

# St. Thomas More Catholic School

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[www.stmcsnc.org/](http://www.stmcsnc.org/)

## PRINCIPAL NOTE – 3/6/2020

Dear Families and Friends,

We continue to monitor closely the spread of the coronavirus (COVID-19). Our main priority is to keep our students, faculty and staff healthy and safe. We want to assure you that we will take necessary precautions and follow the advice of local public health experts to ensure the safety of our community. Our faculty are teaching and expecting our students to cover coughs and sneezes, increase frequent hand-washing, and avoid touching their mouth, nose, or eyes — all ways to stop or decrease the spread of many illnesses. **Students who become sick at school, arrive at school sick or exhibit concerning symptoms will be sent home as soon as possible. If any student, faculty, or staff member show signs of cough with fever, they will require a physician's note prior to returning to school.** As a reminder, faculty and students must follow the STM Health guidelines which mandates that they are free from symptoms of fever, vomiting or diarrhea for 24 hours before returning to school. Directives from public health officials concerning coronavirus will supersede our policies.

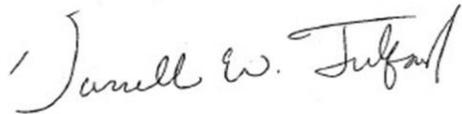
Our housekeeping staff has implemented more aggressive cleaning measures. Nightly, they wipe down all desks, seats, light switches, door handles and restroom fixtures with QT Plus, recommended by the CDC. In addition to our regular classroom/bathroom sinks and hand sanitizer dispensers, we have additional antibacterial/antiviral hand sanitizer dispensers readily available around campus.

We are talking with students, in developmentally appropriate ways, about coronavirus and the preventative public health measures being enacted in and beyond the school. Below you'll find links to helpful resources for you to talk with your children about these topics. Considering that we are a learning community, this is a moment for learning about science, statistics, probability, geography, epidemiology and more. We are very aware that anxiety can be heightened in times like these. Please remember that students take their emotional cues from the adult community. We encourage you to monitor your child's engagement in the topic and help them understand what they are seeing and hearing to avoid anxiety. It will also be helpful for them to understand the potential for stigmatization by ethnicities associated with or people sickened by the virus. Here is a [helpful article](#) on how to talk to your child about the outbreak. Our nurses and counselor are here as resources as well.

- [Explaining the News to Our Kids](#) (Common Sense Media)
- [How to Talk to Kids About Coronavirus](#) (New York Times)
- [FAQs About Coronavirus and Children](#) (CDC)
- [What To Do if You Are Sick with Coronavirus](#) (CDC)

As we partner with you and our greater community to meet known and unknown challenges, we are committed to keeping the channels of communication open and doing all we reasonably can to ensure the health, safety and well-being of our community. Please be aware that the rapidly-changing nature of the situation may not allow us to provide much advance notice about our decisions. We will do our best. If you have any questions or concerns regarding any medical or health issues, please reach out to the local health department or your personal physician. If you have any questions relating to our policies and procedures, please feel free to contact us.

Sincerely,

A handwritten signature in cursive script that reads "Darrell W. Fulford". The signature is written in dark ink on a white background.

Darrell Fulford - Principal