Go Dreads!!!

Dr. Chris Timmis



DREAD STRONG TOGETHER

"Over the past year-and-a-half, as a nation, we experienced struggles like never before. Schools, teachers, students, and families were challenged in ways none of us ever imagined. But from that struggle, came resilience. Teachers, principals, school staff, parents, and – mostly importantly – our nation's students rose to the occasion."

- U.S. Secretary of Education, Miguel Cardona

Our number one goal this year is to have our students in school, every day. In order to make this a reality, we need your help. If your child isn't feeling well, please keep them home from school and call the attendance office for your child's school. We want to prevent possible spread of Covid-19 and will need your additional diligence to help us keep our students in school, every day.



HOW TO HELP YOUR CHILD ADJUST TO GOING BACK TO SCHOOL THIS FALL

Helpful tips from a Cleveland Clinic pediatric psychologist



FOOD & NUTRITION

The Dexter Community Schools Food & Nutrition Services Department is committed to serving students healthy school meals that provide excellent nutrition to enhance student learning. Every day our lunches offer a variety of fruits, vegetables, lean proteins, whole grains and milk. Local produce is featured often, look for the logo on the menu!

Menus with nutritional information are available online at dexterschools.nutrislice.com/menu.

To save paper, we are directing families to the [F&N website](#) for our most-used back-to-school forms.

PAYING FOR MEALS

- 1) Send cash/check (payable to DCS F&N) in an envelope with your child's name to school office. \$0 processing fee.
- 2) sendmoneytoschool.com: online payments and check account balances.
 - A) ACH direct debit-\$1.00 processing fee;
 - B) Credit/Debit card payments - \$2.65 for every \$100 added to meal account processing fee.

Food and Nutrition

2704 Baker Rd.
M-F 8:00am - 4:00pm
(734) 424-4100

Director

[Jennifer Mattison](#) (ext 1501)

Roxanne Maze (ext 1502)
Dana Wandyg, Student Accounts
(ext 1503)

After the challenges of last year, kids finally get to be kids again. This upcoming school year means being reunited with friends, having some sort of regular schedule again and finally having the chance to show off those new clothes, backpacks and clever school supplies. Good for them and good for parents, right? While there still are concerns about keeping kids safe from the latest COVID-19 variants, at least parents won't have to worry about teaching common core math or listening to lessons in between conference calls. What a dream!

Unfortunately, some kids might be a little apprehensive about going back. For them, home meant a safe haven from several stressors that they faced at school. On the other hand, kids who are excited about returning to the classroom will now have to adjust to learning with COVID-19 protocols in place. Either way, the transition back to school might be a little stressful for your child.

So, what can you do if you notice that your child is having a rough time with this change? Pediatric psychologist Vanessa Jensen, PsyD, ABPP offers some sage advice to help make the process easier.

Why good change can also be stressful

"In general, going back to school is just a big change. It's a whole new setting especially for kids who are going from elementary school to middle school or middle school to high school," Dr. Jensen says. "It's a whole new world, and all of the sudden, they're expected to know what they're doing. It's a huge shift from being in their little space at home to now being in this world of back to school."

How to recognize when your child is having a tough time

She adds that if you're not sure if your child is having a hard time with the transition back to school, think about how they normally act when they're stressed and look for those behaviors. For example, if your child gets headaches or stomach aches when they're anxious, you'll know that school is stressing them out should they start having them more frequently.

"We tend to go toward certain behaviors when we're stressed. My suggestion is for parents to think about what their child does when they get stressed in a new situation," she says. "Think about the behaviors that they usually revert to whether it's hiding in the background of a small group or acting out and trying to be the funny kid. Once you recognize what they tend to do under stress, that's probably what you're going to see as they enter into a new situation."

