



January 8, 2021

Dear Parents/Guardians of the Rumson School District,

We look forward to our students coming back to in-person instruction on Monday, January 11, 2021. We are hopeful this opens the door to a long stretch of in-person instruction and the eventual increase of time in our school days!

To support these goals, with the understanding that the Eastern Central region of NJ, including Monmouth County, is in the 'high risk' activity level, we share the following guidelines and information with you:

1. **COVID-19 Compatible Symptoms** - Under order of the NJ Department of Health, Communicable Disease Service "any child with COVID-19 compatible symptoms should not return to school until they have either received a negative viral test [PCR] or they have completed an isolation period of at least 10 days since symptom onset and at least 24 hours after resolution of fever without fever-reducing medication with symptom improvement."

"COVID-19 compatible symptoms" is defined as the following:

Two or more of the following symptoms: chills, rigors/shivers, myalgia/muscle aches, headache, sore throat, nausea/vomiting, diarrhea, fatigue, congestion/runny nose

One or more of the following symptoms: fever, cough, shortness of breath, difficulty breathing, new loss of smell, new loss of taste

2. **14 Day Quarantine** - Although we look to the CDC and NJDOH for recommending general guidelines, because COVID activity levels vary by location, we follow the recommendations of local authorities for final decisions on quarantine timelines. These apply to quarantines that result from contact with a COVID-positive individual and those that result from travel.

"The Monmouth County Governmental Public Health Partnership has reviewed the new NJDOH guidance on quarantine. As per the new guidance, 'Given substantial community spread of COVID-19 throughout New Jersey, NJDOH continues to recommend quarantine for 14 days where feasible to reduce the risk of spread of COVID-19 and particularly for persons who live with or care for persons at high risk of severe complications for COVID-19 (older adults, persons with underlying conditions or obesity, and pregnant women).' As such, all health departments in Monmouth County will continue to recommend the 14 day quarantine keeping in consideration the health and well-being of our county residents."

3. **COVID-19 Vaccination** - In addition to current practices, such as wearing masks, distancing, hand washing, symptom monitoring, the roll-out of the COVID vaccination poses an additional measure to control the spread of coronavirus. Below is some information on the vaccine and a link to get yourself 'in-line' for the vaccination, should you be interested.

Link to "Get in Line" for the Vaccine - <https://covidvaccine.nj.gov/>

Link on Vaccine Information - <https://covid19.nj.gov/pages/vaccine>

### **Events in the nation's capital**

On another note, I would like to take a moment to address the events unfolding in Washington DC. At a time when we are already striving to find normalcy for our children, the need to support our children through this time of national unrest greatly compounds our challenge, especially as the media may inevitably expose our children to the many images, reactions, and perspectives that come from these events.

Children remain our priority throughout all of this uncertainty. With the support of our Social Emotional Learning Teams, our teachers are prepared to appropriately address any inquiries that come up in the classroom. That said, we certainly respect how you are handling this as a family and offer the resources below in support:

[Dealing with Media Coverage of Crisis Events](#)

[Trauma Reactions in Children](#)

[Talking to Children About Violence](#)

[10 Tips for Talking to Your Kids About the Attack on the Capitol](#)

In the immediate time, please reach out to our School Counseling department if you see any concerns related to depression, anxiety, or mental health with your children. Under the best of circumstances, this is a difficult call to make, but it is always the most valuable one. Members of our staff continue to be trained in best practices related to these topics and are a valuable resource for you and a gateway to greater support for our students.

- Mrs. Jessica Piernik- Deane Porter School Counselor [jpiernik@rumsonschool.org](mailto:jpiernik@rumsonschool.org)
- Ms. Nancy Pearson- Forrestdale School Counselor [npearson@rumsonschool.org](mailto:npearson@rumsonschool.org)
- Miss Allie Copman- Forrestdale School Counselor [acopman@rumsonschool.org](mailto:acopman@rumsonschool.org)

Be well,

Dr. John E. Bormann  
Superintendent of the Borough of Rumson Schools