



February 2021 Newsletter

Hello Peaceful Families,

I hope this newsletter finds everyone safe and healthy. I want to thank our school community for their support, understanding, and generously during this time of temporary closure for ISP. No doubt it has been stressful and now more than ever, I appreciate each of you.

I recently attended a workshop where I learned that coping with stress will make you, the people you care about, and your community stronger. I hope everyone is taking care of themselves and getting support when needed to help during these stressful times.

At this time, it is necessary to make some changes to our protocol. Our COVID19 Action plan has been updated and is available online and in this newsletter. **Please take the time to read it.** Of most importance is our strong request that all 4 and 5 year olds now wear a mask while at school. In addition, we are requesting that all enrolled children have on hand a mask, should it be needed. Our staff will continue to do their very best to educate, support, and encourage your child to wear their mask. Please be sure to provide your child with a labeled container to store their mask, when needed. Masks should be laundered or replaced each day. I thank you in advance for your cooperation.

February is always a busy time for us. We will embrace friendships, explore rocks and minerals, love our books, celebrate diversity, and learn about Tucson's long time tradition

of Rodeo. We will also celebrate the Chinese New Year and Year of the Ox. Wow!

As if we aren't busy enough, 2021/2022 school year registration opens this month. Registration is on a first come basis with current students and their siblings given priority registration.

Your completed registration form and payment can be sent electronically or dropped off at the office door beginning this Monday, February 8. General registration will begin the following week. It is not too early to begin making plans for next year!

Registration for Summer Care 2021 begins March 15. More information will be posted to our website later this month.

I would like to remind you that ISP has a family referral program. If you refer a full day student family to us, we are happy to reward \$50. For more information about this program, please refer to your current Family Handbook or our website.

Thank you for keeping your sick children at home! Please contact the office to report absences and if any other concerns arise.

With gratitude,

Cathy

*"A friend is a gift you give yourself."
-Robert Louis Stevenson*

Mission Statement

International School for Peace promotes peace within the individual, the community, and the world by immersing children in languages and multicultural experiences through play-based, anti-bias curriculum that celebrates diversity.

Mark Your Calendars!

February 8: Registration for 2020-2021 School Year opens for returning students and siblings.

February 15: Registration for 2020-2021 School

Year opens to the public

February 18: ISP Advisory Board Meeting

February 24: ISP's Annual Rodeo Luncheon.

February 25-26: No School—Rodeo Break.

2021—2022 Registration

**Registration is on a first come,
first served basis.**

Registration for current preschoolers and their
siblings begins

February 8, 2021 at 8 am.

- * Registration forms are available online and outside the preschool office.
- * Only completed registration forms with accompanying fee (check, cash, or money order at the office door; credit or debit online within 24 hours) will be accepted during registration.
- * To reduce the spread of Covid-19, ISP will accept registration forms via email.
- * Registration will be open to the general public starting the week of February 15.
- * Teachers will not accept forms or fees.
- * Students are registered into programs and must be the age of the class they are entering by the first day of school.
- * Teacher assignments are made in mid-summer and based on enrollment.



Registration
Information

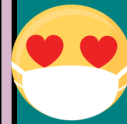


Tax Time

International School for Peace's
Tax I.D. is
86-0388672

Printed tax information is available
upon written request to the
preschool office beginning
February 1st.

Allow 2 weeks. A \$5.00 fee applies.



Mask up, ISP!

ISP requests that all 4 and 5
year old students
wear a mask while
at school.



Thank you community!



Dismissal Time!

We appreciate our communi-
ty adhering to our health
and safety protocols. We are
requesting that families exit
the preschool and church
campus at your dismissal
time.

Covid Refund Policy:

In the event of a temporary school clo-
sure due to a Covid-19 outbreak, upon
request, a credit of 50% of the tuition
for missed time will be applied to the
following month's tuition.



Cultural Holidays:

Black History Month

Lunar New Year: February 12

Susan B. Anthony Day: February 15

Nirvana Day: February 15

World Day of Social Justice: February 20

Ayyám-í-Ha: February 25 -28

Purim: February 26



ISP is happy to
announce the in-
stallation of a new
heating and cooling sys-
tem in the 20's pod.



Thank you St. Francis!

This allows for each indi-
vidual classroom to have
separate air flow.

¡¡BIENVENIDOS!!