Helping teens make the adjustment

We remember our teenage years. Some of us were wild and loud. Some of us were shy and quiet. But regardless of our personalities, most of us probably kept our crushes, craziness and challenging times under wraps. Dr. Jensen advises us to keep that in mind when it comes to teens. While it's natural to want to know every single thing that's going on in your teen's life, prying or being overbearing will only make things worse.

"If your child has been able to handle things in general, give them some space. But if you're worried, you can always say things like, 'You seem a little stressed. You know, I'm around,' or 'Have you talked to your friends?' And if they have talked to their friends, you can always follow up with 'Well if you want to talk to me, I'm here.'"

She calls this her "raindrop theory." Basically, this is dropping little hints that your child can reach out to you should things become unbearable.

Dr. Jensen explains. "You just put the little raindrops out there by saying 'You know, I'm around,' or 'I'm going to be in my study if you want to talk.' You put those little hints out there and kids will reach out when they feel comfortable," she says.

(Continued on pg. 4)



Photo credit: Mya Sobby



TRANSPORTATION

The Transportation Department's employees are the first District employees to greet your students in the morning and the last District employees to see them in the evening. We do not simply transport students from home to school and back again. We are an extension of the learning process and provide a social networking opportunity for students. We strive to safely transport students so that they are emotionally prepared to be educated.

Bus routes can be found on the [Transportation website](#).

Important Notes for 2021-2022

- Parents must screen students daily before sending them to school.
- Students must wear masks on buses.
- Students should dress appropriately – windows will be open on the buses, weather permitting.
- Schedules may need adjustment; buses are likely to run late the first week or two; this is hard for everyone. We appreciate your patience!

Transportation Department

(734) 424-4190
 (734) 424-4290 (fax)
 M-F 7:30am - 4:00pm

Director - [Deneen Smith](#)
Dispatcher - [Laurie Farmer](#)

Communications Office

2704 Baker Road
 M-F 8:00am - 4:00pm
 (734) 424-4100 ext 1002
 (734) 424-424-4112 fax

Director of Communications
[Hope Vestergaard](#)

Special Assignments
[Melanie McIntyre](#)

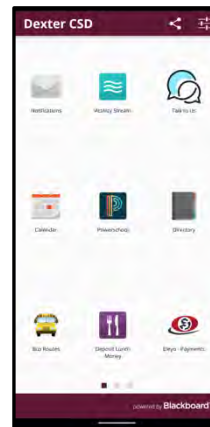
DCS COMMUNICATIONS

Dexter Schools communications team handles media inquiries, press releases, information distribution, and other tasks that involve sharing important information with district families and the community.

DEXTER COMMUNITY SCHOOL DISTRICT (DEXTER CSD) BLACKBOARD APP

The Dexter CSD Blackboard App is a great way to stay informed about goings-on at school:

- Receive notifications regarding weather-related school closures, scheduled days off, and other urgent news;
- Access the following functions: deposit lunch money, pay athletics fees, pay yearbook and other school fees through **Eleyo**;
- Log In to your grade 5 & up student's PowerSchool account;
- Search the Dexter Schools phone and email directory quickly;
- Quickly view lunch menus.



In addition to district news, you can subscribe to updates from individual buildings. Go to Notifications, then click the icon in the right top corner of the screen to select the news you want to be notified about. All your news updates are in one place.

Find the Dexter CSD Blackboard app in the [App Store](#) or on [Google Play](#).

SOCIAL MEDIA

Dexter Community Schools is committed to responsible communication with the public through a variety of social media platforms. Only the following constitute the official social media accounts of Dexter Community Schools:

[Dexter Community Education on Facebook](#)

[Dexter Food and Nutrition on Facebook](#)

[Dexter Food and Nutrition on Instagram](#)

[Dexter High School on Instagram](#)

[Dexter Schools on Twitter](#)

[Dread Strong on Facebook](#)

[Dread Strong on Twitter \(Athletics\)](#)

[Wylie Elementary on Facebook](#)

All others that purport to be affiliated or associated with Dexter Community Schools are not official sites or accounts of the school district. For the most accurate and up-to-date information about Dexter Community Schools, please rely on our website: dexterschools.org. For questions, comments and concerns, please use the [Talk to Us](#) feature.





