

Dear Richmond Community High School Families,

Happy Friday! Below you will find important information. Please read over this information and discuss it with your scholar(s). New information is displayed in red.

Updated Information & Reminders:

- After Winter Break, we will start having clubs. All RCHS scholars are required to participate in at least one club. Club meetings will take place during the school day using our activity bell schedule on selected Thursdays.
- Senior parents, please remind your scholar to meet college application deadlines and to complete resumes as they request recommendations.
- Daily attendance is important. We need scholars to be present all day for the instructional impact that is needed to close the academic gaps from virtual to in-person instruction. Late arrivals and early departures negatively impact our efforts to reach every scholar, every day, to ensure their instructional needs are being met.
- Our RCHS Announcements Google Classroom is up for all students that miss our morning meetings. It will house all important information.
- Main Doors open at 8:30 a.m. for students – students that arrive prior to 8:30 a.m. will have to wait outside of the school building until the doors open.
- All students must enter the building with a mask. Students that are not eating breakfast will report directly to their 1<sup>st</sup> Period class.
- We will continue to use yellow and blue arrows to indicate traffic flow throughout the school building. Students should always walk to the right of the building.
- Teachers are required to create and maintain seating charts for all classes. Seating charts will also be submitted to the principal and stored in the main office for contact tracing purposes. Please make your student aware that seating charts are mandatory and once the seat is assigned, students will not be permitted to change their seat.
- We are conducting two lunches. Lunch will take place during 3<sup>rd</sup> Period classes. Your scholar will be assigned based on their teacher. Our lunch schedule is indicated below:

Lunch A 12:27pm-12:50pm

Lunch B 1:20pm-1:43pm

- Students will be required to social distance in all areas of the school. In classrooms, student desks will all face in one direction, and in common areas, we will have students sit every other seat. We will also have students stagger in these areas to ensure social distancing.
- To visit the school counselor (for example, to request a schedule change), students will be required to request an appointment and then use a sign in/out system to allow contact tracing. We have QR codes posted around the school building for students to use to submit their requests.
- To ensure proper contact tracing, all students will be mandated to use a sign in/sign out system when leaving their classroom (for example, to use the restrooms).
- Students who present with signs/symptoms of infectious illness (including COVID-19) will be separated from other students and staff in a “supportive care space” in an effort to minimize transmission.
- The school nurse will evaluate the student using a Health Assessment form.

- After the initial assessment, the school nurse will continue to follow RPS school-exclusion guidelines for students.
- Family members will be notified of a student's illness to make arrangements for pick-up.
- Supportive care spaces will be disinfected after each use.

Even with careful plans and preparation, cases of COVID-19 may still occur. RPS works in collaboration with, and under the direction of, the Richmond City Health District (RCHD) to perform case investigation and contact tracing of all positive and probable (by test) cases of COVID-19. Plans of action will vary on a case-by-case basis.

- Families/staff should communicate positive COVID-19 cases to RPS. (RPS will also learn of positive cases from VDH). Families and school-based staff should inform their school principal.
- RPS will communicate all confirmed COVID-19 cases to VDH and will begin case investigation.
- Based on case investigation, close contacts (which may be from transportation, class, or other activities) will be identified and contacted by RPS and will be provided with quarantine instructions, as applicable, and advisement on symptom monitoring.
- While the school and RPS communities will be informed of positive cases, student and staff privacy will be maintained.
- RPS will follow VDH guidance, which may, at times, require full-class quarantine or school closure.

#### Important Dates:

November 23 — Harvestfest Activities

November 24-26 — RPS Schools closed for Thanksgiving Break

December 1 — RCHS Admissions Process (applications due by 4:30pm)

December 3 — 2-hour Early Dismissal

December 22-December 31 — RPS closed for Winter Break

#### PTSA Meeting Information:

Topic: RCHS PTSA Meeting

Time: January 20, 2022 06:00 PM

#### NOTIFICATION OF SCREENINGS SCHOOL HEALTH SERVICES DEPARTMENT

To: Parents/Guardians/Care Givers:

Vision and Hearing screenings are mandated by Code of Virginia Law 22.1-273 for all new students and selected grades within the elementary and middle school levels. The school nurse or qualified community partner will conduct screenings and referrals will be sent home.

