

Expectations Prior to Arrival to Midland

There is much excitement in the air as we prepare for our 2020-2021 school year. Given the evolving nature of COVID-19, we anticipate that parents/guardians, families and students may have many questions. This document provides information on what you can expect from the Midland Health Office and what Midland and the Health Office will expect of you prior to your arrival to campus.

Health and safety decisions and practices we have in place related to COVID-19 are based on the recommendations of: The California Department of Public Health (CDPH), Santa Barbara County Public Health Department (SBCPHD), Center for Disease Control (CDC) and the California School Nurse Organization (CSNA) COVID-19 Health Services Recovery Plan Resource Guide in Educational Settings. These documents and recommendations have been carefully reviewed by Midland's dedicated Midland administration team, faculty and staff to inform our decisions and policies.

Expectation 1: Be Proactive & Instill Good Practices at Home

We are asking each Midland family to be proactive in assuring that they are sending their students to school robust and healthy. While home, we appreciate parents/guardians instilling [recommended hygiene practices](#) by making the following routine and habitual:

- [Good hand washing technique](#): using soap and water, wash hands and all fingers at least 20 seconds
- [Proper sneezing/coughing etiquette](#): into a kleenex and properly disposing of the tissue
- [Disinfect high touch surfaces regularly](#)
- Keeping hands away from the face
- [Maintaining physical distancing](#)
- Adequate hydration and sleep

Expectation 2: Arrive to Campus in Good Health

Prior to the start of school if a student shows signs of general illness with symptoms of: throwing up, diarrhea, nasal drainage, coughing/sneezing, and/or general malaise, we asked you to stay home, contact your care provider, and inform the Midland Health Director.

If your student is experiencing mental or emotional challenges associated with the current pandemic, the family is asked to seek support from a local mental health practitioner and update the Midland Health Director as directed and/or as needed.

Expectation 3: Take, Pass & Submit a Recent COVID-19 Test

We ask that every Midland student get tested for COVID-19 within a one week period prior to their arrival to school. More preferably, we ask for testing to happen within a 4 day period prior to arrival to school. Please check with your local county Health Department to find out where you are able to obtain COVID-19 testing.

We ask that you provide the Midland Health Office with a copy of the test results. If you are unable to obtain testing close to home, please contact Midland Health Office to help set up testing when you arrive in the Santa Ynez Valley region through [LHI.care/covidtesting](https://lhi.care/covidtesting). For testing resources in California please see California Government resource for [Testing in California](#).

Expectation 4: Physical Distance Post-Test and Pre-Arrival to Campus

Following COVID-19 testing and prior to showing up to Midland campus, we ask our students and their family to pay attention to safe practices between the time of testing and time of arrival to Midland's campus. Prior to arrival to school, families are asked to limit traveling or visiting locations known to have high rates of infection, and not visiting persons currently diagnosed with, or suspected of having COVID-19. Families are directed to the see [Center for Disease Control and Prevention](#) for further information on COVID-19 best practices.

Thank you!

Thank you for your care and attention to the request and details provided in this letter. We will continue to update you with changes to the request outlined above. Please contact Midland School, and/or the Midland Health Director with questions at healthdirector@midland-school.org.

Remember that your Midland [Health Forms](#) Packet 1 & [Physical & Immunization Form](#) Packet 2, are due to the Health Office by July 15th.

Thank you. Enjoy your summer and look forward to seeing you soon,

Janet Willie
Midland Health Director