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North Metro Flex Academy • 2350 Helen Street • North St. Paul, MN 55109 • (612) 900-4435

October 26, 2020

Dear NMFA Families,

I hope this newsletter finds you and your families healthy and strong during this challenging, unprecedented time. At NMFA we are doing everything in our power to keep our NMFA community, including students, staff and families, safe from our ongoing pandemic. Please read the information on the next page from Sandy Saline, our NMFA COVID-19 Coordinator.

**On Thursday evening, the NMFA Board of Directors approved a revised calendar for the 20-21 school year (attached). The changes are minor, but are necessary to meet the required number of instruction hours per year. The changes are as follows:**

- **November 3** was originally scheduled as a Professional Development day with no school
  - It is now a **Distance Learning Day**
- **November 25** was originally scheduled as a Professional Development day with no school
  - It is now a **Distance Learning Day**
- **December 23** was originally scheduled as a Professional Development day with no school
  - It is now a **Distance Learning Day**

*We realize that some families may have already made plans for students to be out on these days. If these changes cause a problem for your family, please let us know and we'll take absences into consideration.*

**Please see the Application for Educational Benefits found on our COVID page. Our school receives a significant amount of federal funding based on the amount of low-income students attending our school. These funds enable us to provide extra academic support to our struggling students, and the loss of this funding will require us to reduce this support next year. Please take the time to fill out this form if you have not already done so no later than December 15 so the school can calculate eligibility and report to MDE. This will not impact your students' eligibility to receive free meals during the 2020-21 school year.**

**Applications to change from Distance Learning to Hybrid Learning are due to the NMFA office by November 3.** If you would like to apply for your child to begin Hybrid Learning on November 30, please call 612.900.4435 and ask for an application to be sent to you. You may also stop by the school to pick up an application. Applications will be accepted based on available openings. In-school classes are limited to approximately 10 students, based upon the size of the classroom. We have openings at most grade levels for Tuesday/Friday classes, but many classrooms are already full on Monday/Thursday. Openings will be filled on a first-come/first-serve basis. Once your application has been accepted, you will be required to stay with this model until the end of Trimester 2. Parents who plan to stay with your current choice do not need to do anything at this time. **Please note: Families may change to Distance Learning at any time, however if you would like to change back to Hybrid after changing to Distance, you must wait until the end of the semester, and then will be returned to Hybrid Learning as space becomes available.**

**Please stay safe and healthy!**

**Terri Privette  
Principal  
North Metro Flex Academy**

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As we all learn more about the COVID virus there is more information that has not been incorporated into the MN state guidelines yet. Transmission is primarily due to the virus being in the air. Six feet and 15 minutes of close contact were rough guidelines established last spring. It is now believed that the virus can travel more than 6 feet and 15 minutes of contact can be cumulative over a 24-hour period.

**This is an interesting article explaining layers of protection from COVID.** <https://emilyoster.substack.com/p/safety-lasagna>

Thank you for how you are protecting our school community by keeping your student home when they are feeling ill. Keeping the school informed helps us anticipate areas of concern. **This is the first layer of defense we have.**

**As part of the second layer**, the school is focused on preventing spread at this level. This summer, NMFA upgraded the overall ventilation system filters as well as purchasing air purifiers for each room. Classrooms are sanitized daily. Students and staff are maintaining social distancing and wearing masks. We are emphasizing handwashing and there are sanitizing gel stations throughout the halls.

You can help at this level by checking your student's masks to be sure they fit - covering their nose and mouth when they speak. Masks that slip down do not protect them or others they are near.

**The third layer is understanding isolation and quarantine.**

**Isolation** is for anyone with a positive COVID test. It is 10 days from the initial symptoms. It means not being in contact with others. After 10 days AND no fever for 24 hours without meds AND improving symptoms, isolation is done.

**Quarantine** is for anyone who was a close contact of a person with a positive test, but not having a positive test themselves either because they have not been tested or because the result was negative. It is 14 days from the last contact with the infected person.

So, if a parent tests positive and the child cannot be kept entirely separate from that person because of caretaking the child, then the child shouldn't come to school for the time the parent is isolated PLUS the child's 14-day quarantine from the last exposure (which is when the parent's isolation is complete and no longer considered infectious).

If someone is a close contact of a close contact, they don't have to quarantine unless/until they would show symptoms.

**If you have any questions, please contact Sandy Saline, the COVID Coordinator, at 612-460-5053.**