



ST. PETER CATHOLIC SCHOOL
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As we move towards the holiday season, an increase in COVID cases in El Paso County, flu season and the return of many college kids back home we once again are asking for increased diligence. I feel incredibly fortunate that we have been able to keep the school open and students and staff healthy during this pandemic. This is in large part due to parents practicing an overabundance of caution and great health hygiene by the students. Health hygiene being washing hands, wearing mask, social distancing from other cohorts, and staying home when not feeling well. It has worked!

Let's, however, not lose sight of what we are striving for: keeping our students and staff healthy and our school doors open. Things you can do to help besides continue good health hygiene:

1. Please remember to get your student the flu shot. Currently, flu cases have been less than normal for this time of year due in part to the fact we are all practicing better health hygiene.
2. If you have a college student returning home if they feel like "they are coming down with something" please keep your other children at home at least for a day or two while monitoring your college student.
3. Please follow that recommendation for parents also. If you are feeling ill please keep your child home for a day or two while monitoring your symptoms. What we are seeing is children, especially 10 and less, are most likely acquiring the COVID virus from adults rather than transmitting it to them. Middle and high school students seem to be different as their numbers seem to be approximately twice that of elementary students due to transmission to and from peers. With all that being said the numbers are still relatively low for both groups but please don't let your guard down.

Here is a review of the symptoms you should watch for:

1. The loss of taste or smell has moved to a critical symptom, which means if you experience a loss of taste or smell you are presumed positive.
2. Fever, cough, or shortness of breath are considered major symptoms. If experiencing any of these symptoms for over 24 hrs consider testing.
3. If experiencing minor symptoms: sore throat, headache, congestion, fatigue, body aches, chills, runny nose, nausea, vomiting or diarrhea please keep your child home.

We will continue to collaborate with our local health department and adjust our guidelines based on their recommendations. Cases are individually based so please feel free to email with any questions or concerns-tara.cuccinelli@petertherock.org.

Thank you for your cooperation

Tara Cuccinelli RN, MS, CNS-BC

School Nurse