



Regional School Unit 5
Durham • Freeport • Pownal

"To inspire and support every learner by challenging minds, building character, sparking creativity, and nurturing passions."

Becky Foley, Ph.D., Superintendent of Schools
Rick Kusturin, Director of Finance & Human Resources

Cynthia Alexander, Assistant Superintendent of Schools
Bonnie Violette, Ph.D., Director of Instructional Support

November 18, 2020

Dear Staff and Families,

This letter is to inform you that a student associated with Freeport High School recently tested positive for COVID-19. The student was not at school when they became symptomatic. All close contacts have been informed and are currently self-quarantining. We are informing you out of extreme caution. Please monitor yourself/your student for signs and symptoms. We want to thank our families for partnering with us to keep all students and staff safe. Questions for the school can be directed to the school nurse, Emily Guyer, or Principal Gulko at Freeport High School.

Please continue to keep your children home when they are showing any COVID symptoms. 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 or chills	cough
shortness of breath or difficulty breathing	fatigue
muscle or body aches	headache
new loss of taste or smell	sore throat
congestion or runny nose	nausea or vomiting
diarrhea	

The Maine CDC has advised us to proceed with in-person schooling and continue to follow our hybrid plan. We request that you continue to wear your masks, socially distance, and wash your hands frequently. We appreciate your cooperation in completing the self-screening every day for your child.

As we see the escalating impact of COVID-19 across our state and the nation, we recognize that friends and families are looking for ways to connect and to maintain normal traditions in an abnormal time. As the holiday season approaches, it is critically important that our school communities continue to do everything we can in order to keep our schools safe, open, and able to provide in-person instruction.

This may mean making the safe and difficult choice to limit holiday gathering and travel, as we know that both have additional risks for exposure and transmission of the virus. The United States Center for Disease Control has issued strong guidance to the American people to limit our interactions and travel this holiday season.

Any staff or students who travel to any state other than New Hampshire or Vermont (no restrictions for these two states only as of 11/16/20; subject to change), they will be required to either

1. quarantine for 14 days upon return to Maine, or
2. quarantine until receiving a negative test result. The test must be taken either:
 - a. in the state you are visiting and no more than 72 hours prior to your return to Maine, or
 - b. once you return to Maine.

Any staff or students who have travelled to restricted states will not be permitted inside the school building until either the negative test result or 14 days has occurred. This is not dependent on the length of time spent within the restricted states, meaning that a day visit still requires any person to quarantine for 14 days or until a negative test result is confirmed. All members of the household who travel must test or quarantine if over 12 months old. Testing site information for Maine can be found at <https://www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing>

Please stay safe. Help us to keep our school community safe and be able to provide in person learning for the students in RSU 5.

Be well and happy Thanksgiving,

Becky

Becky Foley
Superintendent RSU 5