



### **Report Cards**

Today marks the end of our first quarter. Report cards will be sent home on Tuesday, November 3<sup>rd</sup>, and you can continue to get updates on your child's grades via Infinite Campus. If you are comfortable with your child's progress, you are not obligated to schedule a conference.

### **Parent-Teacher Conferences**

Normally during this time of year, we are beginning the scheduling process for in-person conferences with parents. However, this year we will not be able to have parent-teacher conferences in the traditional in-person format. Our teachers would still like to discuss your child's progress and any concerns you have. Each level of our school is a bit different in conference needs and logistics this year. Consequently, you will be receiving a conference request form from each level in which you have a child (early childhood, elementary school, middle school). Please be looking for the request forms that will be sent to you.

### **Student Council News**

Our first Student Council Fun Day will be on Tuesday, November 10<sup>th</sup>. For a \$1.00 donation per family, students may wear red, white, and blue, or camouflage in honor of veterans. Be sure to follow the dress code. We will be donating the funds to our local Veterans' Home and will be making cards for veterans thanking them for their dedicated service.

### **Veterans' Day**

We will be celebrating this year by praying for veterans at Mass on Wednesday, November 11<sup>th</sup>, and by writing thank you notes to veterans. Our sincere appreciation goes out to all those who served and continue to serve for peace and justice in our world!

### **Financial Aid 2021-2022**

The Diocese will again use **SMART AID** to provide the assessment for those applying for financial assistance. This is separate from Smart Tuition and can be accessed via <https://smartaidforparents.com/#/login>. The Aid process for 2021-22 is now open.

- If you're a first time Smart Aid applicant, please create an account and follow the on-screen directions.
- If you already have an account, enter your user name and password to continue.
- The deadline for the **1<sup>st</sup> round** of aid awards is December 1<sup>st</sup>.
- If you have questions, call Customer Assistance at: 1 (800) 360-8027.

### **Important Dates:**

#### **Mon., Oct. 26<sup>th</sup>**

~Gr. 8 Parents Confirmation  
Zoom Mtg. 7pm

#### **Tues., Oct. 27<sup>th</sup>**

~Fall Colors Color Day  
~PTA Meeting 7pm

#### **Sun., Nov. 1<sup>st</sup>**

~ All Saints Day

#### **Mon., Nov. 2<sup>nd</sup>**

~Absentee Picture Day

#### **Tues., Nov. 3<sup>rd</sup>**

~ Report Cards Online

#### **Tues., Nov. 10<sup>th</sup>**

~ Student Council Color Day  
\$1 per family

#### **Wed., Nov. 11<sup>th</sup>**

~Veterans' Day Mass  
8:30am

#### **Tues., Nov. 17<sup>th</sup>**

~Student Council Mtg  
3:20pm Group B

#### **Fri., Nov. 20<sup>th</sup>**

~ Newsletter/Calendar

#### **Tues., Nov. 24<sup>th</sup>**

~ 1<sup>st</sup> Gr. Thanksgiving  
Celebrations  
~ 2<sup>nd</sup> Qtr. Midterms Online

#### **Weds.-Fri., Nov. 25<sup>th</sup>-27<sup>th</sup>**

~No School - Thanksgiving  
Break

### **Arrival Procedures**

Students in grades 1-8 who are car riders may be dropped off between 8:00-8:15 and should not arrive before 8:00. Pull all the way forward along the sidewalk by the rectory, so students may walk safely to the playground and not between cars. Please do not stop by the island located between the two parking lots as this causes traffic backup for the cars behind you.

### **Dismissal Procedures**

For the safety of your children and your car, we ask you to **use the wagon train or use back-in parking only (before and not during dismissal) near the sidewalk on the west side of the rectory.** Thank you, everyone, for your patience, kindness, and peacefulness in the parking lot as we strive for a swift and safe dismissal.

### **Auction Parking Spot Winners**

Congratulations to the Jamie and Terri Alt Family who are the Auction winners of the Front Parking Spot for this school year!

## **News From The Boosters**

### **Winter I Sports Registration Open**

Registration for the 2020 GRACEAC Winter I sports season is now open! The deadline to register is Monday, October 26. This is for students in grades 5-8 for the 2020-2021 academic year. We will be offering girls competitive cheer and boys basketball. Registrations must be done via TeamSnap at the following link:

Click [HERE](#) to register for Winter I Sports.

