

## Rhino Roar

News for the Washington community
Published weekly (mostly)
December 3, 2021

Links to calendar and past newsletters on PTA website

**Walkathon WOW!** Thank you to all the volunteers who made the Walkathon so fun! Having parent volunteers again made it feel like old times! To donate, please visit <a href="https://app.99pledges.com/fund/washington225">https://app.99pledges.com/fund/washington225</a> and click the blue "donate" button.

If you missed out on volunteering for the Walkathon, or you just want more Rhino fun, here comes the **Winter Party**! We do need your help at the party, please contact jenafirh@gmail.com **Sunday Dec 12, 3-5pm:** Please join us for this very special party and an annual tradition at Washington. This year we're moving the party outdoors for covid-conscious safety / protocols...and will still be serving a famous tamale dinner, running a winter-themed photo booth, and have space set up for dancing - with fabulous music provided by DJ Mr. Leaks and Company! Holiday lights, decorations and hot cocoa will help make Washington's school courtyard and blacktop come alive for this special winter event. We look forward to seeing you there!

School photos are ready so please be on the lookout for an email from Blue Note Photography (no-reply@gotphoto.com). The email will contain all the information you need to see and order the photos.

Here are a few things to keep in mind:

- Because of general shipping delays across the country, the print lab recommends ordering by Dec. 9 to ensure delivery by Christmas using standard shipping.
- Blue Note Photography can only share photos with the email addresses provided by the school. For security reasons, they will not send any identifying information to unrecognized email addresses so please be sure to check the email address we have on file, including the junk folder.
- Different sized photos get cropped differently. You get a preview and the chance to edit this cropping before finalizing your order online.
- Photos ship to the address you enter during the checkout process and at the speed you select. With current postal delays, prints are sometimes taking 10-14 days to arrive and downloads are immediately available for download.

If you need any support with school photos, please visit the photographer's website at <a href="https://www.blue.photo">www.blue.photo</a>

**Mid Year Reminder:** Students should not bring **cell phones, smart watches** or other electronic signaling devices to school, as they are a distraction to the learning environment and students are always able to use the office to contact home. The school is not responsible for lost or stolen devices.

Please also note that the minimum age for using many social media sites is 12 and up for a reason. Students can be subject to school disciplinary procedures if items shared on

social media postings are found to be disruptive to the school environment.

The holidays can be stressful and sometimes parents need some help! The **WARM LINE**PARENT COACHING from BANANAS is here to help!

Feeling stressed and need some parent coaching? Every parent could use some perspective and advice at times. Children do not come with instructions and raising them can be a curious and challenging experience. BANANAS understands this and wants to help you get support through our FREE Warm Line Parent Coaching program. You can meet with a parenting expert in person or by phone for up to four FREE consultation sessions. For more information contact <a href="mailto:warmline@bananasbunch.org">warmline@bananasbunch.org</a>

or (510) 658-7353 x107

A veces los padres se pueden sentir abrumados. Los niños no viene con instrucciones y a menudo tienen comportamientos desafiantes. Ser adulto y manejar el estrés de la vida ya es bastante dificil. Ser padre puede elevar ese estrés a un nuevo nivel. BANANAS entiende esto y quiere ayudarle a obtener el apoyo que necesita para manejar estos desafios parentales. Estamos introduciendo el FREE Warm Line Parent Coaching program. Puede reunirse con un experto en crianza en persona o por teléfono para una consulta gratuita. Nuestros expertos en crianza escucharán sus inquietudes, observarán a usted y a su hijo/a y le darán consejos y referencias para otro servicio que continuará apoyándolo. NO esta solo! Llámenos para analizar cómo puede beneficiarse de este gran programa. Para los padres con niños de cerro a cinco años. Viviendo en Northern Alameda County. Para más información comuníquese con Angie al (510) 658-7353 ext. 209, o angie@bananasbunch.org.

A **Facilities Subcommittee** is being formed to work on the long term needs of the Washington campus. We will work with staff to create a wish list and generate district support for our needs, including next year's long delayed cafeteria remodel. If you'd like to be a part of this group, please email Principal Hazen <a href="mailto:katiahazen@berkeley.net">katiahazen@berkeley.net</a> You don't need any particular expertise, but folks from the building trades are always welcome!