ISP is excited to welcome new friends!
Please add these students to your
ISP Directory

Ms. Natalie's Class

Sean Fenn

Jennyffer & Shawn Fenn
Celithia86@gmail.com
520-591-3019

Ms. Lydia & Ms. Nooshin's Class

Charlotte Andersen

Miquela Andersen
Miquela.Thomae@gmail.com
520-241-4852

Ms. Damaris's Class

Lily Warren

Nooshin Warren
nooshinwarren@gmail.com
979-229-7855
Caleb Warren
calebwarren12@gmail.com

Wednesday, February 24,



Wear your
western-wear!



**Rodeo
Lunch**

ISP will serve up our annual rodeo lunch!
Students will eat in separate areas.
Half -day students are welcome to stay!
Make arrangements with your classroom
teacher by 2/19.

Howdy Partners!

There will be

NO SCHOOL

February 25 or February 26

Happy
Rodeo Break!



Farewell!

Caliegh & Zara!

See you later, alligators!



ISP is so grateful for our families and friends! We want to give a big thanks to:

- Flynn Thompson and family for donating a book to ISP.
- Steve Barclay and St. Francis for your continued assistance and support of ISP.
- Tamara Khachatryan and Fadi Iskandar for shopping at Costco for the preschool.
- Ms. Natalie for donating band-aids to the preschool.
- Zach Sahlberg for sanding and painting both



tables on our grassy playground and for your work completing repairs around the school.

- Demaris and Réne Huerta for installing touchless soap dispensers in our classrooms.
- Curt and Laura Aldag for their monetary donation to ISP.
- Mora Hedayati for taking our the preschool's recycling every week!
- Pima County Health Department for supplying the preschool with gloves and masks.
- Debbie Kornmiller for purchasing the remainder of our cookie dough and for your constant and most appreciated support

of the ISP mission, teachers, and staff.

- The ISP Community for your dedication to the preschool through virtual learning - you are amazing!
- Jason Ground for his monetary donation to the preschool.
- The ISP School Board for their continued support, guidance, and service.
- Rebecca O'Brian at Pima County Health Department for her guidance and support.



Do you love your preschool?

Please consider ...



**writing a
Google Review
for us,**

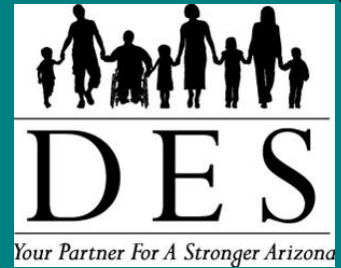


**liking us on
Facebook,**



**and rating us on
Great Schools!**

For a limited time, Arizona DES has opened virtual trainings to ALL AZ Childcare providers and family members of young children.



Would you like to further understand and support your child's development? Check out a few of the trainings offered:

- *Temperament**
- *Behavior Guidance**
- *Attachment**
- *Brain Architecture**
- *Trauma Informed Care**



If you are interested in attending, contact:
Louise Durant.

Trainer : Association for Supportive Childcare
480-829-0500 ext.3256

ISP Recommends:

Children's Orthopedic Specialists
Kent Vincent, M.D.
P: 520.296.KIDS (5437) • F: 520.296.9683
1605 East River Rd., Suite 101 • Tucson, AZ 85718

PIMA COUNTY
HEALTH DEPARTMENT





"Children learn to handle their emotions, including anger and fear, during play."
— Esther Entin



An article by the American Journal of Play states that lack of play affects emotional development, causing spikes in anxiety, depression, inattention, and poor self-control.



"Play relieves feelings of stress and boredom, connects us to people in a positive way, stimulates creative thinking and exploration, regulates our emotions, and boosts our ego."
— Association for Play Therapy



Play is considered so vital for optimal development that it is recognized as a human right for every child by the United Nations High Commission for Human Rights.



Research shows that a decline in play and recess correlates with a decline in empathy. Pretend play and playing among peers is key for cultivating compassion, acceptance, and a richer world view.



A 2015 study showed that a long walk in green environments reduced neural activity in parts of the brain associated with mental illness risk.



"Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength."
— Kenneth R. Ginsburg



Physical movement releases "feel-good" chemicals such as endorphins, which improve mood, energy, and sleep.



"Abstract thinking is play. When a child fantasizes, he is playing. By taking images, ideas, and concepts from inside their own minds and re-organizing, sorting, and re-connecting in new ways, children create. They create play worlds, hopes, desires, and wishes."
~ Dr. Bruce D. Perry



A study by the University of Cambridge found that children who engaged in physical play with their fathers from an early age were better at regulating emotions and behaviors later in life.