### **IN SYMPATHY**



*Please keep in your prayers the  
Kasperek Family , the Elsholz Family,  
and the Szymanski Family on the loss of  
their Grandfathers. May the memories of  
their loved ones live on in their hearts  
and bring them peace.*



### **IT'S NOT TOO LATE TO JOIN US! Just**

**Think the Bible is too confusing? Don't understand who all those people are?**

**Never make it past Genesis? Now is the time to take action and get a grip on the overall story of Salvation!**

**No more excuses! Join us for a Parish-Wide Bible Study No experience needed!**

#### **Three ways to participate:**

**Independent:** Registration includes the workbook and a one year access to the online videos. May be done anytime where you have internet access.

**Small Group:** Same as independent but with weekly online Zoom meetings to discuss the lessons. Tuesdays at 6:30pm. You are encouraged to form your own small groups with your friends, family, and neighbors.

**In-person: We have a few more spots available.** Tuesday mornings, 9:30-11:30 beginning October 20, 2020. Multipurpose Room at church. The cost is \$35.95 +s/h.

**Independent and Small Group Participants:** Order your "study set" at [ascensionpress.com](http://ascensionpress.com). It is \$35.95 +s/h and includes online access to the videos for one year. You will receive an email to sign up for your free account using the Thinkific Dashboard to access the videos.

**Let us know how you want to participate** by contacting the Religious Education Office [dschoof@hsparish.org](mailto:dschoof@hsparish.org) or 616 453-1591. We are here to help.

**Parent Confirmation Class** via Zoom on Monday, October 26, 2020 at 7pm for those parents that have a child in 8<sup>th</sup> grade planning to receive the Sacrament of Confirmation in May. You should have received an email invite with the meeting number and password. Contact [dschoof@hsparish.org](mailto:dschoof@hsparish.org) if you did not receive one, Check your spam.



## November Birthdays!

Anniston N.  
Annalise A.  
Paige S.  
Grayson N.  
Callan G.

Gabrielle D.  
Grace M.  
Sophia J.  
Bobby B.  
Wyatt S.

Jade D.  
Izzabella B.  
Ethan B.  
Liam A.  
Mrs. Ege

Michael M.  
Anna G.  
Sawyer B.  
Emmett T.



### SEVERE WEATHER UPDATE

In the event that it is necessary to delay the start of school or cancel classes, Holy Spirit School will communicate with you through Grand Rapids area radio and television stations. You may also access school closing announcements thru the following Web Sites: [www.woodtv.com](http://www.woodtv.com) or [www.wzzm13.com](http://www.wzzm13.com).

Every effort will be made to make one of the following announcements by 6:00 a.m. or as soon as possible thereafter...

<i><b>Situation/Condition</b></i>	<i><b>Response/Policy</b></i>
If the announcement is Holy Spirit School is closed:	Students do not report for school that day. This always includes Preschool and Child Care Programs as well.
If the Public School District you reside in is closed in your area:	No Catholic Schools Transportation in the A.M. or P.M. into the closed Public School District areas.
Catholic Schools have a two-hour delay:	Catholic Schools Transportation will begin transporting two hours after regular time. There will be no AM Preschool or Y5's or AM Kindergarten. Child Care will open at regular time for those enrolled in the program.
If the Public School District you reside in has a two-hour delay and Catholic Schools are on a regular schedule:	No Catholic Schools Transportation into the delayed district for the A.M. ONLY.

**If school is closed because of inclement weather, all extra-curricular activities, including athletic events and practices, scheduled for Holy Spirit or for Holy Spirit teams on that day, will be cancelled. (Education Commission policy #2060.1)**

On those winter days when school is open but you feel weather conditions are unsafe for your child to go to school, you may keep him or her home. However, we ask that you call school and let us know that you are keeping your child at home. While we do urge you to call school when your child will be absent, please don't call the school to ask if classes will be cancelled because of the weather. Instead, we urge you to monitor Grand Rapids area radio and television stations, or their web sites, which will be informed immediately of any cancellations or delays.



