

November 10, 2020



Be Safe

In order to provide a healthy environment for all staff, it is important that all employees, regardless of assignment, complete the [Health Assessment Questionnaire](#) daily BEFORE coming to work. The questionnaire/checklist is located on the staff website under "Health Questionnaires". If you are ill, please stay home and contact your supervisor.

All staff and students are required to wear face coverings in the school building. Staff members who may be in an office or classroom alone or with an immediate family member do not have to wear a mask but should have access to it.

Staff members may eat lunch with other staff members if at least six (6) feet of distance can be maintained. When not eating, staff members should be wearing a face covering.

Be Well

November 13 is World Kindness Day. Being kind helps others but helps you, too!

5 Ways Being Kind Can Improve Your Health

1. Kindness helps keep your heart healthy.
2. Kindness makes us happier humans.
3. Kindness keeps us young.
4. Kindness has been shown to strengthen your immune system.
5. Kindness truly is contagious.

[Heal Them With Kindness: 5 Ways Being Kind Can Improve Your Health](#)





Be Informed

Where do I find communication regarding the procedure and protocols if there is a positive COVID case?

[Our Healthy & Safe Return-to-School Communications Guidance for COVID-19 Positive Cases](#) is located on our [Return-to-School Plan website](#) under the Quicklinks tab and in the middle of the page by the file folder infographic.

Upcoming Wellness Event:

Healthy Holiday Eating Webinar

November 18, 2020

4:30 p.m. - 5:00 p.m.

Presenter: Mary Roberts-Curran, RD

Hosted by our Employee Health & Wellness Center

All full-time employees are eligible to attend. Employees can register by contacting the HCS Employee Health & Wellness Center at 757-315-8100.

November 17, 2020



Be Safe

Helpful tips for face coverings

- Wash your hands before putting on a face covering
- Grab by ear loops and put it over your nose and mouth and secure it under your chin
 - Limit touching the mask covering as much as possible
 - Ensure it fits snugly against the sides of your face
- Choose a face covering that:
 - Fits snugly but comfortably against the side of your face
 - Completely covers the nose and mouth
 - Is secured with ties or ear loops
 - Includes multiple layers of fabric
 - Allows for breathing without restriction
- Can be washed and machine dried without damage or change to shape

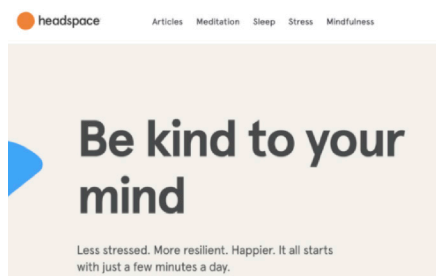
Expectations for who to contact if someone has a COVID question and/or has COVID symptoms

- Contact the nurse assigned to your school and/or Health Services as well as your direct supervisor/administrator.
- Please refer to the HCS Guidelines for COVID-19 Related Illnesses and Return to School or Work as well as the Healthy-and-Safe Return to School Communications Guidance for COVID-19 Positive Cases.

Be Well

Free Self-Care Sites and Apps:





[Headspace](#)

**Upcoming Wellness Event:
Healthy Holiday Eating Education Session**

November 18, 2020

4:30 p.m. - 5:00 p.m.

Presenter: Mary Roberts-Curran, RD

Hosted by our Employee Health & Wellness Center

All full-time employees are eligible to attend.

During this education session, participants will learn:

- How to select healthier food options
- Food planning during the holidays
- Healthy holiday recipes

Employees can register by contacting the HCS Employee Health & Wellness Center at 757-315-8100.

Employees and spouses who attend this session will earn one point towards their wellness premium incentive.

HCS Healthy Holidays Health Coaching Raffle

Give yourself the gift of achieving your health goals this holiday season!

Employees who complete two health coaching sessions in November and December will be entered into a raffle for the chance to win a \$50 gift card. Four winners will be selected.

Raffle Eligibility: Schedule and complete two health coaching sessions, one in November and one in December.

Each health coaching session will also earn two incentive points towards the [2020/2021 HCS Wellness Incentive Program](#).

Call the Hampton City Schools Employee Health & Wellness Center at 757-315-8100 to schedule your health coaching appointment today.

Be Informed

Instructional Week Following Thanksgiving (November 30 - December 5):

As communicated via email on 11/16/20, HCS will temporarily move to an all-virtual learning model for all students the week following Thanksgiving (November 30-December 4), in order to continue to maintain our safe and healthy learning environments.