HOW TO HELP YOUR CHILD ADJUST TO GOING BACK TO SCHOOL THIS FALL

(continued from pg.2)

Reassure them gently and gradually. "If you overwhelm your child with questions (and I compare this to throwing buckets of water on them), they're going to think, 'Whoa, I'm not going there.' So, give them space. They know you're there. Just keep reassuring them that if things get bad, you'll be there for them."

Now, we all know that some kids think their parents will never be able to relate to their teenage struggles. (Do they think parents arrived on Earth in their ultimate adulting form?) In cases like these, a "cool" aunt or uncle can help. Dr. Jensen says that you can sprinkle the raindrops in the direction of another adult that you and your teen trust so they are encouraged to reach out to someone if they're having a rough time.

"Give them some room and let the raindrops flow. Let your teen know that you're available to talk but if they're not comfortable with you for whatever reason, make sure they do have someone to talk to. You could say, 'Aunt Susan is a good person to talk to,' or 'Uncle John asks about you all of the time.' This can create little trails to other people when your child is kind of quiet with you."

How to help smaller children adjust to changes

It's hard for little kids to express big emotions — and it's hard for parents to deal with the tantrums, especially if hitting, kicking, wailing and flailing are involved. Dr. Jensen says with younger children, it's good to establish some core basics regarding behavior.

Some things are OK and some things are not OK in terms of behavior. Let your child know that it's OK to be upset. It's OK to feel scared. But it's not OK to hit or kick.

"Physical harm is not OK, anytime," Dr. Jensen says. She suggests encouraging your child to talk about their feelings when they're mad. Ask them what they're mad about or explain how they can tell you or any adult in the house when they are upset.

"You want to make it clear that they should always keep their hands to themselves. That's a rule they had when they were in school and that's still the rule. Make sure your child is clear about what is OK and what is not OK when it comes to behavior."

And if the going gets tough, get help

Raising kids during a pandemic hasn't been easy on anyone. When parents try to push through the tough times or troubleshoot everything on their own, the process can be even more challenging — and draining. Instead of going it alone, Dr. Jensen advises reaching out to the people in your child's orbit. This includes teachers, coaches, their pediatrician and even the school counselor. She also recommends taking care of yourself first and foremost.

"You're not going to be any good to your kids if you aren't taking care of yourself, and you're the biggest role model your kids have. We all think that kids look to their peers for role models, but they do rely on their parents for the big things. So, the best role model you can be is the person who takes care of themselves and then takes care of their kids," she says.

If you have questions about how your child is doing, Dr. Jensen suggests talking to their teachers, coaches, scout leader and other important people in their life. Ask what they are seeing. Then, talk to your child.

"If things are beyond your control, reach out to your pediatrician's office for referrals. Your child's guidance counselor can also make referrals if you need more help."

Source: The Cleveland Clinic, <https://health.clevelandclinic.org/how-to-help-your-child-adjust-to-going-back-to-school-during-the-pandemic/>.

DCS ATHLETICS NEW TICKETING POLICY

In an effort to limit person-to-person contact, the SEC conference and Dexter Schools are moving forward with a digital-only ticketing platform for all home athletic events. Purchasing online in advance will assure you fastest entry into the event. Digital tickets are sent to your email after purchase or can be accessed through the GoFan mobile app.

Ticket can be purchased for upcoming events (home/away) at: <https://qofan.co/app/school/ML9941> or on-site using QE Code at the gate entrance.

Season passes for both students (\$20) and adults (\$50) are also available. This pass will grant (1) admission to all home regular season games, including Middle School.





WHERE DO I FIND...



Has your child had a change in their medical information?

