



FALL MOUNTAIN REGIONAL SCHOOL DISTRICT

School Administrative Unit 60

122 NH Route 12A P.O. Box 720 Langdon, NH 03602-0720

Phone: 603-835-0006 Fax: 603-835-0007

www.sau60.org

Five Towns, One Vision.

To: Fall Mountain Families & Staff
From: Lori Landry, Superintendent
RE: FMRSD COVID-19 Safety Guidelines
Date: March 12, 2020

Our administrative team met this morning for further discussion on the COVID-19 pandemic and its impact on our school community. The health and safety of our students and staff is of the utmost importance to us.

In an effort to protect our students and staff, we have needed to make some difficult decisions and will be initiating the following protocols and procedures effective immediately.

DISTRICT WIDE EVENTS

All district wide events have been suspended at this time. This includes district dances, sports banquets, plays and district music events. The situation will be reevaluated after April break for the remainder of the school year. School based events will take place as scheduled at the discretion of the principal. **Parent Teacher Conferences on March 26th and 27th will occur as scheduled.**

FIELD TRIPS

All field trips have been suspended at this time. The situation will be reevaluated after April break for the remainder of the school year.

ATHLETIC EVENTS

The district will follow the recommendations of NHIAA (New Hampshire Interscholastic Athletic Association) for all athletic related events.

PROFESSIONAL DEVELOPMENT FOR STAFF

Staff will not be permitted to attend any professional development events/conferences outside of the school district until further notice.

Lorraine Landry, CAGS
Superintendent of Schools

James Fenn, MBA
Chief Financial Officer

Fall Mountain Regional School District is committed to maintaining a work and learning environment free from discrimination on the basis of race, color, religion, gender, sexual orientation, gender identity or expression, national origin, age, disability, genetic information, marital status, amnesty, creed, ethnic origin, economic status or status as a covered veteran in accordance with the requirements of federal and state law. Inquiries regarding our policy on non-discrimination may be directed to James Fenn, Title IX Coordinator or Aaron Cinquemani, 504 Coordinator.



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FOOD SERVICE/ABBAY GROUP

Effective Monday, March 23, salad bars will be removed from the food service lines in all FM schools. An alternative method for distribution will be made at each location. Updated menus will be available shortly.

STAFF/STUDENT TRAVEL

Please review the [CDC Travel Recommendations](#) carefully. The CDC has updated the list of countries with a level 3 travel notice which includes most of Europe.

Students/Staff traveling out of state for three nights or more are asked to notify their building principal before returning to school/work.

Students/Staff traveling outside of the country or by cruise ship must notify their building administrator. Following CDC regulations, **any student/staff traveling to a country with level 3 travel notice will be required to self monitor out of school for 14 days.**

PREPARATION FOR CONTINUED LEARNING IN EVENT OF CLOSURE

On the afternoon of Friday, March 13th, teachers will be preparing materials and strategies for continued learning in the case we need to close schools.

Please fill out this [parent survey](#) regarding home internet accessibility.

USE OF SCHOOL BUILDINGS

At this time, the use of all school buildings by outside agencies or community groups will be temporarily suspended. We will reevaluate use of the buildings after April school vacation.

STAFF/STUDENT ILLNESS PROTOCOLS

We will be following the recommendations and protocols as outlined by the NH Department of Health & Human Services.

If symptoms develop, you should:

- Take temperature with a thermometer
- Stay home and avoid close contact with other people

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- Seek health advice by phone from either a healthcare provider or the NH DPHS at 603-271-4496 (after hours 603-271-5300).
- Before going to a doctor's office or emergency room, the individual should call ahead and tell the provider or office about recent travel and symptoms.
- Practice strict respiratory etiquette and hand hygiene including covering the nose and mouth with a tissue when coughing or sneezing and washing hands often with soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer if soap and water are not available.
- Symptomatic individuals should wear a surgical mask when traveling outside of the home (e.g., to a doctor's office) to protect others.

GENERAL RECOMMENDATIONS FOR STAFF/FAMILIES

Given the increasing numbers of infections globally and around the United States, The New Hampshire Department of Health and Human Services (DHHS) recommends the following:

- Stay home and avoid public places when sick (i.e. social distancing)
- Cover mouth and nose when coughing and sneezing
- Wash hands frequently
- Avoid being within 6 feet (close contact) of a person who is sick
- Avoid sharing drinks, smoking/vaping devices, or other utensils or objects that may transmit saliva
- Disinfect frequently touched surfaces

ADDITIONAL RESOURCES

[NH DHHS Letter for Families](#)

[NH DHHS Updated Guidelines](#)

[Talking to children about COVID-19](#)

[Resources for Home-Plan, prepare, and respond to Coronavirus Disease 2019](#)

[CDC - Protect Yourself & Your Family](#)

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