



# Maine Regional School Unit #22

Hampden, Newburgh, Winterport, Frankfort

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Dear RSU 22 Families,

As we approach the holiday season and, more immediately, Thanksgiving Break, I know many of us are looking forward to gathering with family and friends to celebrate and enjoy some much needed time together. Maine's recent rise in COVID-19 cases has resulted in a number of temporary school closures in communities around the state, as well as recent quarantines of students and staff within our own district. As such, the Maine Center for Disease Control (MCDC) is reminding us to use caution when visiting or hosting others.

If you plan to travel outside of Maine, please notify your student's school nurse PRIOR to travel. We also ask that you check the exempt state list and most recent travel guidance on the state's website: [Travel Guidance FAQ](#)

If you will be traveling to a non-exempted state, please plan to have your student tested for COVID-19 when you return to Maine and provide the necessary documentation to their school nurse; alternatively, you may choose to have your student complete a 14-day quarantine. Please contact your child's principal or school nurse to let them know your student's plan for returning to school. As a reminder, students who have traveled to a non-exempted state MAY NOT return to school without completing the required 14-day quarantine or providing a negative COVID 19 test result. For additional information regarding travel please visit: [Travel Updates](#) and [How to get Tested in Maine](#)

Despite a rise in cases statewide, Penobscot and Waldo counties remained "green" on today's County Health Advisory. With school-based transmission incredibly low, we believe RSU 22 schools continue to be a safe place for both students and staff. We remain vigilant in our adherence to COVID-19 safety protocols, with the goal of keeping our schools open and the health of students, staff, and the community as a top priority. However, we can not do this alone. You, as parents and guardians, play an important role in our success and we are counting on you to help us keep our schools open. Please continue to perform the [At Home Health Screening Tool for Students](#) each day before sending your child to school. As a reminder students exhibiting symptoms should not attend school and should remain home until they are symptom free for a minimum of 24 hours. If you have questions about the Health Screening or your student's health, please contact your school's nurse.

If you believe that you or your family has been exposed to someone who has tested positive for COVID-19, please contact your school nurse as soon as possible and keep your child home.

Thank you for your continued support as we navigate the school year and the challenges of COVID-19. Your efforts have helped us create a safe and healthy school environment. As always, please feel free to contact me, your child's principal, or your school's nurse with any questions or concerns.

Sincerely,  
Regan Nickels, Superintendent