



## HELLO NORTH ANDOVER FAMILIES!

Numbers in the community have been promising! Please continue to be vigilant, following all the necessary precautions so that we can continue to see improving COVID-19 numbers in our community. We appreciate all that you and your family have done and continue to do to keep our school students and staff safe.

## SELF CARE TIPS

Try introducing one small way to take care of yourself each day. Below are some [tips from the CDC](#).

- Take breaks to unwind through:
  - yoga
  - music
  - gardening
  - new hobbies
- Find new ways to safely connect with family and friends, get support, and share feelings
- Take care of your body and get moving to lessen fatigue, anxiety, or sadness
- Treat yourself to healthy foods
- Get enough sleep

Changes to our lives due to the pandemic can cause increased stress. Finding ways to cope during this time will make you, your loved ones, and our community stronger.

## CONTACT THE NURSE

If your child tests positive for COVID-19 or is identified a close contact please notify your school nurse directly.

NAHS [goudreaum@nak12.com](mailto:goudreaum@nak12.com) or [mcdonaldl@nak12.com](mailto:mcdonaldl@nak12.com)

NAMS [wolfej@nak12.com](mailto:wolfej@nak12.com) or [peasek@nak12.com](mailto:peasek@nak12.com)

Atkinson [fullerh@nak12.com](mailto:fullerh@nak12.com)

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Thomson [oneillk@nak12.com](mailto:oneillk@nak12.com)

ABECC [dodyk@nak12.com](mailto:dodyk@nak12.com) or [donovanb@nak12.com](mailto:donovanb@nak12.com)

## COVID-19 VACCINE UPDATE

Massachusetts is currently in Phase 2 Group 2. To find a vaccination location and if you are currently eligible for the vaccine in MA, [click here](#). There is an interactive map you can use to find sites available in MA and details about who is eligible.

## DAILY SELF CHECKS

It is imperative that parents continue to follow the daily self-certification before sending their child into school.

Please keep your child home if any of the following symptoms are present:

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Headache when in combination with other symptoms
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

If you have any questions about whether to send your child to school in the morning, the on call nurse is available from 6-8 am at 978-794-4842 or call your school nurse during the school day.

## MASKS & WATER BOTTLES

Please send your student with an extra mask to school. Students visiting the nurse for a new mask is taking time out of the classroom and time away from learning.

Please send your student to school with a water bottle. This is especially important now that the weather will start getting warmer. this year the schools only have water bottle fillers accessible. Your school nurse will accept reusable water bottle donations to give to students in need.