

Regional School District No. 7 Superintendent's Newsletter

January 4, 2022

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Dear Northwestern Staff, Students, and Families:

I appreciate your partnership in keeping our schools safe. The most important thing you can do for our school community is to keep your child/ren home when experiencing COVID symptoms.

As promised, this email provides an update of the new Department of Public Health (DPH) and the Connecticut State Department of Education (CSDE) Guidance that Regional School District No. 7 is now following. The Center for Disease Control (CDC) has not yet released their guidance for schools, but it is expected to be closely aligned with the following:

Contact Tracing: According to the [DPH](#), contact tracing is a tool that becomes less effective when community transmission levels are high. DPH recommends that schools focus their attention away from investigating low risk in-school exposures and toward the identification, early isolation, and management of students and staff with active symptoms. It is now the position of the DPH that contact tracing of exposures that occur inside the schools can be discontinued without posing a significant increased risk to in-school transmission of COVID-19. RSD 7 will follow this guidance and discontinue contact tracing for low risk classroom settings where students are masked, but will continue to contact trace for lunch waves where students are unmasked and within athletic teams. If a student is identified as a close contact, a detailed email notification will be sent to parents so they can monitor for symptoms. I will continue to notify the school community of positive COVID cases within the school community.

Isolation and Quarantine:

The [CDC](#) has updated and shortened their isolation and quarantine times. RSD7 is now following the CSDE and the DPH's recommendation. If you are exposed and fully vaccinated then continue to come to school and monitor symptoms. Test on day 5 from exposure, if possible. If symptoms develop, stay home, isolate, and get a test as soon as possible.

If you are not fully vaccinated, or unvaccinated, then quarantine at home for 5 days from exposure. You may return to school on day 6 if you remain without symptoms. Test on day 5 from exposure, if possible. If symptoms develop, stay

home, isolate, and get a test as soon as possible. If you develop one or more symptoms, regardless of vaccination status, stay home and get tested.

The Farmington Valley Health District has created a decision tree that makes the test results easy to understand. I have attached it this email. Please print it off for easy reference.

Please note: There is no change to current sports guidance.

Testing Kits: The CSDE and DPH have distributed self-testing kits in an effort to curb the spread of COVID-19. Our Nurse's Office will provide test kits to staff and students who are experiencing symptoms, or who are identified as a close contact while eating lunch or playing on a sports team. These tests are administered by parents/guardians **at home** to determine if the student is negative before returning to school. If your child is identified as a close contact while in school, you will receive an **email notification** that will inform you of next steps in securing a test kit, if needed. If your child tests positive, it is essential that you report the positive result to our Health Office. For more information on self-tests, please refer to [CDC Guidance on Self-Testing](#).

The two most important mitigation strategies we have in keeping our schools safe are to stay home when experiencing symptoms, and to wear a facemask properly.

Thank you for your continued support of NWR7.



The Pride of the Northwest Corner