

Good Evening Richey Families,

I hope you took the opportunity to enjoy the first day of Spring!

Below are a few tips from our nurse as we approach allergy season.

#### Seasonal Allergies and COVID-19

It is almost that time of year when seasonal allergies ("hay fever") start cropping up in many people. The signs and symptoms for seasonal allergies can be very similar to COVID-19 symptoms:

- sneezing · sore throat · stuffy nose · runny nose · respiratory (breathing) issues · coughing ·

Some allergies may trigger asthma symptoms as well.

If your child exhibits any symptoms on the COVID-19 Self-Screener, even if you think they are allergy-related, please keep them home and speak to their doctor about treatment. Please ask for a clearance note from your child's doctor for him or her to return to school. This note should indicate that your child has seasonal allergy symptoms but is free from serious illness and COVID-19.

If you know your child always has issues with seasonal allergies, you can be proactive by starting them on their allergy medications now if their doctor approves. You could also ask their doctor to provide you with a note stating that seasonal allergies affect your child. Please send any medical notes to the school nurse for your child's health record.

If your child visits the school nurse's office with any symptoms on the COVID-19 Self-Screener list, he/she will be sent home until the symptoms clear up or a doctor's note or negative COVID test is provided for them to safely return to school.

During this year of COVID, we are being extremely careful about keeping our school population safe and healthy. Thank you for helping all of us stay healthy and in school.

[Exercise Recommendations for Children that have experienced Covid](#)

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Updates for the week:

**Monday, March 22nd**-"Rock your Socks" Day at Richey. Students are encouraged to wear their wackiest socks as we create a single global voice for advocating for the rights, inclusion and well being of people with Down syndrome in our schools, community and around the world. 3/21, World Down Syndrome Day, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which leads to Down syndrome.

**Wednesday, March 24th**-Asynchronous Wednesday (Please ensure students are completing assignments. This is still considered a school day.)

**Thursday, March 25th**-Spring is here and we are so excited! Richey will begin to distribute items so every family can "Get Growing!" and spend time enjoying nature. Families will get materials for their own home garden...Distribution will be in carline fashion, so begin to make room in your trunk or back seat for a small tub, bag of soil and seeds. Whether you live in an apartment or single family home, this is something everyone can do! There will be more information coming your way this week.

**Upcoming Dates:**

**Wednesday, March 31st**-End of 3rd MP

**Thursday, April 1st**-Teacher Grading Day (Schools Closed)

**Friday-Sunday, April 2nd-April 11th**-Spring Break (Schools/Offices Closed)

**Friday-April 16th**-Spring Picture Make-up Day (If students did not get their picture taken in the fall, this is another opportunity) Time TBD

Mrs. Armstrong