

# DO YOUR PART FOR SAFE SCHOOLS

As parents and guardians, it's important that we help our school community implement the safety guidelines adopted by school officials. We hope you will support our teachers and one another by preparing our children for a safe return to school. [#inthistogether](#)



## PRACTICE REGULAR HANDWASHING

Handwashing is easy, and it's one of the most effective ways to prevent the spread of germs from one person to another and throughout our entire school community. Students will wash hands before and after lunch at school, so practice washing before and after every mealtime at home. The kids will be pros by the time school starts and won't the teachers be happy? Also, be sure to remind your children not to touch their faces with their clean hands!



## PRACTICE REGULAR MASK WEARING

For the protection of all Rye students and staff, school officials are requiring that masks be worn indoors at all times and that they can only be removed outdoors with at least six feet of physical distancing. Consistent mask-wearing will likely be the biggest challenge for families, so it is important that we train children in advance of school reopening and model appropriate mask wearing.



## ADHERE TO PHYSICAL DISTANCING

Maybe we all got a little lax over the summer maintaining 6' distancing. Who could blame us? But, as we get ready to send kids back to school, it's a good time to remind our children that physical distancing can help prevent disease spread and that it will be expected in the classroom. It's also wise to limit travel and stay closer to home.

# HELPFUL TIPS FOR MASK WEARING

## 1. Have multiple masks at home and test some out for comfort. To appropriately apply:

- Wash your hands before putting on your mask.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.

## 2. Tips for young children:

The ultimate goal is to have children wear masks for the entire time they cannot physically distance. With patience and practice, we hope your child is successful:

- Begin by exposing young ones to family members wearing masks.
- Purchase lanyards that conveniently secure to the mask so that your child doesn't lose it when it's not in use.
- Have masks in places that your child can access easily.
- Have your child practice in short stints and then expand the time.
- Have them practice outside as well as inside.

## 3. Tips with refusal:

Try to understand why your child does not want to wear his mask. Typically, the reason is sensory in nature with complaints like, "it's scratchy," "the elastic hurts," or "it's harder to breath". Trying different types of masks (cloth, soft cotton, cloth neck covering) might minimize these uncomfortable feelings.

## 4. Tips for older children: Preventing "Maskne"

Masks and bandanas should fit snugly over the cheeks, nose, and chin, but they don't need to press too tightly. The more heat, rubbing, friction, and pressure against a teen's complexion, the greater the chance of breakouts. Also, wash or replace a face covering after each use to prevent bacterial buildup that contributes to acne.

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