Thank you to all the parents that attended our first PTA meeting of the year. It is always great to see some new faces coming out to support us! Join us for the next virtual meeting this Tuesday, October 27th, at 7PM. Following is the link to the meeting:

<https://meet.google.com/bdm-rhvi-ozb>

The first couple months of the school year brought some great opportunities for learning outside of the classroom, thanks to funds provided by the PTA! The Young 5's and Kindergarten students took a trip to Schwallier's Country Basket earlier this month.

New members are always welcome to join the PTA. This is also an election year for Vice-President and Secretary. If you are interested, please contact Joylynn Kelly at [joylynn6476@yahoo.com](mailto:joylynn6476@yahoo.com).

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### ***HELPING STUDENTS COPE WITH CHANGES DURING THE PANDEMIC***

Many students have expressed worries about things related to the current pandemic. Students struggle with fears about family members getting sick, staying home if they have Covid symptoms, the adjustment of wearing a mask all day, or the various losses they've experienced (not having playdates, not celebrating birthdays, holidays, etc.) We want parents to know that one of the best ways to help children cope is by talking about all these things with them. We have included a handout in this newsletter with helpful ways to support your child as they cope with all these changes and feelings.

#### ***Holy Spirit Mission Statement***

*Our mission at Holy Spirit School is to live, learn, and share  
the message and teachings  
of Jesus Christ.*



## Holy Spirit School Calendar, November, 2020

\*Lunch Supervision, Grade 6/For updated information go to [www.holyspiritschoolgr.org](http://www.holyspiritschoolgr.org)

\*Parent-Teacher Conferences will be scheduled during the month of November.  
Look for an email from your grade-level for more details.

1 All Saints' <u>Day</u> Gospel Mt 5:1-12	2 Absentee Picture Day	3 Report Cards Online	4 Mass 8:30 Gr. 3-5	5 Mass 8:30 Gr. 6-8	6 Mass 8:30 Gr. K, 1-2	7
8 Sunday Gospel Mt 25:1-13	9	10 Student Council Patriotic Fun Day \$1 per family	11 Veterans' Day Mass 8:30 Gr. 3-5	12 Mass 8:30 Gr. 6-8	13 Mass 8:30 Gr. Y5, 1-2	14
15 Sunday Gospel Mt 25:14-30	16	17 Student Council Group B Meeting 3:30	18 Mass 8:30 Gr. 3-5	19 Mass 8:30 Gr. 6-8	20 Mass 8:30 <u>Gr. K, 1-2</u> Newsletter/ Calendar	21
22 Feast of Christ <u>the King</u> Gospel Mt 25:31-46	23	24 Gr. 1 Thanksgiving <u>Celebrations</u> 2 <sup>nd</sup> Quarter Midterms Online	25 <u>No School</u> Child Care Open	26 Happy Thanksgiving	27 <u>No School</u> Child Care Closed	28
29 1 <sup>st</sup> Sunday of Advent Mk 13:33-37	30					

# SPORTS BANQUET SLIDE SHOW

## Picture Request



Pictures are needed of all fall sports teams  
Volleyball, Soccer, Cross Country, Football, Cheer

Please make sure to take pictures of your teams and players for this important video that will be shown at the Sports Banquet in the spring.

## Guidelines and Deadlines

1. Please turn in all photos for **fall** sports to Damon Bouwkamp at [athletics@hsparish.org](mailto:athletics@hsparish.org) no later than **Friday, November 20<sup>th</sup>** to be in the video. The video is an ongoing project, worked on throughout the year, enabling the editor to add pictures with each sports season.
2. Photos must be in a digital format on a CD or flash drive.
3. **Please** only send photos that are in focus and bright.
4. Get pictures of **all** the players on the team. Our goal is to have at least one picture of each player along with some team shots.
5. **Please** personally do this for your player. Most people are taking pictures of their child and not yours. It's important to the kids to be in the video, so please take a few pictures or ask someone to take some pictures for you.
6. **Please** do not send several hundred pictures for one team. Pick the best you have to send.



Holy Spirit's  
Auction for Education

**ONE NIGHT.  
ONE COMMUNITY.  
ONE LEGACY.**

## We need your help!

The very popular gift card tree from 2019 is back! Even though we will be holding our auction virtually this year, we are still raffling off a gift card tree with over \$400 worth of gift cards to local and national vendors.