**Holiday shopping can support Washington!** Anyone doing holiday cards this year can get a discount through Minted.com. Use the code FUNDRAISEWAES at the check out to receive a 20% discount and Minted will make a 15% donation to the Washington PTA! This discount is not just through the holidays but all year on any other items on Minted.com you may be interested in.

Also, Sports Basement Berkeley will hold a shopping discount week for Washington Families. From December 6-10, Washington families can shop at Sports Basement in Berkeley and receive a discount on all items and Sports Basement will donate a percentage to the PTA if you mention Washington PTA at checkout.

Vaccines are FREE and available for everyone 5 and older, regardless of insurance

#### or immigration status.

Families who have a medical home can sign up for vaccines from their primary healthcare provider (such as <u>Berkeley Pediatrics</u>, <u>East Bay Pediatrics</u>, <u>Kaiser</u>, <u>Sutter</u>, and <u>Kiwi Pediatrics</u>). Vaccines are also available at many local pharmacies, including <u>CVS</u>, <u>Walgreens</u> and <u>Safeway</u>.

Visit Myturn.ca.gov or www.Vaccines.gov to find walk-in clinics or to make appointments at many other clinics offering these services across the area. To find a vaccine site in Alameda County visit <a href="https://covid19.acgov.org/vaccines#availability">https://covid19.acgov.org/vaccines#availability</a>

Stanford Health Care - ValleyCare Vaccines:

https://stanfordhealthcare.org/discover/covid-19-

resource-center/patient-care/safety-health-vaccine-planning.html Please also continue to check the <u>City of Berkeley vaccination webpage</u> for additional opportunities.

Dear Washington Families,

The holiday season is just a few weeks away. This is a time many (especially children) look forward to for sharing good food and gifts with their loved ones. However, it can be an exceptionally difficult time of year for families that have few resources, particularly during this pandemic.

A week away from school for some students means five days without free breakfast and lunch (about \$50 worth of food).

The Berkeley Public Schools Fund and the Office of Family Engagement and Equity are working together to fundraise for Holiday Gift Cards for families in need in our BUSD community. Please join us in helping Washington families this holiday season!

To make a tax deductible donation to help families and students for the holidays, just click **here** and select **Holiday Gift Cards** as the program and complete the rest of the form.

If your family is struggling to make ends meet and in need of support, please contact Washington's Family Engagement and Equity Specialist, Carol Perez, at 510-849-7396 or <a href="mailto:carolynperez@berkeley.net">carolynperez@berkeley.net</a> Thank you!

### Queridas familias

La temporada de vacaciones está a solo unas semanas. Este es un momento que muchos (especialmente los niños) esperan con ansias para compartir buena comida y regalos con sus seres queridos. Sin embargo, puede ser una época del año excepcionalmente dificil para las familias que tienen pocos recursos, especialmente durante esta pandemia.

Una semana fuera de la escuela para algunos estudiantes significa cinco días sin desayuno y almuerzo gratis (alrededor de \$50 en comida).

El Fondo de las Escuelas Públicas de Berkeley y la Oficina de Participación Familiar y Equidad están trabajando juntos para recaudar fondos para comprar tarjetas de regalo para familias necesitadas en nuestra comunidad BUSD. ¡Únase a nosotros para ayudar a las familias de Washington en esta temporada de vacaciones!

Para hacer una donación deducible de impuestos para ayudar a familias y estudiantes durante las vacaciones, simplemente haga clic <u>aquí</u> y seleccione **Holiday Gift Cards** como programa y complete el resto del formulario.

Si su familia tiene dificultades y necesita ayuda, comuníquese con Carol Perez, especialista en equidad y participación familiar de Washington, al 510-849-7396 o

### Testing at Berkeley Adult School (BAS) for Symptomatic Students

BUSD is now operating a COVID-19 testing kiosk that will be open on Monday-Friday from 2:00 – 4:30 in the back parking lot of the Berkeley Adult School. This kiosk is open to BUSD students and staff who are concerned about having a COVID symptom and want to be tested with a free, supervised PCR test. No appointment is necessary. If you haven't already done so, please complete this <u>Primary Health registration form</u> so your student can be tested at school, if necessary, and at the Berkeley Adult School. This registration is only required for the first time someone tests.