Parent forms, including the Update to Current Student Medical Information Form, are always available on the DCS website at <https://www.dexterschools.org/parents/annual-acknowledgements>.

Have a question for the District nurse?

The DCS acting district nurse, Rachel Piersol, is available to discuss health concerns and answer student and parent questions. Please contact her at 734-424-4100 ext.1051.

District guidance on health-related issues including injuries & illness, medications, immunizations, food allergies, COVID-19, etc. is available on the DCS website at

<https://www.dexterschools.org/parents/district-nurse>. All DCS student health forms can also be found on this page.

District Calendar

The District calendar is available 24/7/365 on the DCS website at <https://www.dexterschools.org/district/calendar>. This one-stop-shop page also includes school hours for each building, Back to School dates & information, and links to the Board of Education Meeting Calendar, 2021-22 Parent Calendar & WISD Common Calendar.

ICYMI@DCS

Dexter Schools publishes a weekly recap of social media posts and stories from Dexter classrooms and buildings on Dread Strong FB & Dexter Schools Twitter accounts. All past editions can be found at https://wakelet.com/@DCS_Highlights.

BOARD OF EDUCATION

Meetings are generally held every second Monday during the school year, and monthly during the summer. See [Board Calendar](#) for 2021-2022 meeting dates. The meeting agenda and other meeting materials are posted on the [BOE website](#), typically by the end of the day Thursday before regular Monday meetings.

Board meetings are held in-person, streamed via Zoom, and recorded for later viewing. Those wishing to participate in public comment must attend in-person, but anyone may view the meeting in progress via Zoom. **Attendees must comply with WCHD mask and distancing requirements.**

All recorded meetings can be found on the [DCS YouTube page](#).

PUBLIC PARTICIPATION

Although Board meetings are held in public, they are not meetings of the public; they are working meetings of the Board of Education. The Board of Education recognizes the value of public comment on educational issues and the importance of allowing members of the public to express themselves on District matters.

To permit fair and orderly public expression, the Board provides two periods for public participation at public meetings of the Board and one period for public participation at committee meetings. The Board has published rules to govern such participation in Board meetings and in Board committee meetings, which are administered and enforced by the presiding officer of the meeting. These can be found on the DCS website at <https://www.dexterschools.org/district/board-of-education/meetings#fs-panel-6339>.

Public commenters will be asked to identify their district of residence before speaking and should submit their name and question or comment in writing if they would like an individual response. Except for occasional factual clarifications, the Board and Superintendent do not respond to individuals during the meeting.

WHAT HAPPENS AT BOARD MEETINGS?

There are regular business items: new hire approvals, budget reports, attendance at school business workshops, etc. The Board reviews and approves bid awards, curriculum material purchases, and other regular business matters. They discuss policies, course proposals, student achievement goals, and strategic initiatives, among others. There's also fun – presentations on curricular topics or student achievement, student and staff recognition, and demonstrations from classes or clubs. Attending board meetings is one of the best ways to understand how school finance works and how educational decisions are made. If you are interested in participating at the school level, please see the Booster and PTO information below.



Daniel Alabre



Brian Arnold



Elise Bruderly



Mara Greatorex
President



Jennifer Kangas



Dick Lundy



Melanie Szawara

BOOSTER & PTO GROUPS

District Booster Groups

- [Educational Foundation of Dexter](#)
- [Dexter Farm to School](#)
- [Dexter Alumni Association](#)

Parent-Teacher Organizations

- [Anchor PTO \(APTO\)](#)
- [Team Beacon PTO](#)
- [Wylie Parents & Teachers Together - PTI](#)

Program Booster Groups

- [ABCD: Athletic Booster Club of Dexter](#)
- [Dexter Band Boosters](#)
- [Dexter Drama Booster Club](#)
- [Dexter Orchestra Boosters](#)
- Garden Booster Club - contact [Lisa Babe](#)
- IB Booster Club - contact [Christine Gordon](#)

