The Omicron surge is affecting many students and families (I have also been working from home due to being COVID positive). Below is the latest guidance from the California Department of Public Health regarding procedures if your child is exposed to a COVID positive student while at school. It is important to note that there are different guidelines for vaccinated and unvaccinated students.

If your child has symptoms of COVID or has been exposed to COVID, please do not allow your student to attend school, also, please alert the office immediately. Inspire Diagnostics is offering drive through testing Monday through Saturday, click here for times and locations. If your child has been vaccinated, please email your proof of vaccination to the OFFICE at nbmsoffice@suesd.org.
**EXPOSURE PROTOCOLS**

Parents have 2 options for quarantine DUE TO SCHOOL EXPOSURES:

1. **Modified “In-Person” Quarantine**: Unvaccinated students with exposures in school settings where both parties were wearing masks may undergo a Modified Quarantine as follows. Unvaccinated students may continue to attend school for in-person instruction if they:
   a. Are asymptomatic
   b. Continue to appropriately mask, as required;
   c. Continue to quarantine for all extracurricular activities at school, including sports, and activities within the community setting.
   d. Test twice weekly for the duration of the quarantine period.
   e. Continue to self-monitor for symptoms through day 14 from exposure.

*Modified quarantine may end after DAY 7 if a diagnostic specimen (PCR) is collected after DAY 5 from the date of last exposure and tests negative.

1. **Home Quarantine**: Stay at home for 10 days after your last contact with the person who has COVID-19, followed by 4 days of self-monitoring for symptoms.

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**For Students who are Fully Vaccinated and Exposed at School or Home/Community**

- If a student is fully vaccinated and does not have symptoms, they do not need to quarantine.
- We recommend they test immediately and again five days after the date of exposure.
- **If you have not already provided your proof of vaccination and have no symptoms, please email your proof of vaccination to the OFFICE at nbmsoffice@suesd.org.**

**For Students who are Not Fully Vaccinated and Exposed at school**

Students who are not vaccinated, are required to either Quarantine at Home for TEN DAYS, or if certain conditions are met, may choose to participate in a Modified Quarantine for SEVEN DAYS, where students can continue to go to school and return on DAY 8.

Unvaccinated students on modified quarantine may not participate in any after school activities/sports for the duration of the modified quarantine.
For Students who are Not Fully Vaccinated and Exposed at Home/Community (sibling, family member has COVID)

<table>
<thead>
<tr>
<th>Students who are not vaccinated, are required to Quarantine at Home.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 10-day quarantine followed by 4 days self-monitoring if untested.</td>
</tr>
<tr>
<td>• Day 1 Quarantine begins after COVID positive family member complete’s their isolation period.</td>
</tr>
<tr>
<td>• May test** on or after day 5 and return after day 7, if result is negative.</td>
</tr>
<tr>
<td>• Those exposed at home are considered continuously exposed &amp; begin their quarantine after their positive household member completes their isolation period.</td>
</tr>
</tbody>
</table>

PARENT CONFERENCES FOR JANUARY 24, 25, 26, AND 27

We are excited to pilot student-led conferences for all families during our Parent Conference days on January 24, 25, 26 and 27. All families will be able to schedule a 15 minute virtual conference that will be led by the student and attended by the Flex period teacher, the student and parent/guardian. Students will be filling out their conference reflection form during Flex class this week (no iReady math on Monday Flex). In order that all families have a chance to conference they will last for 15 minutes. There will be a separate email coming this week with details on how to sign up for a conference.

BIKE TO SCHOOL

Bike to School for January has been rescheduled to February 3, 2022.

LET'S TOBACCO ABOUT IT WEBINAR

The "Let’s Tobacco About It" series continues with our first webinar of the year on Thursday, January 20th from 6:00-7:00 pm: How to Talk to Your Teen About Vaping.

Register via Zoom:

This webinar is free, bilingual, virtual, open to the public and specifically seeking to support any parents or educators in their conversations about tobacco use with students or family members.

The Santa Cruz COE is proud to announce they are partnering with TechGirlz to host another free virtual workshop for students grades 5th-8th entitled, "Design Mobile Apps" on February 9, 2022 from 4:00-5:30 pm.

Register here
DIGITAL FLYERS (English & Spanish)
PRINTABLE FLYERS (English & Spanish)