



Pine Tree ISD
10 Things Parents and Families
Can Do in Preparation for School

- 1) **Parents need to put together a different back to school kit.** Parents need to have a back to school kit that includes five cloth masks that are acceptable to and are comfortable on their children; and they need to have a bottle of hand sanitizer that they keep at school. While states are not mandating masks, (and no masks on children under age 2), masks are recommended to prevent infected droplets from reaching others. School districts will not be able to keep up with supplying disposable masks to the nation's 50 million students.
- 2) **Parents can take on the responsibility for knowing the health symptoms of covid-19 and screen their children at home.** Temperature screenings, which many schools are trying to do, come at a high cost, but are not good detectors of covid-19. Parents already know to screen for many childhood ailments: flu, conjunctivitis, pin worms, lice, etc. They will be good screeners.
- 3) **Parents have to be prepared to keep their children at home** if they or anyone in the family has symptoms of covid-19, and to report this to the local health department and school.
- 4) **Parents need to make sure all of their child's immunizations are up to date** and provide the school a doctor's determination, if their child is in a high-risk category for covid-19.
- 5) **Parents need to prepare their children for a different school experience.** They should talk to their children about the need to follow new rules in schools and on school buses for physical distancing, mask wearing, and personal hygiene, and why this is important. They can read to children age-appropriate stories, and/or give older students materials to read on covid-19 and public health before returning to school.

- 6) **Parents can make sure their children know about hand washing technique** and wash their hands thoroughly with soap and water right before leaving for school, and as soon as they get home from school.
- 7) **If the family is able, they can help the schools with lunch and transportation.** Parents can pack lunches, snacks, and water from home and bring and pick up the child from school by private car, to reduce ridership on school buses or public transit.
- 8) **Families can become familiar with the other students and families from their child's cohort class group from school.** How well the families in each class cohort can stay within their cohort and communicate will affect the success of the school year. Families, and family friends, will have to pay particular attention to high school age students who may be most prone to let their guard down and be less-than-cautious in their social interactions.
- 9) **Starting in September and October, parents and guardians should make sure they and their children over 6 months get the flu vaccine.** The [CDC](#) is particularly concerned that families are protected from this year's flu so families and schools are not doubly burdened with covid-19 and Influenza.
- 10) **Parents should be prepared to support their children in remote learning if they are quarantined,** and they should communicate with the school about their readiness or lack thereof for off-site learning. That includes access to Internet, technology, and the availability of adequate adult supervision for their child at home if schools move to remote or child is quarantined.