### **This is where you come in.**

We are in need of gift card donations in \$25.00 and \$50.00 increments. Starting now, the SCRIP program is running a lot of increased rebates for the upcoming holiday season, so you can get a kick back on your donation. We are looking for gift cards to Target, Meijer, Uccellos, Peppino's, Speedway, Walker Roadhouse, Amazon and Family Fare. Also, for your first donation, you will be entered into the raffle to win the great gift card tree. If you are interested in donating, fill out the form below and send your gift card in to the school office in a sealed envelope labeled, "Gift Card Tree Donation."

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Donation Amount: \_\_\_\_\_



## Helping Children Cope With Changes Resulting From COVID-19

Families across the country are adapting to the evolving changes in daily life caused by the COVID-19 pandemic. Most schools, places of public gathering, and nonessential businesses are closed, and parents and other caregivers are faced with helping their families adjust to the new normal. This includes trying to keep children occupied, feeling safe, and attempting to keep up with schoolwork as best as possible. None of this easy, but it helps to stay focused on what is possible in order to reinforce a sense of control and to reassure children that they are okay, and that the situation will get better.

It is very important to remember that children look to adults for guidance on how to react to stressful events. Acknowledging some level of concern, without panicking, is appropriate and can result in taking the necessary actions that reduce the risk of illness. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety. This is also a tremendous opportunity for adults to model for children problem-solving, flexibility, and compassion as we all work through adjusting daily schedules, balancing work and other activities, getting creative about how we spend time, processing new information from authorities, and connecting and supporting friends and family members in new ways. The following tips can help.

### STAY CALM, LISTEN, AND OFFER REASSURANCE

- **Be a role model.** Children will react to and follow your reactions. They learn from your example.
- **Be aware of how you talk about COVID-19.** Your discussion about COVID-19 can increase or decrease your child's fear. If true, remind your child that your family is healthy, and you are going to do everything within your power to keep loved ones safe and well. Carefully listen or have them draw or write out their thoughts and feelings and respond with truth and reassurance.
- **Explain social distancing.** Children probably don't fully understand why parents/guardians aren't allowing them to be with friends. Tell your child that your family is following the guidelines of the Centers for Disease Control and Prevention (CDC), which include social distancing. Social distancing means staying away from others until the risk of contracting COVID-19 is under control. Showing older children the "flatten the curve" charts will help them grasp the significance of social distancing. Explain that while we don't know how long it will take to "flatten the curve" to reduce the number of those infected, we do know that this is a critical time—we must follow the guidelines of health experts to do our part.
- **Demonstrate deep breathing.** Deep breathing is a valuable tool for calming the nervous system. Do breathing exercises with your children.
- **Focus on the positive.** Celebrate having more time to spend as a family. Make it as fun as possible. Do family projects. Organize belongings, create masterpieces. Sing, laugh, and go outside, if possible, to connect with nature and get needed exercise. Allow older children to connect with their friends virtually.

- **Establish and maintain a daily routine.** Keeping a regular schedule provides a sense of control, predictability, calm, and well-being. It also helps children and other family members respect others' need for quiet or uninterrupted time and when they can connect with friends virtually.
- **Identify projects that might help others.** This could include: writing letters to the neighbors or others who might be stuck at home alone or to healthcare workers; sending positive messages over social media; or reading a favorite children's book on a social media platform for younger children to hear.
- **Offer lots of love and affection.**

## **MONITOR TELEVISION VIEWING AND SOCIAL MEDIA**

- Parents/guardians should monitor television, internet, and social media viewing—both for themselves and their children. Watching continual updates on COVID-19 may increase fear and anxiety. Developmentally inappropriate information, or information designed for adults, can also cause anxiety or confusion, particularly in young children.
- Dispel rumors and inaccurate information. Explain to your child that many stories about COVID-19 on the internet may include rumors and inaccurate information. Older children, in particular, may be accessing a great deal of information online and from friends that contains inaccuracies. Talk to your child about factual disease information.
- Provide alternatives. Engage your child in games or other exciting activities instead.

## **TAKE TIME TO TALK**

- **Let your children's questions guide you.** Answer their questions truthfully, but don't offer unnecessary details or facts. Don't avoid giving them the information that experts indicate as crucial to your children's well-being. Often, children and youth do not talk about their concerns because they are confused or don't want to worry loved ones. Younger children absorb scary information in waves. They ask questions, listen, play, and then repeat the cycle. Children always feel empowered if they can control some aspects of their life. A sense of control reduces fear.