Schools and offices will be open for the week and the general public will be required to make appointments prior to visiting a school or office.

This is a regular work week. However, individual schedules may be adjusted where possible, and staff may work remotely to ensure fewer employees are working on-site at one time. Teachers and instructional assistants may teach from home during the week of November 30, or a teacher and/or instructional assistant may choose to teach from his/her classroom. If you do so, we ask individuals to stay within their classrooms and utilize public spaces only as needed. Full-time and part-time employees will be paid during this week based on the employee's regular contract days and hours. Any leave taken must be in accordance with Hampton City Schools policy.

Please note that this schedule will also be utilized the week following Winter Break (January 4-8). As always, we will keep you informed if there is a need for adjustments.

NEW:

An HCS COVID-19 Dashboard has been added to our Return-to-School Plan website. A button has also been added to our HCS homepage for direct access. Weekly health metrics, the COVID-19 Dashboard, Mitigation Strategies, as well as our Operational Capacity and In-Person/Virtual Learners can be viewed on this page.



**Health Metrics,
COVID-19
Dashboard,
Mitigation
Strategies and
Operational
Capacity**

November 24, 2020



Be Safe

What is meant by contact related to COVID potential exposure?

Close contact is defined as being within 6 feet of a person with COVID-19 for at least 15 minutes or having exposure to the person's respiratory secretions (e.g., coughed or sneezed on, shared a drinking glass or utensil, kissing, close conversation) while they were contagious. Walking through an area or coming into a room is not close contact nor is it close contact when maintaining at least the 6 feet of physical distancing while wearing a mask.

[Thanksgiving Health Guidelines from CDC](#)

[When is it safe to be around others?](#)

COVIDWise App

Governor Northan has encouraged VA citizens to download the COVIDWise App. Here is the link to find out more information.
[COVIDWise App](#)

Be Well

Employee Assistance Program

All employees and their household family members have access to the no cost Cigna Employee Assistance Program (EAP). EAP personal advocates will work with you and your household family members to help you resolve issues you may be facing, connect you with the right mental health professionals, direct you to a variety of helpful resources in your community and more.

Take advantage of a wide range of services offered at no cost to you:

- Five face-to-face counseling sessions with a counselor in your area, as

well as video-based sessions.

- Legal assistance: 30-minute consultation with an attorney, face-to-face or by phone.
- Financial: 30-minute telephone consultation with a qualified specialist on topics such as debt counseling or planning for retirement.
- Parenting: Resources and referrals for childcare providers, before and after school programs, camps, adoption organizations, child development, prenatal care and more.
- Eldercare: Resources and referrals for home health agencies, assisted living facilities, social and recreational programs and long-distance caregiving.
- Pet care: Resources and referrals for pet sitting, obedience training, veterinarians and pet stores.
- Identity theft: 60-minute consultation with a fraud resolution specialist.

To initiate services, contact Cigna EAP at 877-622-4327.

Gratitude and Joy

Brene' Brown shares her research on how gratitude and joy are connected.

Be Informed

Did you miss the opportunity to participate in the CHKD Webinar for HCS Staff: Continuing to Learn about COVID-19 on November 17, 2020?

This informative webinar was recorded and can be viewed here:
<https://youtu.be/VMClQvGn9zw>

Dr. Leah Rowland, American Board of Pediatrics, and Dr. Doug Mitchell, American Board of Pediatrics and Pediatric Infectious Disease, provided information in regard to the medical aspects of COVID-19 as well answered participants' questions.

December 1, 2020



Be Safe



Click image to view video

Are Masks that Important?

Masks offer some protection to you, but more importantly they are meant to protect those around you, in case you are unknowingly infected with the virus that causes COVID-19. Masks keep respiratory droplets from going out to others. We all produce respiratory droplets when talking, singing, coughing, sneezing and just breathing. This is why it is important to have a back-up mask(s) in case your mask becomes moist. Masks should be washed after use each day!

A mask is NOT a substitute for social distancing. Masks should still be worn in addition to staying at least 6 feet apart.

Be Well

Holiday Stress Busters

[Check out these ten tips for staying well during this unique holiday season.](#)

Sing some holiday tunes!

[See how singing is good for the brain.](#)

Upcoming Wellness Event:

Building Healthy Habits

December 16, 2020

4:30 p.m. - 5:00 p.m.

