



# The Pride Post

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LINTON Elementary School Newsletter

April 2022

## UPCOMING EVENTS

- April 4th- School Accountability Meeting
- April 5th PTO Meeting
- April 15th NO SCHOOL
- April 29th ECO Day for 5th Graders
- May 3rd PTO Meeting

### Thoughts From Your Principal...

The latest health requirements from the state are listed below. We have had a lot of questions, so please review the latest information.

The following guidelines were sent to all PSD families on Monday, March 21st. We've had a lot of questions, so are requesting that you please review them. **The biggest change is that a negative COVID test is required to return to school following any symptom.** Thank you for your patience and understanding as we implement these protocols.

This is an update about free COVID tests and the state's new illness guidelines.

**What to do when sick:** PSD will follow the state health department's new "How Sick is Too Sick" protocols. Neither the state nor PSD will use Return to Learn guidelines anymore.

Have any of the symptoms below? You need a negative COVID test to return to school.

When not related to a documented chronic health condition, symptoms that require a negative test to return to school include fever, feeling feverish, shortness of breath, nausea, vomiting, diarrhea, cough, sore throat, runny nose, congestion, muscle/body aches, headache, fatigue, new loss of sense of taste or smell.

If your student tests positive or chooses not to test, they must remain home for five days and wear a mask on days 6 to 10 when they return, per public health requirements.

[More information >>](#)  
[Read CDPHE's "How Sick is Too Sick" >>](#)

#### Free test options:

Sign up with the [Test to Stay](#) program to receive free tests which can be replaced when used.

Order free tests from [www.covidtests.gov/](http://www.covidtests.gov/)

**Options for exemptions from quarantine:** If staff or students are identified as close contacts of a COVID-positive individual and receive quarantine orders from the health department, there are three options for them to remain at school or work. [More information >>](#)

- **Option 1:** Be fully vaccinated with a primary series and boosted, if eligible.
- **Option 2:** Follow all steps of the [Test to Stay in PSD program](#). PSD accepts results from at-home, rapid antigen tests, including health.
- **Option 3:** Have record of a confirmed positive COVID test in the last 90 days.

Thank you for your continued partnership as we adapt to changing public health conditions and protocols.

Fondly, Kristin W. Stolte



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### School News

- If you know you will be moving over the summer and your child will not be returning to Linton Elementary for the 2022-2023 school year, please call Mrs. Anduss in the front office at 970/488-5850. It is helpful for us to have this information as we start building class lists to know if a student is returning or not.
- The last day of school will be Wednesday, May 25<sup>th</sup>. This is a half day of school. Please make sure your student knows how they will be getting home that day. Breakfast will be served, but lunch with **NOT** be served on this day.
- Linton students in grades 3,4 & 5 will begin taking the state CMAS testing April 4<sup>th</sup> – April 11<sup>th</sup>. You can help your student be successful by making sure they get a good night’s sleep; be sure they have a good breakfast to start the day and reassure them that you know they will do their very best – ask how they felt the CMAS testing went at the end of the day.




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**FROM THE HEALTH OFFICE:**

**Attention 5<sup>th</sup> grade parents and guardians:**

see attached Tdap requirement for 6<sup>th</sup> grade –see next page

**State’s new illness guidelines:**

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## Tdap Vaccine Requirement 2021-2022 School Year

All 6th through 12th graders are required to have had a Tdap booster

- Most secondary students have had this booster, and it is recorded on their school record.
- Students entering 6<sup>th</sup>-12<sup>th</sup> grade may still need the vaccine.
- The "p" (pertussis) has been added to the standard Td booster in order to protect teens against whooping cough.

Prior to the first day of school, a copy of the immunization record from the doctor's office must be provided to the school.

- If they have already received the booster, you may give this record to their current school before school is out.
- vaccines are recommended for Hepatitis A, Influenza, Meningococcal disease, and Human papillomavirus (HPV), but are not required.

Colorado law ([Board of Health rule 6 CCR 1009-2](#)) requires all students attending Colorado schools and licensed child cares to be vaccinated against certain diseases, unless an exemption is filed.

Exceptions:

Beginning in the 2021-2022 school year, the process of filing a nonmedical exemption will change. There will be two ways to file a nonmedical exemption. Be sure to check with your student's school or child care to find out if it needs a copy of the certificate of exemption.

- File the certificate of nonmedical exemption WITH a signature from an immunizing provider OR
- File the certificate of nonmedical exemption received upon the completion of our online education module.
  - **The Immunization Education Module will be available mid-January 2021.**
- Parents of students in grades K-12 claiming a nonmedical exemption must file one annually. Nonmedical exemptions expire June 30 each year. If you submit a nonmedical exemption on or before June 30, it will not be valid for the upcoming school year unless you signed the exemption during early registration.

Downloadable certificate of nonmedical exemption:

[English](#) | Other languages to be posted soon.

