



ARBORLAND MONTESSORI INFANT - 8TH GRADE PRIVATE SCHOOLS

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Dear Parents,

Thank you very much for your support! We have had more than a month of positive school days for both online and in-person students. We even had a successful Parents' Night and Family Fun Night for us to work collaboratively in support of students' intellectual and social development. While many schools are still trying to figure out how to proceed with in-person learning, we are grateful that our teachers have taken technology training and are adaptable to the current situation.

While we are hopeful and diligently doing everything we can to ensure safety during the Coronavirus pandemic, we are also realistic and understand that we are not out of the woods yet. The recent wildfires made our air quality unhealthy and limited our opportunities to breathe fresh air. In addition, the flu season is coming and it's inevitable that some students and adults will be sick due to the unhealthier air quality and the change of weather.

To be transparent and to share the challenge that we have as a community, some regular flu symptoms and Coronavirus symptoms are very similar, such as fever, runny nose, cough, fatigue, muscle aches, vomiting, and diarrhea. Even though Coronavirus tends to have additional symptoms of difficulty breathing, persistent pain, pressure in the chest, loss of taste or smell, new confusion, inability to wake or stay awake, and/or bluish lips or face, different people have different symptoms and there is no one-size fits all way to visually differentiate.

Even prior to the Coronavirus pandemic, it has been our school policy that if a child is sick, he/she needs to stay home. For additional safety protocol, we perform a health screen with all families through a health questionnaire, daily visual screening, and daily temperature checks. Since the symptoms of regular flu and Coronavirus are very similar, please seek your medical doctor's advice if you are at all concerned about exposure to Coronavirus since children can only get Coronavirus testing with a doctor's referral. Many doctors welcome telemedicine to see the patients online.

The purpose of this letter is to make sure that we all are working together to protect each other. We depend on you to inform us what's going on at home. We also promise to inform you when we receive any report regarding Coronavirus. The children are very sensitive. We do not

want to point fingers when someone is sick as it creates an uncomfortable environment for the sick child to return to. Parents are simply following school policy when you keep sick children home. It does not mean that the child has Coronavirus.

That being said, contact tracing and daily home screenings on the part of the family is still important. The CDC provides the following guidelines for “Daily Home Screening for Students,” “Return-to-School Policies,” and “School Isolation Protocols”:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>. Per CDC link above, was there any opportunity that the sick person was exposed to someone with Coronavirus? Was there any gathering that the sick person attended? Were safety procedures followed? Any person who is exposed to someone with Coronavirus must self-quarantine for 14 days with or without symptoms due to the incubation period. If the sick person has not been exposed to anyone with Coronavirus, chances are the person has a regular flu. To give ourselves a peace of mind, seek professional medical advice or get tested.

With flu season starting, the CDC suggests we all get a flu shot and many places like Albertson and Target give free flu shots. Flu shots take 14 days to be effective. Here are the flu shot guidelines from CDC: <https://www.cdc.gov/flu/prevent/flushot.htm>.

Prevention is still the most effective to mitigate community spread of any illness. As a result, we absolutely want to follow the safety precautions as follows:

1. Keep social distance
2. Wear a mask
3. Frequently wash hands with soap for 20 seconds

Again, we are an extended family at school and want to look out for each other to help each other stay safe and healthy everyday.

With sincerity,

Dr. Sueling Chen
Principal