Presenter: Mary Roberts-Curran, RD

Hosted by our Employee Health & Wellness Center

All full-time employees are eligible to attend.

During this education webinar, participants will learn about simple habits that lead to a healthier life. Areas include good nutrition, physical activity, and overall well being. Examples will be shared of how to add these habits to your daily routine.

Employees can register by contacting the HCS Employee Health & Wellness Center at 757-315-8100.

Employees who attend this session will earn one point towards their wellness premium incentive.

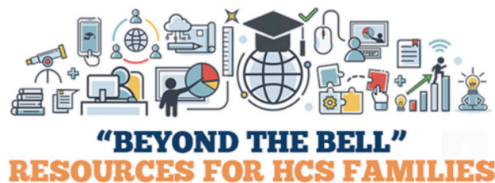
Be Informed

VACopes is a warm line offering support to anyone struggling with grief, trauma, or distress related to COVID.



"Beyond the Bell" Resources for HCS Families

A "one-stop, short list" of resources to support staff, students, and families. The link is located on our [Return-to-School Plan website](#), as well as a button on our HCS homepage for direct access.



December 8, 2020



Be Safe

Working to Create and Maintain Safe as well as Healthy Learning Environments and Workplaces

For the next two weeks leading up to Winter Break, we are asking all employees to refrain from eating with other employees as well as to not congregate together in schools or offices. These are just two additional preventative steps that will further strengthen our mitigation strategies.

CDC Quarantine Changes

Will the CDC quarantine changes impact our HCS quarantine guidelines?

CDC has stated that there will be changes to quarantine times. We will make changes to our HCS quarantine guidelines once the Virginia Department of Health (VDH) makes these CDC changes official in their guidelines. VDH anticipates this will occur in the next week or so. Once approved, we will update the [*HCS Guidelines for COVID-19 Related Illnesses and Return to School or Work.*](#)

Be Well

15 of the Best Fitness Apps

Thinking about the new year?

Check out a few of the best free workout apps available

Upcoming Wellness Event:

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Be Informed

Student Health Questionnaire Requirements

Based on guidance from physicians at CHKD, we have decided that families will now self-administer the student daily health assessment.

Parents/Guardians are required to complete the [Student Health Questionnaire](#) (located on the Return-to-School Plan website under "Quick Links", our HCS homepage under the Parents tab, as well as on the Health Services webpage) DAILY BEFORE their child comes to school.

Per the questionnaire, if "yes" is a response to any of the questions, the student is required to remain home and the parent/guardian needs to contact the attendance clerk or the school nurse so the school nurse can provide guidance for medical issues.

We feel the move to a self-administered assessment will be more efficient going forward as it will allow everyone the ability to focus more on symptoms of a potential illness rather than the compliance of a form. This is also the same process/expectation we currently have in place for all HCS staff.

As in our expectations, the classroom teacher is still required to conduct a health self-check (using their classroom poster) with students first thing each day as part of the morning routine. If a student answers "yes" to any question, the teacher should ensure their face covering is on and send the student to the clinic.

Our [expectations document](#) and [HCS COVID-19 Student/Parent/Guardian Expectations and Agreement](#) have been updated to reflect this change. We communicated this information to the families of our in-person learners on Thursday, December 3, via a robocall and ParentSquare post (email).

Information Regarding the HCS COVID-19 Dashboard

If a staff member or in-person student exhibits COVID-like symptoms

or is COVID-positive, the school nurse will conduct a contact tracing assessment. This assessment is completed under the guidance of the Director of Health Services and, if appropriate, the Hampton Health Department. The cumulative positive COVID-19 test number on our dashboard represents HCS staff members and students who test positive for COVID-19 and were present in a school building or an administrative office within 48 hours of presenting COVID-like symptoms.

[Our Healthy & Safe Return-to-School Communications Guidance for Positive COVID-19 Cases](#) will be utilized to communicate with families and staff. If new case(s) occur that are related to an initial positive case in a specific classroom or working area and individuals are already quarantined due to the initial contact, communication will only be provided to staff and families of in-person learners if contact tracing determines a possible exposure outside of that specific classroom or working area. The new case(s) will be documented on the HCS COVID dashboard.

HCS is not tracking cases of students who are 100% virtual nor staff members who are working 100% virtually off-site.

