

BOLTON PUBLIC SCHOOLS

December 6, 2022

Dear Staff and Parents,

Below please find several updates that I hope you find helpful.

Pediatric Flu Shot Clinic

The Eastern Highlands Health District will be offering free pediatric flu vaccines for students age 4 – 18 on Monday, December 19, 2022. For more information please see the attached flyer ~ [Pediatric Flu Shot Flyer 2022.pdf](#).

Respiratory Virus Prevention

Various respiratory viruses are very prevalent right now. Below please find recommendations from DPH that parents, students, and staff can do to help everyone stay healthy:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces at home, work, and school, especially when someone is ill.
- Children and staff with **mild respiratory disease symptoms** (infrequent cough, congestion, runny nose, sore throat, etc.), **no fever, and no known COVID-19 case in their household** should self-test at home for COVID-19 prior to leaving for school every day they have symptoms and can be allowed to attend in-person if their test result is negative and they feel well enough to participate.
- Children and staff choosing to report in-person with mild symptoms are **strongly encouraged** to wear a well-fitting mask indoors.
- **Anyone with a fever ($\geq 100^{\circ}\text{F}$) or who feels feverish should not report in-person** until their fever has resolved for at least 24 hours without the use of medication and should test for COVID-19.
- **For those individuals who have tested positive**, they will be required to isolate from school for five (5) full days. Day zero (0) is the day symptoms began or the day of the positive test result in alignment with current CT DPH and CDC guidance. Students and staff may return on day six (6) if there are no symptoms; however, it will be mandatory to wear a mask at school on days 6-10 after a positive case.

Both schools, through the office of the nurse, also have self-test kits available for students and staff if needed. If you have any questions related to this information, please contact your child's school office.

Food Services Program

As I have shared previously, the Food Services Program opted to participate in School Meals Assistance Revenue for Transition (SMART) funds to provide free meals (breakfast and lunch) at no cost for all students at the start of the school year. These funds will be **exhausted** by **12/31/2022**, and we will return to pre-pandemic operations beginning 1/2/2023.

Please submit a **Free and Reduced-Priced Meal Application**, located at [Free and Reduced Priced Meals - Bolton Public Schools](#), if you believe your student may be eligible for Free or Reduced Meals to avoid unpaid meal charges. Please note that you can pay online and receive low balance alerts and more by using myschoolbucks.com.

Meal Prices as of 1/2/2023

Breakfast

BCS Full Price \$2.00
BHS Full Price \$2.25
BPS Reduced Price \$0.30

Lunch

BCS Full Price \$3.25
BHS Full Price \$3.50
BPS Reduced Price \$0.40

SNAP Assistance

Please note that new increased income guidelines went into effect as of October 1, 2022. If you qualify for SNAP assistance, your child automatically qualifies for free school meals. If your child(ren) qualify for free school meals or milk, you might also qualify for SNAP (formerly called Food Stamps). SNAP helps people buy food for themselves and their families. SNAP benefits are issued each month on plastic debit cards. You can use SNAP benefits to buy food at major supermarkets, neighborhood grocery stores, online at participating retailers, and some farmers' markets authorized to accept SNAP. Please use this link to access more information ~ [Addendum C - Information on the Supplemental Nutrition Assistance Program \(SNAP\).pdf](#).

Charging and the Collection of Unpaid Meal Charges

Beginning on January 2, 2023, the District will contact the parent(s)/guardian(s) of any student who charges meals to their meal account with a zero balance for the District to collect the delinquent debt. The first such communication will be a written communication, by mail or e-mail, after three meal(s) have been charged. Subsequent written and verbal communications with parents/guardians concerning delinquent debt will be made by the building administrator

or designee as necessary and appropriate. All communications regarding unpaid meal charges shall be made directly and discreetly to parents/guardians. Written communications with parent(s)/guardian(s) regarding the collection of a student's unpaid meal charges shall include an application for free or reduced-price meals, information on local food pantries and the Connecticut Department of Social Services' supplemental nutrition assistance program, and a link to the District's or Town's website that lists any community services available to Town residents. If a student's unpaid meal charges are equal to or more than the cost of thirty (30) meals, the parent(s)/guardian(s) of such student will be referred to the District's homeless education liaison.

Please contact Heather Plourde at hplourde@eastconn.org if you have any questions related to food services.

Sincerely,

Kristin B. Heckt

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Superintendent of Schools