



# What's The Buzz?



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**Please make sure to check our school-wide Dojo, your child's class Dojo, and our school website to stay informed about events that are happening at Fair Garden.** Please join our electronic platform: **Fair Garden's Twitter:**

[https://twitter.com/fair\\_garden](https://twitter.com/fair_garden) Thank you. 😊



## Important Dates:



- 12/21- 1/4- Winter Holidays **(No School)**
- 1/5- Students First Day Back From Winter Holidays
- 1/5- Students Mid-Year Benchmark Assessments Begin
- 1/8- Mid-Year Parent Surveys **(A link will be sent electronically by each classroom teacher via Dojo.)**
- 1/8- Students' 2<sup>nd</sup> Nine Weeks Performance Reports Are Sent Home **(Please sign and return these reports as soon as possible.)**
- 1/18- Dr. King Holiday **(No School)**
- 2/8- District Family Advisory Council Meeting (Fair Garden's Parent Representative- **Glenn Schumpert**)
- 2/15- KCS In-service Day **(No School)**
- 2/19- Black History/King & Queen Program (9:00)
- 2/22- 2/26- Spring School-Wide Parent Conference Week
- 2/23- Individual and Class Group Pictures
- 3/1-3/5- Read Across America Week
- 3/15-3/19- Spring Break
- 3/26- 3<sup>rd</sup> Nine Weeks Performance Reports Are Sent Home **(Please sign and return these reports as soon as possible.)**

## A Note From Our Social Worker Making a Plan

Children feel more secure when they have a plan. Things can go awry in life sometimes and when they do, the child that knows how to safely handle a potential situation doesn't panic or put their own life in danger. Last week we talked about what to do if they were to get lost in a store. We discussed staying where they were in case you returned to that spot and if you didn't return, learning to find a salesperson or "clerk." We talked about what a salesperson would look like (nametag, badge, uniform) and what he/she would be doing (stocking shelves, running a cash register). We then practiced what to say so that the salesperson could locate a missing Mom or Dad.

You can help your child know what to do if he or she gets lost by making a plan. Help your child come up with ideas for how to handle different situations. Then go over your plan right before you go out with your child. For example, whenever you go to such places as a fair, amusement park, or shopping mall, talk to your child before you get there about what to do if you are separated. Teaching your child to memorize your phone number goes a long way towards helping them locate you too.

In our next two "Talking About Touching" lessons, the children will learn what to do if someone wants them to go somewhere or someone wants to give them something. The "Always Ask First Rule" reminds them to ALWAYS ask their parents or the grownup in charge first if someone wants them to go somewhere or someone wants to give them something.

If your child follows the "Always Ask First Rule," you will always know where your child is and with whom. You will also know who is trying to make friends with your child by offering gifts. Unfortunately, most children are abused by people they already know----friends, family, or acquaintances. If your child understands to always ask first, you will be able to better monitor his or her safety.

## Fair Garden 2021-2022 Student Registrations

In January, Fair Garden Preschool will begin taking applications for the 2021-2022 school year. Students must be 3 years old by August 15 and 4 years old by August 15. You must live in a Title 1 school zone. Current 3-year-old students, should receive reenrollment forms from Fair Garden, by the end of January. Please contact our secretary Tracey Roberts, in the front office, if you have any questions about reenrollment. Thank you.



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## Positive Quote:

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## A Message from Mrs. Spikes



*Thank you for letting your light shine for GOOD. ☺*

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The first semester is now behind us and now we truly have to buckle down to make sure our PK4 students are ready for kindergarten. Thank you to every parent that truly understands the importance of attending school every day. Attendance really does matter. The more we talk and read to our preschoolers the better listeners and readers they will become. 20 minutes of reading daily with your child or to your child impacts his or her reading ability. I truly want the best for every student at Fair Garden. Parents, thank you for taking an active daily role in your child's education. An active role is making sure your child is attending school every day, attend parent conferences with teachers, get involved by attending parent engagement activities at school, reading with your child daily, checking backpacks/folders when they come home, asking your child about his or learning each day, and asking your child's teacher what can you work on at home with your child, etc. Thank you for letting your light shine for good. "Together we can definitely make a difference at Fair Garden."



## En-lightening News with Nurse Amanda



### COVID-19, Cold, or Flu?

Coronavirus (COVID-19), cold, and flu have many similarities. They are all respiratory illness. They may have similar symptoms, such as sore throat, cough, body aches, and fatigue. These viruses are spread by person-to-person contact through respiratory droplets that come from a person's nose or mouth when they cough, sneeze, or talk. Other people may become infected when they inhale these droplets from the air or touch a surface contaminated with the droplets then then touch their mouth, nose, or eyes. The single best way to prevent all three illness is to wash your hands!

