

**Matt Nelson**  
Superintendent

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# Sanford School Department

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SCHOOL COMMITTEE:

Don Jamison, Chair    Paula Cote, Vice-Chair  
Jonathan Mapes    John Roux    Amy Sevigny

October 13, 2021

Dear Sanford High School / Sanford Regional Technical Center Students, Staff and Families,

Based on an increase of positive COVID-19 cases at Sanford High School and in consultation with our Maine CDC Outbreak Investigator, Sanford High School, Sanford Regional Technical Center and the Bridge School will be fully remote this **Thursday and Friday - October 14 and 15**. In addition, all extra-curricular activities including sports at SHS /SRTC are canceled effective immediately through the weekend. Remote meals will be available each weekday at SHS Door 3 and Memorial Gym Door 6 between 11 am – noon. Participants must order meals by 7 pm the night before using this link: <https://forms.gle/fghnNvei2wffUVKe8> . The plan is to have SHS / SRTC return to in-person instruction and extra-curricular activities on **Monday, October 18<sup>th</sup>** but please note that this is a fluid situation with the possibility that remote learning at SHS / SRTC could be extended.

The goal remains to return to in-person instruction safely. While SHS / SRTC is fully remote, it will be important for students and staff to continue to follow our prevention measures:

- Monitor yourself for signs and symptoms. Call a health care provider if symptoms start.
- Wear a cloth face covering in public indoor spaces, especially if you are not vaccinated.
- Complete a symptom check each day, stay home if you are sick or symptomatic and avoid close contact with others.
- Notify school Nurse Lynne Signore immediately at 206-1708 if you test positive for COVID-19.
- Continue proper handwashing with soap and warm water. When soap and water is not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands and avoid close contact with people who are sick.

COVID-19 is a respiratory illness that ranges from mild to severe. It can be more severe in adults 60 years and older and in those with underlying conditions. The virus mainly spreads when an infected person coughs or sneezes and an uninfected person breathes in the virus. Signs and symptoms include fever/chills, cough, shortness of breath/difficulty breathing, fatigue, muscle/body aches, headache, new loss of taste/smell, sore throat, congestion/runny nose, nausea/vomiting or diarrhea.

Questions for the school can be directed to your building administrator. For general COVID-19 questions, call 211 (or 1-866-811-5695). You can also text your ZIP code to 898-211 or email [info@211maine.org](mailto:info@211maine.org). Call a health care provider for questions about your symptoms. More information can be found at [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

Sincerely,

Matt Nelson, Superintendent