If your student has COVID-19 symptoms, please do not bring them to their school to test. Your student may return to school with a negative PCR test (from the Berkeley Adult School testing site or from other outside testing) **and** when symptoms have improved **and** when they have not had a fever for 24 hours without the use of fever-reducing medicine. Most PCR test results are available within 48-72 hours.

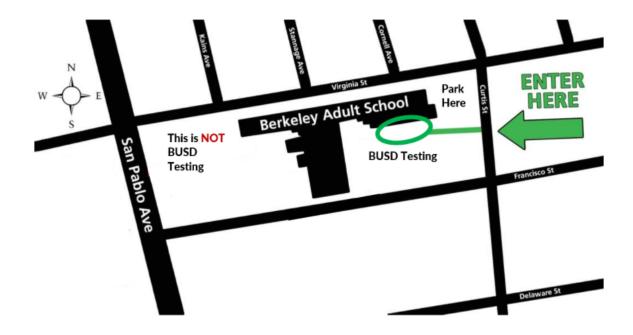
Days: Monday through Friday

**Time:** 2:00-4:30

**Location:** At the back parking lot of Berkeley Adult School, found on Curtis St. between Virginia and Francisco St.

**Special Directions:** Please park in the top parking lot, go to the testing table to be tested, and then exit through the Curtis St. entrance/exit again when you leave.

**Note:** Curative testing is being offered at the front parking lot of the Adult School. This is **not BUSD testing** and is not walkup testing.



#### Pruebas en Berkeley Adult School (BAS) para Estudiantes y Personal Sintomático

BUSD está ahora operando un quiosco de pruebas COVID-19 el cual estará abierto de lunes a viernes de 2:00 a 4:30 en el estacionamiento de la parte posterior de Berkeley Adult School. Este quiosco está abierto a los estudiantes y al personal de BUSD que estén preocupados por tener un síntoma de COVID y quieran hacerse la prueba PCR gratuita y supervisada. No se necesita cita. Si usted aún no lo ha hecho, por favor complete este

formulario <u>Primary Health registration form</u> de manera que su estudiante pueda recibir la prueba en la escuela. Esta inscripción es únicamente necesaria para la primera prueba de Primary Health.

Si su estudiante tiene síntomas de COVID-19, por favor no lo traiga a su escuela para hacer la prueba. Su estudiante puede regresar a la escuela con una prueba PCR negativa (del centro de pruebas BAS o de otras pruebas externas) **y** cuando los síntomas hayan mejorado **y** cuando no hayan tenido fiebre durante 24 horas sin el uso de medicamentos para reducir la fiebre. La mayoría de los resultados de la prueba PCR están disponibles en 48-72 horas.

Días: De lunes a viernes

Horario: 2:00-4:30

**Ubicación:** En el estacionamiento de la parte posterior de Berkeley Adult School, ubicado en Curtis St. entre Virginia y Francisco St.\

**Instrucciones Especiales:** Por favor, use el estacionamiento superior, diríjase a la mesa de pruebas para someterse a su prueba y, al salir, hágalo por la entrada/salida ubicada en Curtis St.

**Aviso:** Las pruebas Curative se ofrecen en el estacionamiento que se encuentra al frente de la Adult School. Estas no son **pruebas patrocinadas por BUSD** y no puede llegar sin previa cita.

**We need playground volunteers!** It's really challenging to staff noon supervision positions; if you have any extra time available to volunteer Monday - Friday 11 am to 12:40 pm, we need you! Please sign up <a href="here">here</a>.



