



Sachem Central School District

Christopher J. Pellettieri, Ed.D., Superintendent of Schools

December 1, 2020

Good evening Sachem Family,

As you may have heard by now, North High School has completed the contact tracing of its positive cases from the past week and will reopen for in person learning tomorrow, December 2nd. Additionally, in a bit of good news there were ZERO new positive COVID cases reported today for North. Tonight, I would like to provide you with some additional COVID related resources that have been shared with me.

Where to find a test:

<https://coronavirus.health.ny.gov/covid-19-testing>.

Incoming Travel Advisory:

<https://coronavirus.health.ny.gov/covid-19-travel-advisory#overview>

The NYS plan to combat COVID this winter:

<https://www.governor.ny.gov/news/governor-cuomo-announces-winter-plan-combat-covid-19-surge-new-york-state>.

Lastly, rather than every other day emails from me trying to summarize the days positive cases, which I am certain causes everyone stress, we will be working to utilize the NYS COVID Data Dashboard. The dashboard will provide you with a link to see just what is going on either throughout the district or school by school in terms of COVID cases. Even with the latest spike in cases around us, as a district, since September 1st, we still have only 107 positive COVID -19 cases. While even one case is too many, we need to continue to put all of this into perspective. When we think about the size of Sachem, 107 cases represent 0.76 % positivity rate. I will provide a link to this Sachem dashboard once we complete the build.

We will get through this because WE ARE SACHEM!

Ps. A quick quote about perspective...

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#WeAreSachem

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"I have to become better at forgiving myself. As a perfectionist, the unknown nature of the school year scares me, but I have to find ways to allow myself to feel okay about not being the one in control. I am going to make a concerted effort to keep things in perspective. There are simply greater forces at work here, and as long as I am doing my best, my best will have to be good enough."

Wendy Price in "Self-Care as a Priority" in *Communiqué*, Dec. 2020 (Vol. 49, #4, p. 2)

Be well!

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