Explore all 28 reasons [here!](#)

Precare with Ms. Damaris

Precare supports our parents who need an early drop off starting at 7:30am. This program is held Monday through Friday in Room 22.

Upon arrival, we will continue to check all students' temperatures and they will wash their hands as indicated in our COVID-19 Health and Safety precautions.

Our precare lesson plan and class schedule is located on the window of our precare classroom.

Precare offers the great opportunity to make new friends, eat breakfast, and have fun in a room full of different experiences. At 8:55am, your child's teacher will pick up their students and walk them to their classroom.

Students may enroll in the program or drop in when available. Please contact the office for more information.

Kindly,
Ms. Damaris

Aftercare with Ms. Nooshin, Ms. Natalie, & Ms. Tiffany

Already halfway through the school year and everyone seems to be more comfortable with the routines in the aftercare.

One of our themes this month will be "Friendship." We will be discussing what makes a good friend and why it is important to have friends and be a friend. We will be focusing on friendship by spending time practicing skills such as: listening, caring, helping, forgiving and moving on, etc.

Another theme we will explore is rocks and minerals. We will be digging the sandy part of the play ground to look for rocks. We will use a magnifying glass to look up close and discuss our observations.

We would like to welcome Lily and Tahireh to our program. It's so nice to have you join us!

We have expanded our aftercare staff. Ms. Natalie and Ms. Nooshin will provide care on T/TH and Ms. Tiffany and Ms. Nooshin on M/W/F.

Like always, we are very grateful to all of you for the many ways you show your support.

Thank you!!!
The AC Team



2's & 3's Partial Spanish Immersion with Ms. Natalie & Ms. Tiffany

Hola Queridas Familias,

Thank you all for keeping your littles home when they show signs of sickness. We truly appreciate it! We are so happy to welcome Ms. Tiffany back to our class who thanks you all for your kindness and support.

Let's welcome February with open arms as it brings us lots of new and exciting things to explore. This month our themes include **Rocks and Minerals, Friendship, Chinese New Year, and Rodeo (Horses)**. As always themes will be reinforced through stories, songs, art, math/science, discussions and books.

For our rock unit children will get to explore different types of rocks and minerals under a magnifying glass. We'll get to touch different textures as well. For a science experiment we will make our own crystals.

Friendship is in the air! For our friendship unit, children will get to pick a partner and create a friendship painting together. We will also discuss topics such as "what makes a good friend?" and "what do you like in a friend?"

On Friday February 12th, we will be observing Chinese New Year. The children will be given the opportunity to create their own paper dragon and we will be experiencing a special treat from the Chinese culture (TBA).

Yeehaw! Giddy up! Grab your horse and come to school dressed in your western wear (No toy guns, please) as we celebrate Rodeo with a luncheon on Wednesday, February 24. There will be NO SCHOOL on February 25th and 26th.



Spanish Vocabulary

Horse – Caballo

Cowboy – Vaquero

Friendship – Amistad

Rocks – Rocas

Minerals – Minerales

Friendly reminders:

-Please make sure to pack utensils for your children should their lunch require it.

-Be sure to check your child's cubby for art or a pink paper slip meaning soiled clothes.

With Love,

Ms. Natalie and Ms. Tiffany

3's Full Spanish Immersion with Ms. Damaris

Kind Reminders:

- Please label morning and aftercare snacks, lunch, and water bottles.
- Pack a utensil, if needed.

February Spanish Vocabulary:

Friend - Amigo
Friendship - Amistad
Love - Amor
Rocks - Rocas
Horse - Caballo
Kind - Amable

Rodeo Break:

NO SCHOOL

Thursday, February 25
and Friday, February 26

Hola familias,

What a wonderful start of the year we had! We were excited to return to school, we did a good job of reinstating our routines, and we definitely missed each other.

The themes for the month of February are: Chinese New Year, Friendship, Love of reading month, and rocks and minerals.

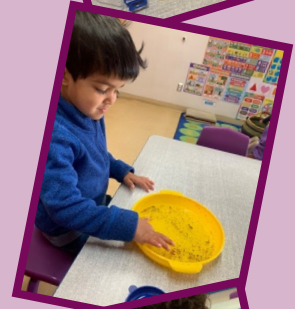
We will be going over friendship this month. We have made new friends at school, and we have shared many adventures, learned, worked, and played together. The lessons for this month will help us build stronger friendships and make us more aware of what a friend is and what we can do together.

