



Partners After School **Oakland**

November 2020

Welcome to PAS @ Oakland! It is our mission to build young people's strengths and connect them with positive supports that are linked to healthy growth and development.
We are so excited to be working with you and your family this school year!
Thank you for your support to our program.

What you will find in this newsletter:

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List of PAS Staff, Contact Numbers, and Staff Schedule

Calendar

Enrichment Activities

COVID-19 News

PAS Safety Guidelines

	GCPC Meal Program Partnership
	Mindfulness Information

Announcements

PAS STAFF

James Michaels

DIRECTOR

240.321.4284

ASSISTANTS

Derek Silbaugh

240.609.9334

Candace Jones

301.616.6532

Cassy Baker

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PREVENTION SPECIALIST

Kristen Walker

301-616-8610

AmeriCorps

Landon Custer

Staff Schedule:

Mondays 5:00 pm-7:00 pm

**Mr. James—Mr. Derek
—Ms. Cassy**

Tuesdays: 4:30 pm-6:30 pm

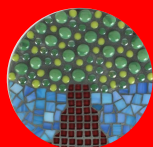
**Mr. James—Mr. Derek
—Ms. Candace**

Wednesdays: 4:00pm-6:00pm

**Ms. Kris—Mr. Derek
—Ms. Candace**



Deep Creek Pottery Mosaics Art Activity



Students will create a one of a kind piece of art using glass tiles. Funds for this project have been provided by United Way.

University Of Maryland Extension Office Health Rocks



Health Rocks! is a 4-H Healthy Living program for young people ages 8 to 14 with the goal of bringing youth, families and communities together to reduce tobacco, alcohol and drug use. This proven program provides youth with the skills to make healthy decisions and lead healthier lifestyles. PAS Staff will be providing mentoring sessions to the youth. Provided by University of Maryland Extensions Office

Enrichment STEM Slime Creation



Using science and chemistry, students will learn how to make their very own slime with Ms. Karen from the University of Maryland Extension Office

Prevention "Possible Self" Life Skills Lesson



Ms. Kris from the Garrett County Health Department: Health Education and Outreach division will be providing our students with prevention based activities which educate students and help them develop self-help and life skills.











Partners After School Oakland

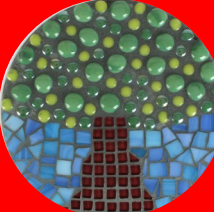


**GARRETT COUNTY
HEALTH DEPARTMENT**

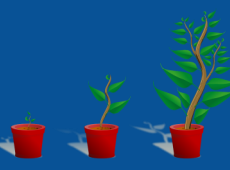
November Nightly Schedule

Mondays 5:00-7:00	Tuesdays 4:30-6:30	Wednesdays 4:00-6:00
5:00-5:45 Recreation in the Gym	4:30-4:45 Mentor Time	4:00-4:15 Mentor Time
5:45-6:00 Mindful Me 	4:45-5:00 Mindful Me 	4:15-5:00 Snack/Enrichment 11/4 Deep Creek Pottery- Mosaics 11/11 NO PAS  11/18 Health Rocks Session 1 11/25 Slime Creation w/Ms. Karen 12/2 Service Project- HART Toys
6:00-6:45 Snack/Enrichment 11/2 Deep Creek Pottery- Mosaics 11/9 Possible Self w/Ms. Kris 11/16 Health Rocks Session 1 11/23 Slime Creation w/Ms. Karen 11/30 Service Project- HART Toys	5:00-5:45 Recreation in the Gym 	5:00-5:45 Recreation in the Gym 
6:45-7:00 Mentor Time 	5:45-6:30 Snack/Enrichment 11/3 NO PAS  11/10 Possible Self w/Ms. Kris 11/17 Health Rocks Session 1 11/24 Slime Creation w/Ms. Karen 12/1 Service Project-HART Toys or Deep Creek Pottery-Mosaics	5:45-6:00 Mindful Me 
7:00 Meal Distribution and Pick up	6:30 Meal Distribution and Pick up	6:00 Meal Distribution and Pick Up

Deep Creek Pottery Mosaics Art Activity




Prevention "Possible Self" Life Skills Lesson



University Of Maryland Extension Office Health Rocks



Enrichment STEM Slime Creation



Service Project Making Cat and Dog Toys





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COVID-19 NEWS

A few important changes to PAS @ Oakland due to COVID-19:
Please see the attached Safety Guidelines set by PAS and GCHD .
This plan has been approved by GCPS. All of the items on this list are to be followed at all times.

COVID-19-like illness is defined as:

1. **Any 1** of the following: cough, shortness of breath, difficulty breathing, new loss of taste or smell, **OR**
2. **At least 2** of the following: fever of 100.4° or higher (measured or subjective), chills or shaking chills, muscle aches, headache, sore throat, nausea or vomiting, diarrhea, fatigue, and congestion or runny nose.

If you, your child, or any member of your household is experiencing these symptoms, we highly recommend that you see your healthcare provider and keep your child home.

If a child or staff member tests positive for COVID-19 you will be notified as we are using the protocols set by the “COVID-19 Guidance for Maryland School” and “Decision Aid: Exclusion and Return for Laboratory Confirmed COVID-19 Cases and Persons with COVID-19-like Illness in Schools, Child Care Programs, and Youth Camps” documents. Please see Attached chart: Decision Aid.

