

As we head into colder weather, it is normal for young children to become sick. This will be compounded this year with the fact that most of the kids have had minimal exposure to other children since March. While the majority of illnesses will be common colds and viruses, we must take extra precautions more now than ever to limit the spread of germs and of course, to make every effort to protect against Covid.

Please review the below information regarding our sick policy. If at any point, you have questions about whether or not your child should attend school, please email [Jasmine@thechapel.org](mailto:Jasmine@thechapel.org) and we can help you determine the right course of action.

Per the NJ state guidelines for COVID and CDC recommendations, children who meet the following criteria should be excluded from school for 10 days, or until they receive an alternate diagnosis from a healthcare provider. Before returning to school, a negative COVID-19 test result may be requested if there is any question of diagnosis.

- At least **two** of the following symptoms: fever, chills, shivers, muscle aches, headache, sore throat, nausea, diarrhea, fatigue, congestion or runny nose; **OR**
- At least **one** of the following symptoms: vomiting, cough, shortness of breath, difficulty breathing, new loss of taste and smell disorder.

By now, everyone should be used to the COVID Exposure questions that you are asked each day at drop-off:

- Do you have any symptoms of illness?
- Have you been in close contact (within 6 feet for at least 10 minutes) with a person with confirmed COVID in the past 14 days?
- Does someone in the household had COVID symptoms or tested positive?
- Have you traveled to an area of high community transmission?

*If the answer to any of the above questions is "yes" then please stay home.*

**Absences:** You must let the office know when your student(s) will be absent from school. *Using the Class Dojo App is not sufficient notification.* You must call the office at 973-334-2798 or email [jasmine@thechapel.org](mailto:jasmine@thechapel.org). Be sure to state the reason for your child's absence.

If your student(s) begin to present any sign of illness while in the class, we will notify you immediately and ask you to come pick them up. This is done in the best interest of the other students and staff in the classroom.

Additionally, we realize that many families may choose to travel or spend time with extended family and friends throughout this Holiday season. While we do not want to discourage these fun activities, we must ask that you give careful consideration to your decisions and the effect they could have on your student(s) and our school. If you choose to visit a state that is on the travel advisory list, you will not be able to send your student(s) to school for two weeks after you return home. There will be no exceptions to this policy, as it is a mandate from the NJ Office of Licensing for Early Childcare Centers. Furthermore, you will still be responsible for paying tuition for your student(s) during the time that they are unable to attend class.

Lastly, we ask that you follow Philippians 2:3 and "in humility, consider others above yourselves" when determining whether or not to send your student(s) to school. Your decision may impact the health of our staff and students, and our school's ability to remain open!

If you have any doubt in your mind, please err on the side of caution and contact the office.