There are also some differences. Each illness is caused by a different virus. A cold will usually run its course in 7-10 days, the flu 4-7 days, and COVID-19 up to 10 days or longer. COVID-19 is more contagious than the flu,

meaning that it spreads more easily. A cold usually has mild symptoms. The flu and COVID-19 may cause mild to severe symptoms, but COVID-19 seems to cause more serious illness in some people.

Most people are able to recover from each of these illnesses at home with extra rest, fluids, and over-the-counter medications to treat symptoms. Contact a healthcare provider if complications develop

Coronavirus (COVID-19), cold and flu: How can you tell the difference?*			
SYMPTOMS	CORONAVIRUS	COLD	FLU
Sore throat	Sometimes	Common	Common
Cough	Common	Common	Common
Sneezing	—	Common	Sometimes
Fever	Common	—	Common
Body aches	Sometimes	Mild	Common
Tiredness	Sometimes	Mild	Common
Headache	—	—	Common
Runny/stuffy nose	—	Common	Sometimes
Nausea	—	—	Sometimes
Shortness of breath	In severe cases	—	—

\*Sources: Centers for Disease Control and Prevention, World Health Organization  
†Information on COVID-19, including its symptoms, is still emerging.

Cleveland Clinic

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### Prevention is Key

- Wash your hands frequently
- Avoid touching your face
- Avoid contact with people who are sick
- Cough or sneeze into your sleeve or a tissue
- Stay home when you are sick



<https://my.clevelandclinic.org/health/diseases/12342-common-cold>

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

### RELEASING CASES AND CONTACTS FROM ISOLATION AND QUARANTINE

V12 – December 8, 2020

#### CASES

Isolate for a minimum of 10 days after illness onset. Release from isolation when without fever for 24 hours (without fever-reducing medication) and show improvement in symptoms. Some severely ill patients will need to isolate for at least 20 days.

Cases without symptoms must be isolated through 10 days after their specimen collection date.

**Notes:**

- Lingering cough should not prevent a case from being released from isolation.
- If a follow-up PCR test is positive, cases do not need to re-enter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.
- If a case has been released from isolation and symptoms return, individuals do not need to re-enter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.

Minimum 10 days	24 hours
(Day 0) SYMPTOM ONSET DATE OR SPECIMEN COLLECTION DATE IF NOT EXPERIENCING SYMPTOMS	WITHOUT FEVER FOR 24 HRS AND SYMPTOM IMPROVEMENT
	CASE RELEASED FROM ISOLATION

**EXAMPLES**

- A case that is without fever and experiencing an improvement in symptoms on day 2 (and continues to do so) can be released after completing isolation through 10 days after symptom onset, returning to regular activities on Day 11.
- A case is without fever on day 2, but symptoms return on day 6. The case is without fever and experiencing an improvement in symptoms on day 12 and continues to do so for 24 hours. They can return to regular activities on Day 13, once they have been without fever and improving for at least 24 hours.
- An case that never develops symptoms during the 10-day isolation can return to regular activities on Day 11.

**PREVIOUS CASES:** Anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to quarantine.

- Had COVID-19 within the previous 3 months and
- Has recovered and
- Remains without COVID-19 symptoms (e.g., cough, shortness of breath)

#### NON-HOUSEHOLD CONTACTS

Non-household contacts must be quarantined after exposure\* to a case, regardless of whether the case was symptomatic. TDH and CDC recommend a 14-day quarantine. CDC has proposed two alternative (but less effective) options to a 14-day quarantine:

- after Day 10 (returning to regular activities on Day 11) without testing if the contact does not have symptoms.
- after Day 7 (returning to regular activities on Day 8) if the contact does not have symptoms and if they test negative by a PCR or antigen test collected after Day 5. Persons must be responsible for securing verification of a negative test result if using this quarantine release option.

Contacts should continue to self-monitor for symptoms and wear a face mask through Day 14. Mask wearing is especially important through day 14 and should continue beyond your quarantine period.

\*Exposure means contact with a case during the time period beginning two days prior to case's symptom onset (or specimen collection date if case never experiences symptoms) through the end of the case's isolation period.

14 days
CONTACT BEGINS QUARANTINE (Day 0)
IF WITHOUT SYMPTOMS AND TEST NEGATIVE AFTER DAY 5, CONTACT RELEASED AFTER DAY 7
IF WITHOUT SYMPTOMS, CONTACT RELEASED FROM QUARANTINE AFTER DAY 10
CONTACT COMPLETES SELF-MONITORING (Day 14)

### RELEASING CASES AND CONTACTS FROM ISOLATION AND QUARANTINE

V12 – December 8, 2020

#### HOUSEHOLD CONTACTS

A household contact is an individual who shares any living spaces with a case. This includes bedrooms, bathrooms, living rooms, kitchens, etc. Household contacts must be quarantined after exposure to a case, regardless of whether the case is symptomatic.

