

⁺Dear QOA Families,

Happy Autumn season! When we think of the clear crisp air of fall, the beautiful array of colorful leaves, cooler temperatures, and shortening days, we are reminded of the cycle of life. Letting go of the carefree days of summer and concentrating on the responsibilities of daily life requires dedication, determination, and hard work. The falling leaves remind us that the seasons progress one into the other as does the flu season. The CDC reminds us that in the United States the flu season begins in Fall.

With this in mind, the faculty and I met to discuss how our Health and Safety Plan is progressing thus far. We are proud of the students working hard to keep their masks up except when it is break time, yet still maintaining social distancing. **Please remind your child/ren that masks must be worn for the entire bus ride, nose covered. The bus company called and complained saying that some of our students are not wearing their mask and should this continue they will not transport our students.** The faculty is grateful to You, Parents, for your continued cooperation with helping your child/ren to adhere to these important mandates.

At yesterday's faculty check-in we discussed the Group A and Group B chart and the possibilities for virtual learning. Although this chart is designated for COVID symptoms, we certainly recognize that these same symptoms may apply to a student with allergies, asthma, a common bug, etc. In planning to keep all of us healthy and school open, and with flu season approaching, we have decided upon the following.

Group A 1 or more symptoms	Group B 2 or more symptoms
Fever Chills Difficulty breathing Persistent cough Nausea or vomiting Diarrhea New taste disorder	Headache Sore throat Fatigue Congestion or runny nose
Your child/ren should stay home if:	
<ul style="list-style-type: none">• Have one or more symptoms in Group A OR• Have two or more symptoms in Group B OR• Are taking fever reducing medication.	

1. If your child has two symptoms from Group B on the COVID sheet, he/she should stay home and participate in virtual learning that day, only if he/she is feeling up to it. If possible, please notify the teacher the evening before, or at the latest 7 a.m. of the day your child will attend virtually. In this case, your child may not have all the necessary materials required for the day, but he/she will be given alternate assignments.

2. If your child has symptoms from Group A, then most likely a day or two of rest may be necessary and then he/she may participate in virtual learning until well enough to return to school. Please remember that students need to be 24-hour

symptom free before returning to school.

3. If your child is going to be temporarily virtual, you will need to let the school and teacher know no later than 7 a.m. of that day. If your child is going to be out for several days, you may pick up books after 2:30 p.m. of the first day of virtual learning. Virtual expectations must be followed, see below. Thank you!
4. For an absence of more than three days, a doctor's note may be required upon return to school.
5. These points are explained for the purpose of giving students who are sick the opportunity to recover in the comfort of their own home and to keep germs from spreading. Thank you!

The faculty and I am most grateful, Parents, for all you are doing to keep the school community healthy.

As I mentioned in last week's letter, October is the month of the Holy Rosary. Because of their innocence and love of God, children's prayers are incredibly powerful. We will pray a decade of the rosary for our school families, our country, and the world each day. May our Guardian Angels whose feast we celebrate on October 2 watch over, protect, and guide us ever closer to God. Grades 3-8 will participate in the Sacrament of Reconciliation on October 6. Please see the form for confession below if you would review this with your child/ren in preparation for this beautiful sacrament of healing.

In Mary's Immaculate Heart, I am,

Sister Mary

10/6 Confessions for Gr. 3-8 Form for Confession: Five Steps to a Good Confession

1. Examine your conscience,
2. Be sincerely sorry for your sins,
3. Confess your sins,
4. Resolve to amend your life,
5. After your confession, do the penance the priest assigns.

Priest & Penitent: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Penitent Says: Please bless me, Father, for I have sinned. It has been (time) since my last confession and these are my sins....

Priest: Speaks to penitent and gives penance.

Penitent: Act of Contrition: O my God, I am heartily sorry for having offended You and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

Priest: Forgives the sins of the penitent in Jesus' name. (Absolution)

Priest Says: Give thanks to the Lord for He is good. **Penitent Responds:** His mercy endures forever.

Priest Says: The Lord has freed you from your sins, go in peace. **Penitent Responds:** Thanks be to God.

The student should then thank Father. (Penitent then returns to his/her pew, kneels, and prays the penance given by Father).

Virtual Class Expectations:

1. Students will follow the schedule for their grade level. The school day begins at 8 a.m. through 2:30 pm.
2. Students must be dressed appropriately for class, either in their QOA school or gym uniform. Should the child not be in school/gym uniform they will be marked for a dress code violation.
3. Student must be seated at a table or desk throughout the entire class period; in bed is not permissible for school attendance.
4. **Please be sure to contact your child's teacher regarding the class ID and Password for accessing Zoom.** Students will be expected to have their own device. Grade 3-8 would have access to their school-issued Chromebook. Students must adhere to the Archdiocesan School Responsible Use Policy.
5. Attendance will be taken for each class and your child/ren will be marked either present or absent from the class if you have requested that he/she be a virtual learner for the month. For virtual learners, the teacher should be able to see the student's entire face clearly. Please be sure the computer camera is clean and clearly visible to the teacher during class.
6. Students will be responsible for assignments as if they were attending in-person class.
7. **Lessons will not be recorded** and those at home are not permitted to record the class session as this is illegal.

Thank you for your continued support and dedication to Queen of Angels School!

In Mary's Immaculate Heart, I am,
Sister Mary