



February 9, 2021

Dear Eagle Families:

We are off to a strong start with the return to in-person learning for students in a hybrid model. It is fantastic to have some energy back in the hallways of HHS. Kids have returned to classes, sports teams, and to many activities. We continue to look at ways to safely reintegrate students to the Eagle Community.

My purpose for reaching out today is to ask families and parents, in particular, for your help and partnership. We absolutely believe that science has proven that schools are an extremely safe place for our students to be if they are following social distancing guidelines and wearing masks. Here at school we are committed to ensuring these precautions are being taken. We have experienced a rise in the number of quarantines at HHS in recent days. The low number of students directly impacted is a testament to targeted quarantines, staff being mindful of distances in the classroom, and our district protocols. However, having even one student impacted is one too many. We are asking for your partnership in helping us address the increase in numbers. You can help all of our students remain in school and safe by doing the following:

1. Stressing the importance of mask wearing, hand washing and social distancing in school, particularly in the lunchroom setting, and **OUTSIDE of school**. The vast majority of positive cases we are experiencing are the outcome of exposures outside of school. I know students want to be together, but making tough decisions now will help us reduce the long range impacts on students later.
2. If your student is sick or experiencing any of the following symptoms, please ask them to report these symptoms to you and then keep your student at home.

Fever	Body aches
Loss of taste or smell	Extreme tiredness
Cough	Headache
Shortness of breath	Nausea or vomiting
Sore throat	Diarrhea
Runny nose or congestion	

All of the quarantines we have had have been triggered by students testing positive and attending school in the days leading up to the positive test. Some experienced symptoms and did not report them, and some just believed it was a cold or the flu. We are asking that if students have any of these symptoms, please assume it could be Covid and keep them at home. The district is providing [free COVID testing](#) for students, and the results come back quickly. This testing could greatly reduce the number of students who have to quarantine and miss school.

3. Please limit social gatherings and travel whenever possible for our students. These outside-of-school events have a tremendous impact on everyone. One student's social interaction can result in multiple students' isolation and absence from school.

I know times are tough and all teenagers need socialization. They are struggling with the challenges of Covid. By partnering together and making hard decisions and choices we can hopefully reduce the long-term impacts on all of our students. We want all students back in school and returning to as much normalcy as possible. Please help us do that by sending consistent and clear messaging that helps to keep everyone safe.

Take care,

A handwritten signature in black ink that reads "Stacey Riendeau". The signature is written in a cursive style with a large initial 'S'.

Stacey Riendeau  
Principal, Heritage High School