



## Parent News from Armstrong Elementary

Main: 651-425-4100

Attendance: 651-425-4106

Website: [aes.sowashco.org](http://aes.sowashco.org)

School hours: 8:40 a.m. - 3:10 p.m.

September 10, 2020

### A Message of Gratitude from Mr. Caflisch

Armstrong families - Thank you! It has been a great week for the AES staff as we welcome students back to school and start our new Virtual Learning Academy. I know there were several questions and concerns over the past few weeks and I am grateful to work with the patient and understanding Armstrong families. The students have adapted well to our new safety protocols and we will continue to implement these practices to keep everyone safe. Please take time to compliment your child(ren) for adapting to these changes and being so helpful as we embrace a new normal (for now).

### Students to Receive Breakfast & Lunch at No Cost

The United States Department of Agriculture (USDA) has approved South Washington County Schools (SoWashCo) to provide free breakfast and lunch for enrolled students starting on Monday, Sept. 14. This benefit includes meals provided at [curbside pick-up sites](#). Student barcodes will still be required at school and at meal pick-up locations. Meals purchased between Sept. 8-11 will be credited back to each student's account by the end of September. School menus and pricing for ala carte items are available on [our website](#).

### Emergency School Closing Form

Parents – This week your child/ren will be bringing home an emergency closing form. This form is used if school gets closed during a school day so we know how your child would get home. Please complete the form (please print) and return it to school with your child. We need one completed for each child you have at Armstrong.

If you didn't get the form, you can find it on our website at <https://aes.sowashco.org/>.

### Family Technology Support Phone Line 651-425-HELP (4357)

South Washington County Schools (SoWashCo) has started a new **family technology support phone line at 651-425-HELP (4357)**. Standard phone line hours are Monday through Friday from 7:30 a.m. to 4 p.m. You can leave a voicemail at any time with your child's name, the school they attend and a call back number, and someone will return your call.

A variety of technology resources are also available on our **Fall 2020 website** including:

- **Device support**
- **Fee payment support**
- **Parent portal support**
- **Schoology support**
- **Seesaw support**

## **\*\*Important Info from the Health Office\*\***

Welcome back! The health office at Armstrong Elementary will be a little different this year to keep everyone safe and healthy.

It is more important than ever to keep your student home if they are feeling ill and monitor their symptoms. This will help everyone stay safe and healthy.

The district will follow the Minnesota Department of Health's (MDH) guidelines to determine whether a student needs to be excluded from school. The guidelines state if a student has shortness of breath or new and persistent cough they will be **sent home for at least 10 days**. If a student has two or more other COVID-19 symptoms (determined by MDH and does NOT have to include a fever), they will be **sent home for at least 10 days**.

Along with sending the student home with the above symptoms, **all siblings will be sent home for at least 14 days**. Number of days excluded could change for each student. If they are diagnosed by a health care provider with an alternative diagnosis, documentation must be provided to the school.

**If your student is diagnosed with COVID-19 or has been in contact with someone who is positive, please let us know immediately.**

We will be limiting visits to the health office for Chapstick, lotion and other nonessential items. Send a water bottle with your student as drinking fountains will be turned off, but the water bottle fill station will be on. Please keep an extra pair of pants, a shirt, underwear and socks in your child's backpack in case of an accident.

If your child requires medication, please bring it in the week of Aug. 31 through Sept. 3. The medication forms are on the district website and will be available here at school. We are able to fax the forms to your child's doctor to get their signature if needed. Please make sure the medication is **not expired**. If your child has an inhaler, it is recommended they use a spacer.

The health office can no longer be used for brushing teeth for students with braces. There are other bathrooms in the building that can be used for these needs.

Please make sure you have logged into your student's parent portal to make sure all of the information is correct and update any health conditions.

Please let us know if you have any questions or concerns.

Be well, Lori Gilman, LPN/HCS, Julie Phelps, RN/LSN, 651-425-4102

## Update From Nutrition Services

### Curbside Pickup Information:

- Two sites are available for VLA families; Cottage Grove Middle and Lake Middle School.
- Pick up days are Tuesdays and Fridays as long as we are in session. Times are from 9:00-10:30am.
- Two sites are available for hybrid families; Park High School and East Ridge High School.
- Pick up days are Fridays for the hybrid families. Times are from 9:00 – 10:30 a.m.
- A calendar will be available on the website listing the curbside dates.
- The number of meals received will be dependent upon how many days the students will be in session. We distribute meals for the days the students are conducting distance learning. This could be confusing for parents since contact days differ for elementary, middle and high school. The number of meals will also be listed on the website.
- Communications will have information in a family newsletter on Thursday and all information will be posted to the website by Thursday as well. See link below.
- Families are required to bring their barcodes with them. Every family will be sent a PIN sheet this week that has instructions to keep the sheet or take a picture of the barcode with their smartphone if they intend to pick up meals.
- Barcodes will pull the students PIN number so that we can charge the family appropriately through a contactless method.
- Families can only go to the designated sites for pick up, they cannot cross over. Only one site can be visited per day.

### Free and Reduced Information:

- Families are required to fill out a new form every year since the income guidelines change.
- As a families situation changes throughout the year they can reapply .
- Principals are no longer allowed to fill out forms on behalf of the families. We can utilize our cultural liaisons to help translate if needed, however all income information is required moving forward.
- There is a 30 day carryover for any family that qualified last year. If families do not reapply they will receive a letter to their home notifying them that they will automatically move to full pay if they do not reapply.

If families need information on Free and Reduced they can contact Melissa at 651-425-6280.

For all Nutrition Services/meal information please go to the following link:

<https://www.sowashco.org/cms/One.aspx?portalId=1217437&pageId=27561444>

## Recess and PhyEd Weather Reminder

Believe it or not, the forecast for the first week of school is for HIGH temperatures in the 50's and 60's. For health and safety reasons students will not be allowed to share jackets or sweatshirts. Unless we see those temperatures warm up, **please send your child to school with an appropriate jacket or sweatshirt for recess and PE class outside.**

## Upcoming Events

- **Thursday, September 10, 2020** – In-school day for **Group B** students; Distance learning day for **Group A** students
- **Friday, September 11, 2020** – In-school day for **Group A** students; Distance learning day for **Group B** students