



# Shalom School

SACRAMENTO'S JEWISH DAY SCHOOL

Dear Shalom School Families,

I hope you had a wonderful Thanksgiving. I email you today because I am very concerned about the rise in the number of COVID cases in Sacramento and beyond, and I know that many of you share that concern. I met last Friday with our COVID Advisory Group and have been in regular communication with our liaisons at the Sacramento County Public Health. As you probably know, the Governor announced last week that California has been divided into five regions for the purpose of tracking, and any region whose ICU capacity falls below 15% will be subject to additional COVID restrictions.

The greater Sacramento region's ICU capacity dropped down to 18.2% on Sunday, down from 22.2% on Friday. It seems likely that our area may fall below the 15% mark in the coming days or weeks. Right now, even if ICU availability in the Sacramento region did fall below that number, **elementary programs like ours, who have already applied for and been granted a waiver, will be allowed to stay open. ECE programs are also permitted to stay open.** However, this will only be possible as long as we continue to avoid cases here at school and in our community.

We are reminding students about the importance of following all COVID safety practices, including keeping physical distance, washing hands, and wearing masks. In my meeting with the COVID Advisory Group, they stressed again how important proper and consistent mask wearing is in reducing the risk of spreading COVID. I would like to share their specific recommendations with you:

- There is overwhelming evidence that properly wearing a high-quality mask offers protection to both the person wearing the mask as well as all others with whom that person interacts.
- Medical grade disposable masks remain the most widely studied against the coronavirus. When possible, they recommend new, disposable, medical grade masks for both adults and children. Early in the pandemic, these were very hard to come by, but they are now more readily available.
- Cloth masks vary widely in composition, design, and efficacy. They recommend masks that have either filtered fabric or two or more layers and a pocket for a disposable filter for added protection. Masks should be double-layered at an absolute minimum.
- Masks are only effective when worn properly. They should cover the entire nose and mouth and have a nose wire so that the fit is snug. They should cover all the way to below the chin and not have any gaps. Please make sure that your child's mask is comfortable and fits well.

Here are some of the specific brands recommended:

- <https://theuniversalmask.com/> - For adolescents or adults The Universal Mask, formerly 3MD, has micron filtration tested masks. They have children's masks with "filtering felt" as well but the children's are not specifically rated. These are very comfortable and wearable as well. These can be hand or machine washed and then line dried.
- [https://www.americanscreeningcorp.com/pc\\_product\\_detail.asp?key=7C05A36957F44AC1A0320EE568E50FB1](https://www.americanscreeningcorp.com/pc_product_detail.asp?key=7C05A36957F44AC1A0320EE568E50FB1) - Medical grade children's masks, Halyard Pediatric Masks, are also available off and on from Amazon—they seem to be out of stock there at this time.
- <https://www.happymasks.com/> - These can be washed many, many times. They are lightweight, easy for a child to put on, and easy to be heard through. These come in various sizes. The small is appropriate for a toddler or school-aged child.
- [https://www.etsy.com/listing/792411988/kids-face-mask-kids-mask-reusable-face?ref=search\\_recently\\_viewed-1&frs=1](https://www.etsy.com/listing/792411988/kids-face-mask-kids-mask-reusable-face?ref=search_recently_viewed-1&frs=1) - These have a nose piece, pocket for a filter, and a design that seems to work well for kids.
- [https://www.amazon.com/BLScore-Disposable-Protective-Comfortable-Universal/dp/B08C74ZX7S/ref=sr\\_1\\_5?dchild=1&keywords=child+procedure+mask&qid=1607374022&sr=8-5](https://www.amazon.com/BLScore-Disposable-Protective-Comfortable-Universal/dp/B08C74ZX7S/ref=sr_1_5?dchild=1&keywords=child+procedure+mask&qid=1607374022&sr=8-5) - These are a 3-layer disposable mask.

I also want to remind you that travel and multi-family gatherings are considered high-risk activities, and families who travel or gather at the holidays or any other time will need to keep their students home for two weeks of isolation before returning to campus.

Finally, I want to again thank all of you and our incredible faculty and staff. It is our partnership and the seriousness with which all of us have worked together that make it possible for us to continue to provide the safest possible environment for our children.

L'shalom,

**Nancy**

Shalom School's mission is to provide each child with an outstanding education in a nurturing environment that is academically excellent, inclusive, innovative, and inspired by Jewish values and traditions.

[www.shalomschool.org](http://www.shalomschool.org)

