



# DISTRICT NEWSLETTER



## Screening Protocols

The Pittsfield School Board has approved a change to our daily screening protocols. The cooler morning temperatures have led to concerns about the validity of early morning temperature checks. Therefore, starting October 19, we will continue with morning screening questions, and shift to mid-day temperature screenings, which will be before recess (PES) and at lunch time (PMHS). Families are encouraged to continue screening their children and keeping them home if they are not feeling well.

As we continue to move through allergy season and approach cold and flu season, several families have reached out for clarity on the isolation and/or quarantine protocols. For clarity, students or staff members with symptoms (cough, congestion or runny nose, fever, etc.) may need self-isolate at home for 10 days or be tested for COVID-19. After 10 days or upon receiving a negative test, you must also have 24 hours with no fever (without the use of medications) and improved symptoms to return to school.

Students and staff members may be subject to a 14-day quarantine period if they were exposed to someone confirmed or suspected to have COVID-19, or if they traveled outside of New England. If you have to self-quarantine, you are encouraged to be tested for COVID-19. However, a negative test does not allow you to be removed from quarantine. Someone who has been exposed to COVID-19 can develop illness and test positive anytime during the 14-day quarantine period. Our school nurses are available to address any questions you may have or to offer additional clarification on school and state guidelines.

### IMPORTANT DATES

PMHS School Picture Retake Day  
PMHS  
October 19, 2020

Student Flu Clinic  
PES/PMHS  
October 22, 2020 – A Students  
October 30, 2020 – B Students

SAT Makeup Day  
PMHS  
October 28, 2020

School Board Meeting  
PMHS Lecture Hall  
November 5, 2020 – 5:30 PM

End of Segment #2/Quarter 1  
PES/PMHS  
November 6, 2020

Veterans Day – No School  
PES/PMHS  
November 11, 2020

I Am College Bound/I Applied Event  
PMHS  
November 13, 2020 – 8:00 AM

Student Conferences – No School  
PES/PMHS  
November 13, 2020

PES School Picture Retake Day  
PES  
November 17, 2020

**The district calendar is available at:  
[www.pittsfieldnhschools.org](http://www.pittsfieldnhschools.org)**

## Meet Mr. Montroy

Joe Montroy is an artist and educator living in Hopkinton, New Hampshire with his wife and two young children; Ella and Owen. He grew up in central New York, attending SUNY Potsdam where he received a BA in Studio Art and Rochester Institute of Technology where he was awarded an MFA in Studio Art. Over the years, Mr. Montroy has taught a variety of fine and visual arts courses in a number of art centers, colleges, and universities. Mr. Montroy exhibits his artwork in galleries and sculpture parks across the eastern U.S. He is also an active outdoors person, who enjoys hiking, rock climbing, backpacking, sketching, and just spending time in the woods. Mr. Montroy is excited to begin his new role as PMHS art teacher.

### Student Assistance Program

The mission of Student Assistance Program Services is to provide support to staff, students, and their families in participating districts and agencies in an effort to maximize overall wellness and each individual's learning potential. It is our belief that learning improves when we help people develop skills, attitudes, and values necessary to manage life tasks, form relationships, and adapt to the demands of today's society.

SAP services include universal, selective, and indicated prevention interventions. These include and are not limited to education and support, identification, assessment, early intervention, crisis intervention, and referral services for students and their families. The program is available to all students, but particularly targets those who are beginning to exhibit behavioral and academic problems, have experienced substance misuse within the family, or who show signs of stress that could result in substance abuse or other self-destructive behaviors.

SAP counselors receive individual and group supervision from a credentialed prevention professional, as well as staff development to stay current with emerging social trends, share information and resources, and discuss various other relevant issues related to students.

If you would like to speak with your schools Student Assistance Counselor, you may reach out to Liz Pellegrini by email at [epellegrini@pittsfieldnhschools.org](mailto:epellegrini@pittsfieldnhschools.org) or by phone at 435-6701, ex. 4225.

### HEALTH SERVICES CORNER

#### Testing Locations

Most health insurance plans cover tests for COVID-19 without a copay, coinsurance, or deductible. Many locations throughout the state including hospitals, pharmacies, primary care offices, urgent care centers and many other locations offer COVID-19 tests. See the DHHS website for a list of test locations in the area.

#### Halloween Safety Tips

As you prepare for trick-or-treating remind your children to stay socially distant and to wear a disposable or two-layer cloth mask. Encourage them to decorate their mask or think of a creative way to incorporate it into their costume! Also, consider allowing candy to sit for 48-72 hours and set up a table display with individual candy servings or goody bags.