In addition, we will be exploring and learning about horses and other rodeo themed activities the week of our Rodeo Break.

During circle time we will continue working on numbers 1-15, colors, shapes, days of the week, and expand our basic Spanish vocabulary - Corazon: heart, triangulo: triangle, estrella: star.

Kindly,

Ms. Damaris



3's / 4's Language Enrichment with Ms. Lydia & Ms. Nooshin

Hello Dear Families

Queridos Padres y Familia

سلام برخانواده های عزیز

Welcome to the second month of 2021

Our themes for the month include Rocks, Minerals, Chinese New Year, and Friendship!

February also will be "Love of Reading Month!" We welcome you to read a book for our students. This book could be a family favorite or a book from our school library. We know our students would really enjoy guest readers. All readings will be held outdoors, our guest will undergo a health check outside the office, and maintain 6 feet from the children at all times. Please schedule a time with us to discuss further and set a date.

In this month, we will display a few examples of Asian dolls. These dolls represent the culture of dressing and the hairstyles of people from Asia.

We will be reading books about friendship and sharing ideas about what makes a good friend.

One of our fun activities for this month will be digging the sandy part of the play ground to look for rocks and other "Gems."

In Farsi class, children will learn about gold and jewelry in Iranian culture and they will listen to one of the oldest funny stories for children. The story is called "A Ladybug and Mr. Mouse."

During the morning, we will learn two new Spanish songs about Friendship. We will continue to recognize the letters K, L and M and their sounds. New words in Spanish: Rocas, Gemas, Amistad y Amor.

The math table will focus on counting by 5's to 25.

Finally, during meal time, we will continue to encourage children to drink water as opposed to juice boxes and eat more fruits and vegetables from their lunch boxes.

Thank you and Happy February!

Lydia and Nooshin



4's & 5's Full Spanish Immersion with Ms. Paola

Dear Parents and Families,

Can you believe it's February already!? I cannot! This month is a little shorter than the others and packed with fun.

First of all, during this whole month we will celebrate "Friendship" and "Love of Reading." For Friendship/Amistad we'll be sharing activities we like to do with our friends. We will use role play to practice how to be a good friend and model friendly behavior. We will also discuss how to set limits and boundaries with our friends in a peaceful and kind way. Every February I invite Mystery Readers to come to our class, surprise us and read us a book. Due to COVID19, this activity will take place outdoors where we can safely distance from each other. There will be a sign-in sheet outside my class. Just let me know the day that works best for you and I'll happily sign you up for the activity.

You'll have to bring a book and come up with three clues about yourselves, so we can guess who our MR is. And please, don't tell your child!

I will also have different baskets with books of different topics (besides the ones we'll be learning this month) and fiction and non-fiction books. The children will be encouraged to explore topics depending on their interests.

Chinese New Year is February 12th. We will learn about China and its traditions. We will also compare their writing with ours.

Geologists are the scientists who study rocks. We will research about this job so we can study and explore Rocks and Minerals. We'll display an exhibition for our friends to explore rocks, minerals, and crystals. We will make a Rock Band and we will explore our sense of Hearing by using rocks and pebbles and old pots and cans.

On Wednesday, February 24th, we'll have a Rodeo Day! Your child can wear some western clothes that day and we will have a Luncheon in our classroom, Yeehaw!

Last but not least, I will review the Pre-Math, Reading, and Writing skills from last month. I will be assessing my students (I'll be sending out Reports in March) so I don't feel it's a good time to introduce new skills. I also think it's very important to reinforce all we've been learning during this time in all areas. I see so much growing as individuals and as a group. They have made strong connections and friendships.

Thank you for trusting me and sharing your child with me. I appreciate every moment I am with them!

"The alphabet is fine, but it's what we do with it that matters most. Making words like "friend," and "love." That's what really matters." -Fred Rogers

Sending Love and Kindness,

Ms. Paola



Covid-19 Action Plan

At International School for Peace, we understand that families are entrusting us with not only the education and socialization of their children, but also with their health, safety, and well-being. Our administration, teachers, staff, and families are doing our part to ensure the safety of everyone who enters our campus. Below is a list of what we are doing in the best interest of the community as a whole. International School for Peace will continue to monitor the current pandemic situation and make updates to our policies as deemed appropriate or mandated.