December 15, 2020



Be Safe

Traveling During the Holidays: What Do I Need to Know?

Although CDC recommends not traveling during the holidays, in case you are, here is what you need to know. CDC does not require that domestic travelers undergo a mandatory federal quarantine, but does recommend travelers do the following after domestic travel:

1. [Get tested](#) with a viral test three (3) to five (5) days after travel AND reduce [non-essential activities](#) for seven (7) days.
2. Even if you test negative, reduce non-essential activities for a full seven (7) days after travel.
3. If your test is positive, [isolate](#) yourself to protect others from getting infected.
4. If you do not get tested, consider reducing non-essential activities for 10 days after travel.
5. Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.
6. If you test positive or have symptoms of COVID-19, [isolate](#) yourself to protect others from getting infected and follow public health recommendations.

Also take these actions for 14 days after you return from travel to protect others from getting COVID-19:

1. [Stay at least six \(6\) feet/two \(2\) meters](#) (about two arm lengths) from anyone who did not travel with you, particularly in crowded areas. It is important to do this everywhere — both indoors and outdoors.
2. [Wear a mask](#) to keep your nose and mouth covered when you are in shared spaces outside of your home, including when using [public transportation](#) and in transportation hubs such as airports and stations.
3. If there are people in the household who did not travel with you, [wear a mask](#) and ask everyone in the household to wear masks in shared spaces inside your home.
4. [Wash your hands](#) often or use hand sanitizer with at least 60%

- alcohol.
5. Avoid being around people who are at [increased risk for severe illness](#).
 6. Watch your health. Look for [symptoms of COVID-19](#), and take your temperature if you feel sick.
 7. [Isolate](#) yourself and follow public health recommendations if you get sick.
 8. Always follow [state and local](#) recommendations or requirements related to travel.



[Try these mindfulness strategies for families!](#)

[Here's a new way to think about work-life balance.](#)



Use [this link](#) for information on the Zumba classes offered by Dr. Kim.

Peninsula & Hampton Health Districts Offering Free COVID-19 Drive Through Testing Events Through Dec. 19

The Peninsula Health District is offering free drive through testing events at locations on the Peninsula during December. These are the last events offered in 2020.

In addition to the neighborhood community-based testing events ([Free COVID testing in Hampton](#)), the two Districts are partnering with a private laboratory- Mako -to offer two larger events at Peninsula Health Center and Hampton Roads Convention Center.

Testing is free and available to ages 12 and older at all sites. Starred events can test any age. Check the Peninsula Health District Facebook page for updates and weather cancellations.

Date, Times, Locations:

December 14 - 4:30-6:30 pm
Boo Williams Sportsplex
5 Armistead Pointe Parkway, Hampton

December 15 - 3-5 pm
New Mount Zion Baptist Church
3991 Longhill Road, Williamsburg

December 16 - 11 am-1 pm
Colossian Baptist Church
856 Old Fort Eustis Blvd, Newport News

December 17 - 4:30-6:30 pm
Westhampton Community Center
1638 Briarfield Road, Hampton

December 18 - 10 am-2 pm
First Baptist Church East End
3000 Jefferson Ave, Newport News

December 19 - 10 am-3 pm
Hampton Roads Convention Center

 **Be Informed**

Instruction Following Winter Break (January 4 - 15):

As communicated via email on 12/11/20, HCS will temporarily move to an all-virtual learning model for all students for two weeks following Winter Break (January 4-15), in order to continue to maintain our safe and healthy learning environments.

Schools and administrative offices will remain open during their regular operating hours and the general public will be required to make appointments prior to visiting a school or office.

These are regular work weeks and schools and administrative offices are to be open during regular operating hours. However, individual schedules for non-instructional school-based and nonschool-based employees may be adjusted by supervisors. Where possible, teleworking is encouraged for staff to ensure fewer employees are working on-site at one time. In addition, teachers and instructional assistants may teach from home from January 4 through January 15, or a teacher and/or instructional assistant may choose to teach from his/her classroom. If teachers and/or

instructional assistants choose to work in their school building, they must stay within their classrooms, are not to eat with other staff members, and are not to congregate in areas. Additionally, individuals should utilize public spaces only as needed (e.g., workrooms, kitchens, mailrooms). Full-time and part-time employees will be paid during these two weeks based on the employee's regular contract days and hours. Any leave taken must be in accordance with Hampton City Schools policy.