**When does quarantine start?**  
Household contacts must quarantine as long as they are exposed to the case, and for a 7-14 day period beyond their last exposure.

If the contact can separate from the case within the home, then they are considered no longer exposed. Separation must include:

- The case must never be in the same room as household members.
- The case cannot share plates, cups, dishes or phones with household members.
- The case should have their own bathroom. If that isn't possible, the household must conduct daily cleaning.

If the contact cannot separate from the case within the home, the contact must quarantine for the case's (minimum) 10-day isolation period plus an additional 7-14 days.

**When does quarantine end?**  
Once exposure is no longer occurring (either the case has completed their 10-day isolation or the case and contact have separated within the home), then quarantine can end:

- after Day 14, as recommended by TDH and CDC.
- after Day 10 (returning to regular activities on Day 11) without testing if the contact does not have symptoms.
- after Day 7 (returning to regular activities on Day 8) if the contact does not have symptoms and if they test negative by a PCR or antigen test after Day 5.

Contacts should continue to self-monitor for symptoms and wear a face mask through Day 14. Mask wearing is especially important through day 14 and should continue beyond the quarantine period.

**If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a case and consider getting tested.**

**Notes:**

- Household contacts will often need to remain at home longer than the initial case.
- If a case has been released from isolation and symptoms return, household contacts do not need to restart the 10-day period as long as the case has completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.

10 days minimum	14 days
CASE'S ONSET DATE (Day 0)	
CASE COMPLETED MINIMUM ISOLATION	
IF WITHOUT SYMPTOMS, AND TEST NEGATIVE AFTER DAY 5, CONTACT RELEASED AFTER DAY 7	IF WITHOUT SYMPTOMS, CONTACT RELEASED FROM QUARANTINE AFTER DAY 10
	CONTACT COMPLETES SELF-MONITORING (Day 14)

**EXAMPLES**

- A case is without fever and experiencing an improvement in symptoms 2 days after symptom onset and continues to do so for 24 hours. The household contact must quarantine during the case's 10-day isolation period and must remain quarantined through 10 days after the end of the case's isolation (20 days total). The household contact can return to regular activities on Day 21.
- A case is without symptoms. The household contact must quarantine during the case's 10-day isolation period and must remain quarantined through 10 days after the end of the case's isolation (20 days total). The household contact can return to regular activities on Day 21.
- A case is without fever and experiencing an improvement in symptoms 12 days after symptom onset and continues to do so for 24 hours (day 13). The household contact must quarantine during the case's 13-day isolation period and must remain quarantined through 10 days after the case's isolation period ends (23 days total). The household contact can return to regular activities on Day 24.
- A case is able to isolate within the home. The household contact has no close contact with the case since they isolated. The household contact must quarantine through 10 days after last contact with the case. The household contact can return to regular activities Day 11 after last contact with the case.
- A household contact develops cough and fever during quarantine. They must now begin isolation as a case.

## Partners In Education At Fair Garden

I have acquired several Partners In Education (PIE) this year at Fair Garden to support our school's goals. Some of your children have had the opportunity to benefit from their support via our monthly Student Of The Month incentive. Also, those of you that have been recognized for perfect attendance this year. A list of our Partners In Education can be found on our school's website. **Our newest PIE is Tropical Smoothie (Joined Fair Garden in December).** Here's the link.

<https://www.knoxschools.org/site/default.aspx?PageType=3&DomainID=88&ModuleInstanceID=53271&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=107809&PageID=169>

Recently, we received a donation from a **Cokesbury Church** to assist with purchasing a new playground for our students. If you know of anyone that is willing to donate to our playground, please give them my contact information. Thank you.



## Help Your Child Succeed in Elementary School: *Build the Habit of Good Attendance*

### DID YOU KNOW?

- Participation in early education programs, like preschool and Head Start, lead to better attendance in kindergarten.
- Starting in kindergarten, missing 10% of school (or just 2 days every month) can make it harder to learn to read and cause children to fall behind in school.
- Good attendance, whether class is held in person or remotely, can help children do well in school, and eventually in the workplace and in college.



### WHAT YOU CAN DO

#### Communicate with the School

- Contact your child's teacher(s) and let them know how to reach you.
- Get and post your child's class schedule and log in information on the refrigerator or your child's desk.
- Practice logging in to virtual classes and make a plan for supporting learning for children. Contact the school if you need help logging in.
- Ask about the school's attendance policy.

#### Make School Attendance a Priority

- Establish routines for bedtime, waking up and showing up for class.