



Norwood High School

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1/4/22

Dear NHS Students and Families,

Happy New Year! It was exciting to welcome back our students to NHS this morning. I have no doubt that we will navigate these continued difficult times with flexibility, patience, and teamwork. I appreciate your partnership in doing so. I have several updates to communicate to you today:

Covid Protocols Reminders: Please refer to Dr. Thomson's all schools message on December 30th regarding revised protocols regarding isolation for people who test positive for Covid-19. In general, students who test positive may return to school after day five of isolation if they are symptom-free. If your student tests positive, please contact the school nurse immediately and begin isolation. If your child is a student athlete, the student-athlete must also obtain a physician's letter to return to athletics so that we can ensure a healthy return to play protocol for that student. I have attached the latest guidance from Massachusetts Department of Public Health on isolation and quarantine, which NPS has adopted. <https://www.mass.gov/info-details/isolation-and-quarantine-guidance-for-the-general-public>

Symptom Check: As a reminder, all students should remain home from school, and a guardian should contact the school attendance line, if they are experiencing any of the following symptoms:

- Fever (100.0° Fahrenheit or higher), chills or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known causes, such as a chronic cough)
- Sore throat, when in combination with other symptoms
- Nausea, vomiting, or diarrhea when in combination with other symptoms
- Headache when in combination with other symptoms
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

Attendance at Athletic Events: As a result of increased case numbers, and in an effort to sustain winter athletics, effective today January 4, attendance at NHS home athletic events will be limited to four (4) family members per student athlete playing in the contest. At this time, no students or members of the general public outside of the family members will be allowed to attend games. NHS Athletic Director, Mr. Longley, will send each team and each family of our student-athletes specific information related to this policy, as some venues already have more restrictive policies that will remain in place. We hope that this is a temporary move and that we can welcome back the general public and general student population later in the season. However, please note that this policy could also become more restrictive if case numbers continue to rise. Masks/proper mask wearing is still required at all athletic events.

Thank you again for your continued support. Wishing you a happy and healthy New Year!

Best,
Dr. G

Hugh T. Galligan, Ed.D.
Principal