What Administration is Doing:	What Staff is Doing:	What Families are Doing:
<ul style="list-style-type: none"> • Routine cleaning of high traffic surfaces, including toys, throughout the school day. Documentation of routine cleanings is available in the preschool office. The cleaner will wear PPE gear to include clothes covering, a mask, and gloves. • Employ Jan Pro, our long-time professional cleaning service, who will clean our campus each evening M-F. They may utilize Med-Matrix, a hospital grade method of disinfecting, and Enviro shield, a spray method of application. A binder of their cleaning protocol and cleaners used is available upon request. Their same employee will clean our campus each evening while wearing coveralls, gloves, and a mask while on our campus. • Establish separate entry and exit points to the school to encourage directional traffic and decrease crowding. • Although we are supporting staggered drop off time measures, director will be closely monitoring and may implement a more scheduled staggered pick-up and drop-off time. • Administer daily temperature checks before permitting students/teachers/staff onto campus. Persons with a fever of 100.4F or above, or who exhibit other signs of illness, will not be admitted to the facility. Staff will wear gloves while taking student temperatures. • Apply ground markers to aid in physical distancing. • Purchase and use sneeze guards when taking temperatures and in the preschool office. • Purchase and use non-contact temporal thermometers for checking temperatures. • Verbal health checks upon arrival for all staff, students, and families. • *Administration requests that all students 4 and 5 years wear a mask to school daily. • *All children are required to bring a mask to school daily in a labelled container. • Pens for sign-in and sign-out are sanitized between uses. • Administrators will wash their hands hourly. • Hand sanitizer stations are set up around the ISP campus for use by students, families, and staff. • *Install no-contact soap dispensers at indoor handwashing stations. • Only staff and essential maintenance persons will be permitted in our classrooms at this time. 	<ul style="list-style-type: none"> • Teachers will check their temperatures daily before entering the campus. • Teachers will wash their hands first thing upon entering the campus. • Promote, demonstrate, and teach regular handwashing and hygiene behaviors. • Enforce and model handwashing with soap and water for each child upon entry to the classroom, before eating, after using the bathroom, and at other times throughout the school day or as necessary. • Teachers will wash their hands hourly. • Wear gloves to help children with toileting and while changing diapers, as well as during meal times. • Following recommendations from the CDC and PCHD, all teachers shall wear face masks. Masks may have clear windows to allow for social, emotional, and linguistic communication. • All teachers will have a spare set of clothing on campus for use if needed. • *Teachers will educate, support, and encourage all children to wear a mask. This includes teaching children to put on and remove masks during eating and nap times. • *Teachers request that students 4 and 5 years of age will wear a mask for the duration of the school day, including in outdoor environments. • *Teachers will request that all students wear a mask should they need to leave their learning environment and travel into another (i.e. using the bathroom). • *Keep separate outer clothing, water bottles, and lunches. • Design activities in the classroom environment that support physical distancing in respect to a play-based philosophy. • Offer an adequate number of materials and supplies which are changed out frequently. 	<ul style="list-style-type: none"> • Immediately disclose to ISP director possible contact with or exposure to COVID-19. Thereafter, ISP will formulate a plan for your child returning to school. • Contact the office if your child or house members travel by air, or travel outside the state and have physical contact with out of state family/friends. We will require you to keep your child away from school for 7 days and recommend you isolate at home. • When anyone in your household returns from international travel, we require you to keep your child at home for 14 days and recommend that you isolate at home. • Ideally, the same adult will pick up and drop off your child every day. • Practice physical distancing by remaining 6 feet apart outside classrooms and adhere to ground markers. • Limit your time on the campus to pick up and drop off. Please arrive no later than 9:15 to drop off your child. If you anticipate arriving later than 9:15, please call the preschool office. • Adhere to established entry and exit points. • If it is necessary for your child to bring a backpack to school, it should be left outside the classroom. • Ensure that your child has two spare sets of clothing (appropriate for the season) in their cubby at all times. • *Families will commit to sending their 4 and 5 year old children to school wearing a mask that covers their nose and mouth. • *All families will send students to school with a mask in a labeled container to have on hand if needed.

Covid-19 Action Plan, Continued...

