

Dear Parents/Guardians,

In our efforts to provide the safest learning environment possible, the Wisconsin Heights School District will provide COVID-19 testing for all K-12 students and WHSD staff members. COVID-19 testing is part of a comprehensive, multilayer approach to protect students and staff. The testing program is convenient, safe, and free of charge. The program includes the following testing models:

1. **Student Symptomatic Testing:** testing students with COVID symptoms. Students will be eligible to receive a COVID-19 test if they develop symptoms of COVID-19 while at school.
2. **Symptomatic or Asymptomatic Testing by Appointment:** testing of family, staff, or students by appointment. To schedule an appointment please email Katy Howe, School Nurse (khowe@wisheights.k12.wi.us), and Matt Green, Student Services Director (mgreen@wisheights.k12.wi.us) or call the Administrative Assistant at the school your child attends. Appointments will be in 10 minute increments from 10:00-11:00 Monday-Friday at the MS/HS. **This service will be available starting TUESDAY, SEPTEMBER 21st.**

About the Test

The School District will provide a COVID-19 PCR test that we will send out to Accelerated Analytics. These tests are a quick nasal swab of both nostrils. It is found to be fast and painless (it is NOT the deep-sinus swabs that some individuals have found uncomfortable.) The test is conducted by our school nurse or trained staff members. If a parent would like a COVID-19 Rapid Antigen Test for themselves or their child, that is available in addition to the PCR test upon request.

Parent/Guardian Testing Consent

Parents will have the option to give prior consent for their students to be tested; note that parents will still be notified if the school district is testing their student. We strongly encourage families of all students participating in-person learning to provide consent to COVID-19 testing. The more students that participate, the better our ability will be to monitor COVID-19 transmission in our school buildings. Testing is essential to keeping your child and your child's school safe and healthy, and ensuring the school building can stay open and in-person learning can continue. But we want to emphasize that testing is not a requirement to attend in-person learning.

To consent to testing, parents/guardians, please complete the questions required on the following link:

<https://forms.gle/n6eaKj1dVZZ2dszf8>

Thank you,

Matt Green
Student Services Director
608-767-2595 ext. 1006

Katy Howe
School Nurse
608-767-2595 ext. 3001

NOTE: Regardless of consent the parent/guardian of a student with symptoms of COVID-19 will be required to pick the student up immediately in the same manner that students who have been tested. All students regardless of participating in the testing program will be required to be picked up from school when they are ill.

In addition, because this continues to be such a stressful time for students and families, I am including the contact information for our Student Services Staff. Please reach out to us if you need ANYTHING. We are here to support you, problem-solve with you, and listen.

Julie Horner, School Psychologist – jhorner@wisheights.k12.wi.us (608) 767-2595 x4192

Katy Howe, School Nurse – khowe@wisheights.k12.wi.us (608) 767-2595 x3001


John Altenhofen, School Counselor – jaltenhofen@wisheights.k12.wi.us (608) 767-2595 x4144

Debbie Schmidt, Mental Health/Student Support – deschmidt@wisheights.k12.wi.us
(608) 767-2595 x2522

Kurt Wong, School Counselor – kwong@wisheights.k12.wi.us (608) 767-2586 x3003

Additionally, below are some mental health toll-free numbers and websites:

- **United Way: 211**
- **COVID-19: Resilient Wisconsin:** Wisconsin Department of Health Services
- **24/7 helpline for people struggling with alcohol/substance use:** (608) 228-1278
- National Suicide 24/7 Lifeline: 1-800-273-8255
- Spanish 24/7 Lifeline: 1-888-628-9454
- Crisis Text Line: text TALK to 74174
- TrevorLifeline: 1-866-488-7386; Trevor text 678678
- Briarpatch: <https://youthsos.org/resources>
- [Behavioral Health Resource Center](https://www.behavioralhealthresourcecenter.org/) - (608) 267-2244
- Journey Mental Health: (608) 280-2600

<h1>September is Suicide Prevention Month!</h1> 	<h2>Suicide Warning Signs</h2> <p>These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.</p> <ul style="list-style-type: none">❖ Talking about wanting to die or to kill oneself.❖ Looking for a way to kill oneself, such as searching online or buying a gun.❖ Talking about feeling hopeless or having no reason to live.❖ Talking about feeling trapped or in unbearable pain.❖ Talking about being a burden to others.❖ Increasing the use of alcohol or drugs.❖ Acting anxious or agitated; behaving recklessly.❖ Sleeping too little or too much.❖ Withdrawing or feeling isolated.❖ Showing rage or talking about seeking revenge.❖ Displaying extreme mood swings.
	<p>Suicide Is Preventable. Call the Lifeline at 1-800-273-TALK (8255).</p> <p>Wisconsin Heights Student Services Team is here to support! Stop in or call any school front office and ask for student services</p>

Sincerely,

Matt Green, Student Services Director – mgreen@wisheights.k12.wi.us (608) 767-2595 x1006