## **BE HONEST AND ACCURATE**

- **Correct misinformation.** Children often imagine situations worse than reality; therefore, offering developmentally appropriate facts can reduce fears.
- **Explain simple safety steps.** Tell your child this disease spreads between people who are in close contact with one another, when an infected person coughs or sneezes, or when one touches infected objects or surfaces.
- **Stay up-to-date on the facts.** Go to <https://www.cdc.gov/coronavirus/2019-ncov/index.html> for additional factual information.

## **KEEP EXPLANATIONS AGE-APPROPRIATE**

- **Early elementary school children.** Provide brief, simple information that balances COVID-19 facts with appropriate reassurances that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people make every day to stop germs and stay healthy, such as washing hands. Use language such as "adults are working hard to keep you safe."



- **Upper elementary and early middle school children.** This age group often is more vocal in asking questions about whether they indeed are safe and what will happen if COVID-19 spreads in their area. They may need assistance separating reality from rumor and fantasy. Discuss the efforts national, state, and community leaders are doing to prevent germs from spreading.
- **Upper middle and high school students.** Issues can be discussed in more depth. Refer them to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Engage them in decision-making about family plans, scheduling, and helping with chores at home.
- For all children, encourage them to verbalize their thoughts and feelings. **Be a good listener!**

## **STAY CONNECTED TO SCHOOL**

- **Locate learning resources.** Schools' capacity to conduct virtual learning experiences will vary greatly, but most schools are providing lessons and learning activities for children to do. Take advantage of the many companies and online platforms currently offering free learning opportunities.
- **Identify additional resources.** Know if your school or district is providing additional resources, such as meals, or technology, such as a laptop or tablet.
- **Stay in touch.** Find out how the school is communicating with families and students. Be sure to read any communications you receive. Check with your children, particularly older ones, as they may be receiving information directly that would be helpful for you to know.
- **Connect with school staff.** Reach out to your child's teacher and other relevant school staff if you have concerns about their coping and keeping up with assignments or activities.

## **KNOW THE SYMPTOMS OF COVID-19**

- According to the CDC, symptoms of fever, cough, and/or shortness of breath appear within 14 days after being exposed to the disease.
- For some people, the symptoms are similar to having a cold; for others, they are more severe or even life threatening.

## **MODEL BASIC HYGIENE AND HEALTHY LIFESTYLE PRACTICES**

- **Practice daily good hygiene.** Encourage your child to practice these simple steps to prevent spreading the virus.
  - Wash your hands multiple times a day for 20 seconds. Singing "Twinkle, Twinkle Little Star" or "Happy Birthday" twice is about 20 seconds.
  - Compliment your children when they use a Kleenex or sneeze or cough into the bend of their elbow. Teach them the importance of throwing away used tissues immediately after sneezing or coughing.
  - Sadly, handshakes and hugs need to be limited to immediate family members, at least for now.
- **Foster a sense of control.** Offering guidance on what your child/children can do to prevent infection offers them a greater sense of control, which reduces anxiety.
- **Build the immune system.** Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a robust immune system to fight off illness.

## BE AWARE OF YOUR CHILDREN'S MENTAL HEALTH

Most children will manage well with the support of parents and other family members, even if showing signs of some anxiety or concerns, such as difficulty sleeping or concentrating. Some children, however, may have risk factors for more intense reactions, including severe anxiety, depression, and suicidal behaviors. Risk factors can include a pre-existing mental health problem, prior traumatic experiences or abuse, family instability, or the loss of a loved one. Parents and caregivers should contact a professional if children exhibit significant changes in behavior or any of the following symptoms for more than 2 weeks.

**Preschoolers**—thumb sucking, bedwetting, clinging to parents, sleep disturbances, loss of appetite, fear of the dark, regression in behavior, and withdrawal.

**Elementary school children**—irritability, aggressiveness, clinginess, nightmares, school avoidance, poor concentration, and withdrawal from activities and friends.

**Adolescents**—sleeping and eating disturbances, agitation, increase in conflicts, physical complaints, delinquent behavior, and poor concentration.