What Administration is Doing:	What Teachers are Doing:	What Families are Doing:																
<ul style="list-style-type: none"> • Reduce our class sizes. • Ensure substitute teachers are ready and available to support the program. • In person staff meetings are limited to no more than 10 people and physical distancing requirements are maintained. • Educate our community: <ul style="list-style-type: none"> ◆ Post signs to demonstrate proper handwashing. ◆ Post signs to remind our community members to social distance. ◆ Share community resources for suspected and confirmed cases of Covid-19. ◆ Make available current parent resources for helping children understand this pandemic. • Continue to implement regular changing of air filters in all campus buildings. • Should the school need to temporarily close, upon request, ISP will grant a credit of 50% of the tuition for missed time, to be applied to the following month's tuition. • Ensure sufficient supplies of disinfectant, tissues, masks, hand sanitizer, working thermometers, clothes coverings, and gloves available at all times. • Establish an emergency plan to implement should a staff member or student display Covid-like symptoms during school hours. • During school hours, students or staff exhibiting symptoms of Covid-19 will undergo a health check. Those determined to be ill will immediately be isolated from others. An isolation room or area is available to isolate the child or staff from the group. • Director will contact PCHD to report suspected or confirmed cases of Covid-19. Director will notify the ISP community of the possibility of exposure to the virus while maintaining the confidentiality of the individual and their family. • Reserve the right to make decisions at our own discretion for the health and safety of everyone which may include temporarily closing of the school, a classroom, or extended day program. Length of closure to be determined by ISP Advisory Board and the recommendations of the CDC, federal and local governments, and the Arizona Department of Health, Division of Child Care Licensing. 	<ul style="list-style-type: none"> • Post lesson plans and class happenings in the windows for family viewing. • Teachers will sign children in and out each day to promote physical distancing among adults. • Classes will remain together and will not mix during our full and half day programs to include outdoor play, with the exception of nap and extended day programs. • Immediately separate toys that have been placed in a child's mouth. Toys will be cleaned and disinfected before available for play. • Discontinue the use of soft toys. • Ensure availability of face masks, tissues, soap, paper towels, hand sanitizer, and family emergency contact information. • During nap time, mats will be spaced as much as possible and students will be positioned head to toe. Children's bedding will be stored in individually labelled bins. Sheets will be laundered once a week or more often, if needed. • Promote small groups by discontinuing in-class visits and volunteers to the classroom. • Present curriculum utilizing outdoor space as much as possible. • Offer virtual Family-Teacher Conferences and back to school nights to limit the number of visitors on campus. 	<ul style="list-style-type: none"> • *All adults are required and it is requested that children 4 and over wear a mask to cover their mouth and nose. • Please be sure that we have a current copy of your child's emergency information and immunization / exemption forms. • Have a backup childcare plan in place should ISP need to temporarily close the campus, a classroom, or extended day program. • Monitor your child for the safe use of hand sanitizer • Please keep your child home if they are feeling ill, have a temperature, or are exhibiting symptoms of Covid-19 which may include but are not limited to the following: <table style="margin-left: 40px; border: none;"> <tr> <td>Fever or chills</td> <td>Cough</td> </tr> <tr> <td>Fatigue</td> <td>Headache</td> </tr> <tr> <td>Sore throat</td> <td>Diarrhea</td> </tr> <tr> <td>Shortness of breath or difficulty breathing</td> <td></td> </tr> <tr> <td>Muscle or body aches</td> <td></td> </tr> <tr> <td>New loss of taste or smell</td> <td></td> </tr> <tr> <td>Congestion or runny nose</td> <td></td> </tr> <tr> <td>Nausea or vomiting</td> <td></td> </tr> </table> • Please call the preschool if your child is sick or if she/he is not coming to school for any reason. • Students who stay home or are sent home from school due to illness will remain home from school until they are fever free without the use of a fever reducer and/or symptom free for 72 hours. A doctor's note may be required. • ISP discourages the use of personal bedding for nap time. • Personal items that support a child's sense of security, ability to transition, self-regulate, or calm down are considered essential. Please speak with the director to establish a protocol for the use of these items. • Make use of resources available to you on the preschool campus; we are here to support you in helping your child understand coronavirus. • Family members commit to staying abreast of school communication. • Please have your own pen on hand to use if needed. 	Fever or chills	Cough	Fatigue	Headache	Sore throat	Diarrhea	Shortness of breath or difficulty breathing		Muscle or body aches		New loss of taste or smell		Congestion or runny nose		Nausea or vomiting	
Fever or chills	Cough																	
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Congestion or runny nose																		
Nausea or vomiting																		

*Updated 2/2/21. Covid-19 Health and Safety Procedures and Protocols are updated regularly and as necessary. Please be diligent about keeping abreast of new information.