

# 10 Things You Can Do to Prepare for Back to School



## Teach Hand Hygiene

Have your child practice good hand hygiene throughout the day. Teach them to sing their ABCs or count to 20 while washing their hands and to wash the front and back of their hands and between their fingers.



## Talk About Personal Space

Talk to your child about social distancing and respecting other people's personal space.



## Talk About Lunch

No sharing foods or drinks with their friends! Also, if you have younger students, make sure they can open the foods/drinks you pack in their lunch! This will help to cut down on other people having to touch their food.



## Purchase a Reusable Water Bottle

Water fountains will not be in service when we return to school. Purchase a reusable water bottle for your child to bring water to school.



## Decide if a Mask is "Developmentally Appropriate" for Your Child

The governor's executive order regarding masks applies to persons ten years of age and older.

If your child is younger than 10 years of age, consider whether a mask is developmentally appropriate. Young children who are unable to adjust or remove masks properly should not be regarded as suitable candidates for wearing masks.

The determination of whether wearing a mask is developmentally appropriate is up to the student's parent/guardian. Consider the following:

- Does my child have asthma or difficulty breathing?
- Can my child take a mask on and off (properly) by themselves?
- Does wearing a mask cause my child to touch their face more frequently?
- Is my child comfortable wearing a mask for extended periods of time?



## Purchase A Mask for Your Child

We have been informed that "schools will be required to comply with the governor's executive order regarding the wearing of masks".



Depending on the current recommendations from health officials and the governor's executive orders, students may be required to wear a mask at some point during the school year. Make sure you have a mask that fits your child just in case we need them! Face shields are also acceptable and may be more comfortable.

## Practice Putting Mask On/Off

In the event we must wear them, make sure your child knows how to properly put on and remove the mask. Make sure they know not to touch the inside of the mask when removing it! It is best to practice this now.



## Update Emergency Contacts

Online registration will open for all HSISD students on July 30, 2020. During this process, please make sure you update your emergency contacts. If during the school year, your child presents with COVID-19 symptoms, we will have to isolate them in the nurse's office, and they will need to be picked up immediately. Please ensure you have contacts who can easily be reached.



## Stay Informed

Educate yourself from reliable sources such as the CDC, Texas Department of Health Services and the HSISD website & social media.



## Stay Positive, Flexible & Patient

Remember, you help determine your child's attitude. If you are frustrated or do not agree with some of the guidelines we will have to follow, vent your frustrations away from the kids. Set your child up for success by staying positive and modeling perseverance.



**We are all in this together! Be a person who helps make it work and be successful & encourage your child to do the same!**