If you do not wish for your child to participate please provide a written notice to your child's school nurse.

Richmond Public Schools will complete the following screenings: Height and Weight screenings will be completed on students in grades K, 1, 3, 4, 7 and 8. Vision and Hearing screenings will be completed on students in grades Pre-K, K, 1, 3, 4, 5, 7, 8, 10 and 11.

It is through this screening process that potential problems can be identified and addressed prior to any adverse effect on school performance. You will be notified of the screening process results only if the need for further evaluation is indicated.

In accordance with the Code of Virginia, Richmond Public Schools provides educational material on scoliosis to parents of students in grades 5 through 10. The Scoliosis Fact Sheet is included on the back of this document.

For more information, please call School Health Services: Na-Keisha A. White Coordinator, School Health Services 119 W Leigh Street, 3rd Floor Richmond, VA 23220 (804) 780-7801

#### FACT SHEET OVERVIEW

Scoliosis is the abnormal curvature of the spine. While the normal spine has gentle natural curves that round the shoulders and make the lower back curve inward, scoliosis involves a deformity of the spinal column and rib cage. To varying degrees, the spine curves from side-to-side, and some of the spinal bones may rotate slightly, making the hips or shoulders appear uneven. This curving of the spine cannot be corrected by practicing good posture. It occurs in healthy school-age children, showing signs usually during the ages of 10-14 when a growth spurt may occur. The majority of scoliosis cases are caused from an unknown source. This condition may run in families and is seen more often in girls than boys. A large number of young people have minor curves that will not progress. Early screening and treatment may prevent scoliosis from progressing to a stage where it interferes with mobility or activities.

#### EARLY SCREENING

Scoliosis can go unnoticed in a child because it is rarely painful in the developmental years. Early detection is important to make sure the curve does not progress. If detected early, many cases if needed can be controlled by a brace and exercise program. If surgery is indicated, the best results are obtained if it is completed before the curve is severe. Parents should watch for the following symptoms of scoliosis beginning when their child is about 8 years of age:

- A tilted head that does not line up over the hips
- Uneven shoulders or a protruding shoulder blade
- Uneven waist

- One hip that is higher than the other causing an uneven hem or shirt line

- Leaning more to one side than another

The family doctor, pediatrician, or orthopedist should examine your child when any one of these signs is present.

#### TREATMENT

The type of treatment used depends on the cause and how severe the curve. Spinal curvature is measured by degree. Most curves remain small and need only to be watched by a doctor for any signs of progression. If a curve does progress, your physician may use an orthopedic brace to prevent it from getting worse. Children who require treatment with orthopedic braces can continue to participate in the full range of physical and social activities. If a scoliosis curve is severe when it is first seen, or if treatment with a brace does not control the curve, surgery may be necessary. In these cases surgery has been found to be highly effective and safe treatment.

#### MORE INFORMATION:

American Academy of Orthopedic Surgeons ([www.aaos.org](http://www.aaos.org)), Call 800-346-AAOS National Scoliosis Foundation ([www.scoliosis.org](http://www.scoliosis.org)), Call 800-673-6922 The Scoliosis Association, Inc. ([www.scoliosis-assoc.org](http://www.scoliosis-assoc.org)), Call 800-800-0669 Scoliosis Research Society ([www.srs.org](http://www.srs.org)), Call 847-823-7186 School Culture, Climate, and Student Services Department

[Our new and improved website](#) has launched! If you haven't yet had a chance to check it out, I hope you will now. As you'll quickly discover, [the new homepage](#) allows us to feature edge-to-edge images of our school's community and to better communicate our stories. You'll also find many pages that provide information about who we are and what we do.

Please know that we also have a social-media footprint. You can find us on [Instagram](#), [Facebook](#), and [Twitter](#)! We hope you'll follow us and share!

In closing, let's make this school year one to remember—*Achieving Excellence Together: All In, All One, All Pharaohs!* Please feel free to contact me at (804) 780-4332 or at [Kmassenb@rvaschools.net](mailto:Kmassenb@rvaschools.net)

Your Partner in Education,

***Kenya E. Massenburg***

Kenya E. Massenburg, Principal