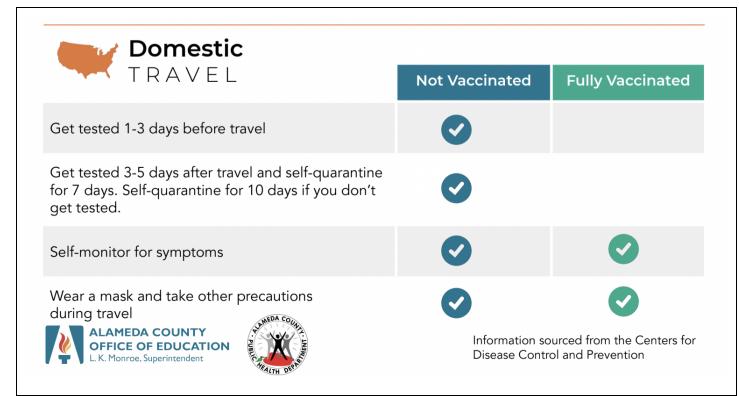
## COVID-19

## **HOLIDAY TRAVEL GUIDANCE**

As families make holiday travel plans, please be aware of the Center for Disease Control (CDC) guidance for travelers and plan accordingly in order to keep our school environments healthy and safe.

international		
TRAVEL	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before traveling out of the US	•	
Mandatory test required before flying to US		
Get tested 3-5 days after travel	•	•
Self-quarantine after travel for 7 days with a negative test or 10 days without test		
Self-monitor for symptoms		•
Wear a mask and take other precautions during travel		

Make sure you understand and follow all airline and destination requirements related to travel, mask wearing, testing, or quarantine, which may differ from U.S. requirements. If you do not follow your destination's requirements, you may be denied entry and required to return to the United States.



**Friday Coffee Hour!** Your Washington PTA provides delicious free coffee every Friday morning on McKinley between the barriers from 8:15 - 9:15 am ish. Come and celebrate Fridays!

**Campus opens at 8 am** Please do not drop your child off prior to this time unless they are enrolled in the <u>BEARS</u> before school program. Thank you!

#### Calendar Reminders:

- ★ Dec 8 School Site Committee (SSC) 6 7 pm Join Zoom Meeting ID: 89421203453 Passcode: 009749
- ★ Dec 12 Winter Party 3 5 pm on the playground
- ★ Dec 14 EQ/Fire Drill 10:40 am
- ★ Dec 20 31 WINTER BREAK No School

**If your child is absent for any reason**, please email washingtonattendance@berkeley.net and copy your child's teacher. Thank you!

Questions or concerns? Please email Principal Katia Hazen at katiahazen@berkeley.net

## What do I do if my child has COVID-19 symptoms\* with no known exposure?

(applies to VACCINATED and UNVACCINATED children)



#### \*Common symptoms of COVID-19:

- · Fever or chills
- Cough
- · Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- · New loss of taste or smell
- Sore throat
- Congestion or runny
- Diarrhea

#### Comfort **Get Tested**

- Reassure your child
- **Explain** as appropriate for your child's stage development

#### care provider Get your child tested right away

If child

tests negative

OR does not

get tested

## Contact your tests

# positive

# If child

#### Keep your child at home and away from others

least 10 days

Isolate

Your child must

follow Isolation

**Instructions** for at

#### Notify your child's school about the test results right away

#### **Return to School** after **Isolation**

If your child had COVID-19, they can go back to school when:

(1) they have completed Isolation; AND

- (2) they have had no fever for at least 24 hours (without medicine); AND
- (3) they feel better.

- Nausea or vomiting

## Where can my child get tested?

Testing can be done by your child's health care provider or at a FREE COVID-19 test site. Find one here:

CityofBerkeley.info/get-tested/

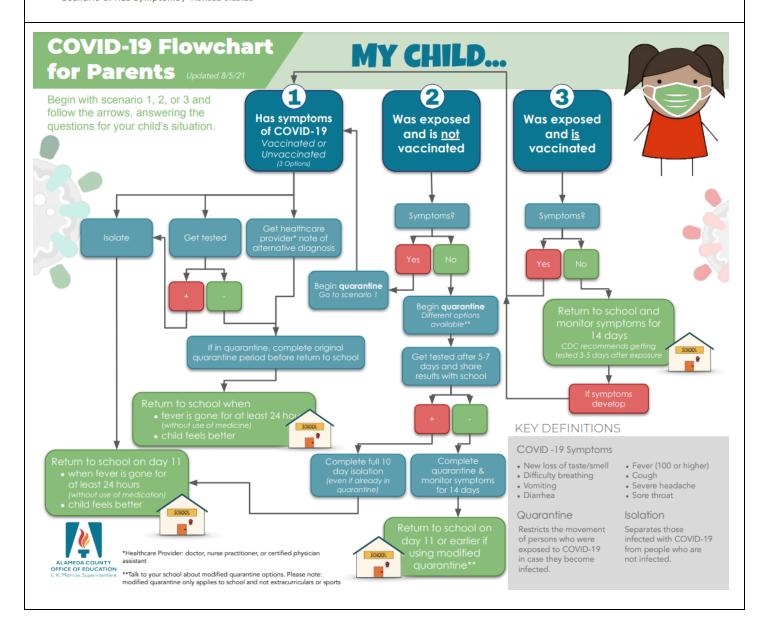
Scenario 1: Has Symptoms, Revised 8.13.21

