



Lynda J. Mitchell
Superintendent of Schools

October 2009

Dear Parent/Guardian:

There are many important issues that we will keep you informed about:

At the top of our list is our planning for the H1N1 virus. Our administrators and nurses have met with me to develop a plan for the possible onset of student/staff illness – if that occurs. On the back of this letter, I have included information from Dr. Paul Broomhead as well as the Torrington Area Health Department with procedures to be followed. We will be in constant communication with you concerning this issue during the upcoming weeks and our plan will be posted on the central office website at www.Thomastonschools.org.

Board of Education meetings are held on the second Monday of each month and are posted in several places. You can find the information on the Thomaston District Web Page at www.thomastonschools.org and with the Town Clerk's office, Town of Thomaston. We look forward to seeing you at the Board meetings.

Students in grades K-8 will participate in a Scientifically Research Based Intervention program (SRBI) called Second Step. Second Step is a universal prevention program that teaches critical social and emotional skills to all children. The curriculum goals are focused on reducing aggressive and disruptive behavior while encouraging social-emotional competence. A complete description of this program is provided on our webpage at www.thomastonschools.org.

View our Central Office webpage at www.thomastonschools.org for updated information from the Superintendent's office on many topics that are important to parents and students. You can also contact the Superintendent of Schools directly via e-mail at lmitchell@thomastonschools.org or by calling (860) 283-4796.

Sincerely,

Lynda Mitchell
Superintendent

(See reverse side for additional information)

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Dear Parent,

As you may know, the flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of the flu in the Thomaston School District. We want to keep the school open to students and functioning in a normal manner during this flu season. But, we need your help to do this.

We are working closely with Dr. Paul Broomhead and the Torrington Area Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

If the flu season becomes more severe, we may take additional steps to prevent the spread such as:

- conducting active fever and flu symptom screenings of students and staff as they arrive at school,
- making changes to increase the space between people such as moving desks farther apart and postponing class trips.

For now we are doing everything we can to keep our school functioning as usual. Here are a few things you can do to help.

- Teach your children to wash their hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- Teach your children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve, instead of the hand when a tissue is unavailable.
- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **If your child develops a fever of 100 degrees or higher, he/she will be required to stay home for 7 days as advised by the CDC (Center for Disease Control).** A student may come back sooner only with written documentation by his/her healthcare provider.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school will be sent home.

For more information visit www.flu.gov or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, visit Thomaston's website at www.thomastonschools.org or call the Superintendent's office at (860) 283-4796. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.