To submit forms to us (optional):

Confidential Fax:  
(303) 758-3640  
Attn: Vaccine Exemption  
Mail  
Colorado Immunization Branch  
Attn: Vaccine Exemption  
4300 Cherry Creek Drive South  
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- [Colorado Immunization Information System](#)
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## Fostering Social and Emotional Learning at Home

Social and emotional learning (SEL) is a framework that gives students the skills to recognize and manage emotions and help solve problems effectively by establishing positive relationships. According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), encouraging SEL yields positive results for students, adults, and school communities. Parents can use these tips to help foster SEL at home.

### Focus on Strengths

When your child brings home a test, talk first about what they did well. Then talk about what can be improved. Praise specific strengths; don't just criticize things that were done wrong.

### Ask Children How They Feel

When you ask your child about their feelings, the message is that feelings matter and you care. It shows the importance of being a good listener and helps children feel heard in a way that fosters a strong parent-child relationship.



all their decisions for them, they'll never learn this key skill. Giving children ways to express preferences and make decisions shows that their ideas and feelings matter.

### Be Willing to Apologize

Parents need to be able to apologize to their children if what they said was not what they meant. Calmly explain what you really wanted to say. By doing this, you're being a good role model. You're showing how important it is to apologize after hurting someone. You're teaching that it's possible to work through problems with respect for the other person.

### Ask Questions to Help Children Solve Problems on Their Own

When parents hear their child has a problem, it's tempting to step in and take over. However, this can harm a child's ability to find solutions on their own. A helpful approach is to ask good questions. Examples include, "What do you think you can do in this situation?" and "If you choose a particular solution, what will be the consequences of that choice?"

### Give Children Choices—and Respect Their Wishes

When children have a chance to make choices, they learn how to solve problems. If you make



**Related Resource:** *Schools, Families and Social and Emotional Learning: Ideas and Tools for Working with Parents and Families*, produced by CASEL and the Mid-Atlantic Regional Educational Laboratory for Student Success to help encourage SEL at home.

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## Warmer Weather, Healthier Habits

**A**s the weather gets warmer, activities move outside. Although being outdoors is less risky than being indoors, we are still fighting the spread of COVID-19. These strategies will help children and families build healthy habits before they head out to local playgrounds and parks or play on sports teams this spring.

### Activities Move Outdoors

- Springtime's warmer weather calls for more outdoor activities! The U.S. Centers for Disease Control and Prevention notes that outdoor activities are less risky than indoor ones, where there are less ventilation and space. However, maintaining a distance of at least 6 feet, wearing a mask, and limiting the time you are spending with others are still recommended for all outdoor activities.
- **Where You Should Visit:** Visiting a park, a beach, or an outdoor recreational center is likely to be at the top of everyone's list of activities as the weather keeps getting warmer. To help prevent germ spread and limit overcrowding, it is recommended that you visit locations that are close to your home, and make sure to check any site-specific policies before traveling.

### Playground Tips

- It can be difficult to ensure safety at playgrounds in communities where there is an elevated risk of spreading COVID-19, due to crowding and difficulty maintaining clean and disinfected surfaces. If you choose to visit a playground, maintaining a distance of at least 6 feet and handwashing before and after the visit are highly recommended.

### Sports Tips

- If your child decides to play an outdoor sport, talk to the coach, and let them know you support measures to help slow the spread of COVID-19. Ask the coach to reduce physical



closeness between players in practice areas and on the sidelines, and pack extra masks in your child's sports bag in case one gets wet, dirty, or sweaty.

### Handwashing Tips

- Washing your hands is highly recommended when playing outside, and it is especially important as we continue to fight the spread of COVID-19. Encourage handwashing after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. Make sure your child is using soap and water and washing for at least 20 seconds.

### Lysol Welcome Back Packs

- Teaching healthy habits at school will reinforce what children are learning at home! Encourage your child's school to use Lysol Welcome Back Packs this spring. These packs include fun and educational materials, posters, stickers, and more to support schools that are in-person learning. Welcome Back Packs are available to download and print at [Lysol.com/HERE](https://www.lysol.com/HERE).

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- Content Source: U.S. Centers for Disease Control & Prevention.
1. [cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html)
  2. [cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html)
  3. [cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/playing-sports.html)

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**Attendance line**  
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 linton](http://www.psdschools.org/linton)**

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 Linton Handbook](#)



## SAC Members 2021-2022

Andrea Elder: 701-202-2870

Stacey McBride: [StaceyMarieMcbride@gmail.com](mailto:StaceyMarieMcbride@gmail.com) or  
 970-219-9377

Lindsay Sell: [Lindsay.lane.sell@gmail.com](mailto:Lindsay.lane.sell@gmail.com) or 303-641-  
 3017

Karla Colin: 970-786-9208

Katie Turney: [kturney@psdschools.org](mailto:kturney@psdschools.org)

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