#### Return to School After Negative or No Test

As long as your child **does NOT test positive**, they can return to school when: (1) they have no fever for at least 24 hours (without medicine) AND (2) they feel better (symptoms are improving) PLUS at least 1 of the following:

- your child tests negative for COVID-19; OR
- you provide documentation from a health care provider that your child's symptoms are from another diagnosis: **OR**
- it's been at least 10 days since their symptoms began.

▲ Check school/program policy before sending your child back.



## How long to keep away from others (quarantine)

If you've had contact with someone with COVID-19

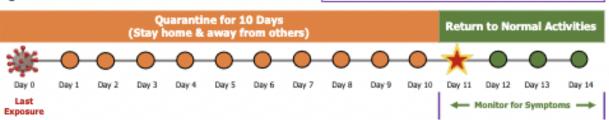
Applies to City of Berkeley Child Care, School & Youth Programs (9.17.21)



### 10-Day At-Home (Standard) Quarantine

Who's eligible?

- Children & adults
- Must be UNVACCINATED & ASYMPTOMATIC



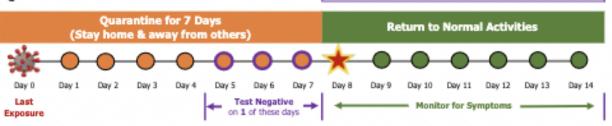
#### REQUIREMENTS:

Students who develop COVID-19 symptoms or test positive during quarantine must isolate immediately

## 7-Day<sup>+</sup> At-Home (Shortened) Quarantine

#### Who's eligible?

- Children & adults
- Must be UNVACCINATED & ASYMPTOMATIC



#### REQUIREMENTS:

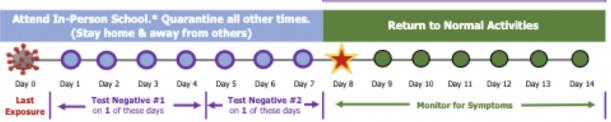
- ~ Test negative on or after Day 5 required to release from quarantine as early as Day 8
- Students/staff who do not meet the testing timeline must switch to 10-day (Standard) Quarantine
  Students/staff who learn of an exposure belatedly should calculate quarantine from their exposure date and meet test requirements from that point forward
- Students/staff who develop COVID-19 symptoms or test positive during quarantine must isolate immediately

\*If test results are not received by the quarantine release date (Day 8), the student/staff should remain in quarantine until the negative test result is received or Day 11, whichever comes first,

## 7-Day<sup>+</sup> In-School (Modified) Quarantine

#### Who's eligible?

- ~ Students for exposures in supervised TK-12 school settings
- ~ Must be UNVACCINATED & ASYMPTOMATIC
- Close contact & positive case both masked during exposure



#### REQUIREMENTS:

- Test as soon as possible after learning about the exposure.
- Test negative on or after Day 5 required to release from quarantine as early as Day 8.
   Students who do not meet the testing timeline must stop attending in-person class & switch to 10-day (Standard) Quarantine
- ~ Students who learn of an exposure belatedly should calculate quarantine from their exposure date and meet test requirements from that point forward
- ~ Students who develop COVID-19 symptoms or test positive during quarantine must isolate immediately

\*Students in Modified Quarantine may attend before- & after-school programs located on their own school campuses. No sports. No high-risk activities (e.g., wind instruments, choir). No participation in any other extracurricular or community activities. Stay home & away from others.

If test results are not received by the guarantine release date (Day 8), the student should remain in guarantine until the negative test result is received or