

March 10, 2020

Dear High Point Families,

We continue to monitor the evolving coronavirus (COVID-19) outbreak and want to assure you that our paramount priorities are the health, safety, and welfare of our students, families, and employees. The following information is provided to help with questions you may have, sourced from the Los Angeles Department of Public Health (LACDPH), the Centers For Disease Control and Prevention (CDC), and other pertinent resources.

Question 1: How can I protect myself against coronavirus (COVID-19)?

The CDC recommends taking similar measures you would do to prevent getting or spreading the common flu. These include:

- Hand washing helps prevent the spread of the virus. Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your sneeze or cough with a tissue, then immediately dispose of the tissue. If tissues are unavailable, cough or sneeze into the inside of your elbow, then wash your hands.
- Stay up-to-date with the flu vaccine and all other vaccinations.
- Avoid close contact with people who are sick.
- Stay home if you are sick and do not return to work or school until your temperature is normal, without the use of fever-reducing medication, for at least 24 hours.

Question 2: Are children at a higher risk of getting sick from coronavirus (COVID-19) compared with adults?

Health officials say few children thus far have been infected with COVID-19, and those who have tested positive typically experienced milder symptoms than older patients.

Question 3: Is it safe to send my child to school?

Yes. Currently public health authorities say it is safe to maintain regular school and work schedules.

Question 4: What is High Point doing to prevent the spread of coronavirus (Covid-19)?

Our current illness protocol mandates that students who are ill remain at home until they are fever-free for 24 hours without the use of fever reducing medication. Staff will be heightening their response by checking students for any signs of illness, and any students who display concerning symptoms will be sent home. Prior to a student's return to school, parents may be

asked to produce a doctor's note. Most importantly, all High Point students, faculty, and staff who feel ill should remain home.

High Point's daily janitorial crew is incorporating an active and aggressive plan to reduce exposure due to contact of COVID-19. This includes added concentration on disinfecting surfaces that hands touch often such as, but, not limited to desktops, counter tops, door handles, cabinet knobs, and restroom surfaces including all handles and dispensers.

Question 5: What if school is closed?

High Point will close if mandated by the official health/medical professionals and authorities. In the event of a prolonged school closure, High Point Academy will activate our distance learning plan by emailing each family their student's username and password to their school Google account. At that time, teachers will email instructions and assignments to both students and parents. This flexible online environment will allow students to work at their own pace, email finished work, and reach out with any specific questions. Grade levels will provide resources based on developmental appropriateness. Some parental facilitation may be required.

Question 6: Are we canceling field trips, sports, or other school events?

All current field trips, sports, and school events are scheduled to continue. It is important to note that they may be canceled as new information becomes available.

Question 7: What travel guidelines do I need to be aware of?

For families planning international travel prior to or during Spring Break, it is important to note that if you visit a country that is under a CDC Level 2 or Level 3 Travel Health Notice, your child and family will be required to stay home and away from school and have your health monitored for 14 days after returning to the Pasadena area. Importantly, the CDC has recommended against nonessential travel to China, Italy, Iran, Japan, and South Korea. This is the standard quarantine period recommended by the CDC and an important public health safety precaution we are taking to better ensure that our school environment remains safe. If you are planning to travel to a country under a Level 2 or 3 Travel Health Notice, please inform Gary Stern at gstern@highpointacademy.org.

Question 8: What are resources to help facilitate conversations with your children?

Talking with your children about the coronavirus can be overwhelming and scary for parents. Dr. Tina Payne Bryson, a consulting social emotional development specialist for High Point and founder of The Center For Connection, recommends the following resources:

- <https://parenting.nytimes.com/childrens-health/coronavirus-kids-talk>
- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

During these challenging times, we are particularly grateful for the strength and support of our High Point community. We will continue to monitor the situation and share with our community ongoing developments as events warrant.

Warmest regards,

Gary Stern
Head of School