## ADDITIONAL RESOURCES

- Coping With Stress During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>
- Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/prepare/children.html>
- Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About, <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>
- NASP COVID-19 Resource Center, <https://www.nasponline.org/COVID-19>

*For more information related to schools and physical and mental health, visit [www.nasponline.org](http://www.nasponline.org) and [www.nasn.org](http://www.nasn.org).*

Adapted from, Talking to Children About COVID-19 (Coronavirus): A Parent Resource, National Association of School Psychologists and National Association of School Nurses, NASP, 2020.

Contributor: School Psychologist Kathy Sievering

<b>CDC Halloween Activity Guidance</b>	
<b>Lower risk activities</b>	
<ul style="list-style-type: none"> <li>• Carving or decorating pumpkins with members of your household and displaying them</li> <li>• Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends</li> <li>• Decorating your house, apartment, or living space</li> <li>• Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance</li> <li>• Having a virtual Halloween costume contest</li> <li>• Having a Halloween movie night with people you live with</li> <li>• Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house</li> </ul>	
<b>Moderate risk activities</b>	
<ul style="list-style-type: none"> <li>• Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (such as at the end of a driveway or at the edge of a yard)</li> <li>• If you are preparing goodie bags, wash your hands with soap and water for at least 20 second before and after preparing the bags.</li> <li>• Having a small group, outdoor, open-air costume parade where people are distanced more than 6 feet apart</li> <li>• Attending a costume party held outdoors where protective masks are used and people can remain more than 6 feet apart</li> <li>• A costume mask (such as for Halloween) is not a substitute for a cloth mask. A costume mask should not be used unless it is made of two or more layers of breathable fabric that covers the mouth and nose and doesn't leave gaps around the face.</li> <li>• Do not wear a costume mask over a protective cloth mask because it can be dangerous if the costume mask makes it hard to breathe. Instead, consider using a Halloween-themed cloth mask.</li> <li>• Going to an open-air, one-way, walk-through haunted forest where appropriate mask use is enforced, and people can remain more than 6 feet apart</li> <li>• If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.</li> <li>• Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing</li> <li>• Having an outdoor Halloween movie night with local family friends with people spaced at least 6 feet apart</li> <li>• If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.</li> <li>• Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs.</li> </ul>	
<b>Higher risk activities</b>	
<ul style="list-style-type: none"> <li>• Participating in traditional trick-or-treating where treats are handed to children who go door to door</li> <li>• Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots</li> <li>• Attending crowded costume parties held indoors</li> <li>• Going to an indoor haunted house where people may be crowded together and screaming</li> <li>• Going on hayrides or tractor rides with people who are not in your household</li> <li>• Using alcohol or drugs, which can cloud judgement and increase risky behaviors</li> <li>• Traveling to a rural fall festival that is not in your community if you live in an area with community spread of COVID-19.</li> </ul>	

For more information for Holiday Celebration Guidance, visit, <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#halloween>. This document was adapted from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/halloween.html> and is current as of 10/22/2020.





### CDC Halloween Activity Guidance

Traditional Halloween activities are fun, but some can increase the risk of getting or spreading COVID-19 or influenza. Plan alternate ways to participate in Halloween.

#### Make trick-or-treating safer

- Avoid direct contact with trick-or-treaters.
- Give out treats outdoors, if possible.
- Set up a station with individually bagged treats for kids to take.
- Wash hands before handling treats.
- Wear a mask.



#### Wear a mask

- Make your cloth mask part of your costume.
- A costume mask is **not** a substitute for a cloth mask.
- Do **NOT** wear a costume mask over a cloth mask. It can make breathing more difficult.
- Masks should **NOT** be worn by children under the age of 2 or anyone who has trouble breathing



#### Stay at least 6 feet away from others who do not live with you

- Indoors and outdoors, you are more likely to get or spread COVID-19 when you are in close contact with others for a long time.



#### Wash your hands

- Bring hand sanitizer with you and use it after touching objects or other people.
- Use hand sanitizer with at least 60% alcohol.
- Parents: supervise young children using hand sanitizer.
- Wash hands with soap and water for at least 20 seconds when you get home and before you eat any treats.



#### Other Ideas

- Hide Halloween treats in and around your house. Hold a Halloween treat hunt with household members.
- Hold an outdoor costume parade or contest so everyone can show off their costumes.
- Host an outdoor Halloween movie night with friends or neighbors or an indoor movie night with your household members.

For more information for Holiday Celebration Guidance, visit, <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#halloween>. This document was adapted from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/halloween.html> and is current as of 10/22/2020.