As we begin the PAS program this year please know we will do our very best to follow all guidelines while bringing a high quality program. We will be vigilant to follow all guidelines to keep our program “open” with face to face instruction; however, at any time we could be forced to provide our program on a virtual platform if schools have to modify their instruction, there is a surge of COVID in our region and state, or a staff member or student tests positive for COVID-19.

If you know you are a close contact to a confirmed COVID-19 case, you should get tested 3-5 days after you are exposed, whether or not you have symptoms. If you develop symptoms, get tested at that time. This can be anywhere from 2-14 days after exposure. Call your primary care provider or the COVID-19 Hotline at 301-334-7698 to learn more about getting tested for COVID-19.

Source article: <https://garretthealth.org/garrett-county-covid-19-stats->

Announcements

GCPS Meal Program

We have partnered with GCPS: FNS (Food and Nutrition Services) Department

Students will be given 7 suppers and snacks each week they attend PAS. If your child misses their scheduled night we will make arrangements to get the food to the student.

Mindfulness:

Every night we will practice some form of mindfulness.

It is our goal this year to: Recognize challenges families face and offer support and encouragement to reduce stress. Thank you for all you do and for allowing us to spend time with your child(ren).



Safety Guidelines Approved by GCPS

- First and foremost, staff and participants will abide by the safety guidelines that are already set up by the schools and the school system.
- Staff are to perform temperature checks and symptom screening on each other when they arrive at the site.
- Parents and students remain in vehicle until staff person calls student to check-in area (one at a time) for temperature and symptom check. If there is a concern with the temperature check or the survey responses, the student will be sent home with the parent.
- If a student or staff person suspects they may have COVID-19, they should quarantine for 14 days or be tested before returning to the program.
- The nightly group size is a maximum of 10 participants with 2-3 staff or volunteers. The groups will remain in the same cohorts of 10 unless a participant drops out and someone new is added. The use of shared items will be limited or avoided altogether (pens, pencils, sports equipment).
- Only one person will be allowed to go into the restroom at a time.
- Masks will be properly worn by staff and participants at all times, except when drinking, eating, or engaged in distanced, strenuous activity such as bike riding.
- Once in the school, participants will have assigned seats and spaces that are at least 6 feet apart for classroom type activities. For recreation time, the preferred venue will be outside and will include activities that can be done without close contact. For indoor recreation, activities will be provided that promote separation and spacing. Any play equipment that is used will be sanitized after recreation time.
- At pick-up time, parents will be instructed to text or call the designated staff person who will then see the participant out to meet their ride.
- Participants will be required to use hand sanitizer each time they leave and enter a room.
- Meals or snacks will be provided through GCPS Food Services. No self-service will occur. Participants and staff will either wash hands with soap and water or hand sanitize before and after eating.



If you know you are a close contact to a confirmed COVID-19 case, you should get tested 3-5 days after you are exposed, whether or not you have symptoms. If you develop symptoms, get tested at that time. This can be anywhere from 2-14 days after exposure. Call your primary care provider or the COVID-19 Hotline at 301-334-7698 to learn more about getting tested for COVID-19. Source article: <https://garretthealth.org/garrett-county-covid-19-stats-reported-10-30-2020/>

Decision Aid: Exclusion and Return for Laboratory Confirmed COVID-19 Cases and Persons with COVID-19-like Illness in Schools, Child Care Programs, and Youth Camps

For the purposes of this decision aid, COVID-19-like illness is defined as: Any 1 of the following: cough, shortness of breath, difficulty breathing, new loss of taste or smell, **OR At least 2 of the following:** fever of 100.4° or higher (measured or subjective), chills or shaking chills, muscle aches, sore throat, headache, nausea or vomiting, diarrhea, fatigue, and congestion or runny nose.

Person (child, care provider, educator, other staff) with **1 new symptom not meeting the definition of COVID-19-like illness.**

Exclude person and allow return when symptoms have improved, no fever for at least **24 hours** without fever-reducing medication, **AND** criteria in the [Communicable Diseases Summary](#) have been met as applicable. **If person develops symptoms of COVID-19-like illness, follow processes below for person with COVID-19-like illness.**

An **asymptomatic person** (child, care provider, educator, other staff) who **tests positive for COVID-19.**

The asymptomatic person should stay home for 10 days from positive test.

Close contacts should stay home for 14 days from the date of last exposure **even if they have no symptoms or they have a negative COVID-19 test done during quarantine.**

Person (child, care provider, educator, other staff) with COVID-19-like illness:

- **Exclude** person and recommend that they talk to their health care provider about testing for COVID-19 or whether there is another specific diagnosis.
- **The person should isolate pending test results or evaluation by their health care provider.**
- **Close contacts of the ill person should quarantine per [CDC guidelines](#).**

Person has positive test for COVID-19.

Person does not receive a laboratory test or another specific diagnosis (e.g. influenza, strep throat, otitis) by their health care provider.

Person has negative test for COVID-19.

Health care provider documents that the person has another specific diagnosis (e.g. influenza, strep throat, otitis) or health care provider documents that symptoms are related to a pre-existing condition.

The ill person should stay home at least 10 days since symptoms first appeared **AND** until no fever for at least **24 hours** without fever-reducing medication **AND** improvement of other symptoms.

The ill person should stay home until symptoms have improved, no fever for at least **24 hours** without fever-reducing medication, **AND** criteria in the [Communicable Diseases Summary](#) have been met as applicable.

The person should consider being tested/retested for COVID-19 if symptoms do not improve.

Close contacts DO NOT need to stay home as long as they remain asymptomatic.