Hello Hough Hawk Families-

I hope you all had a wonderful February. Just some updates from Hough. As you know we have been in K-5 Hybrid. It has been extremely successful and I would like to thank you all that have helped your student be successful while coming to school. Those of you that are still home in the remote world...I do see light at the end of the tunnel and hopefully soon you can return.

**Picture Day:** Picture day is coming up on March 22nd and March 26th. We are waiting to hear of the times that it will take place. Students that are at school will have the opportunity to have their individual picture taken. More to come.

Jump for your heart assembly: Jump for your heart assembly is March 3rd at 8:30 AM. The zoom link will be sent out to all Hough families on Monday, Tuesday and Wednesday morning. Please attend the assembly.

**Hough Foundation After School Programs:** We are starting to brainstorm what these after-school programs could look like with all the COVID-19 parameters. As soon as we have a plan we will start sending out information and ways to sign up.

Hough Painting: The interior building at Hough is in the process of being repainted. We are in phase 2 which includes the gym, the downstairs hallways and the classrooms. We are excited about this!

**PTSA:** PTSA has some fun family nights coming up! We will be having Presto the magician one night in March to do some Magic tricks with the students. Students will be providing the materials for this evening event so that they can actively participate in the event. More details will be coming along with a ZOOM link.

**Spring Break:** Spring Break is just around the corner on April 5th -April 9th.

**FCRC:** We finally have hired a FCRC coordinator. She will be starting soon and we are so excited to have her. Please reach out if you have any needs around food, clothing, bus passes, etc.

**Hearing and Vision Screening:** Historically, state law has required that the school nurse conducts screening of hearing and vision for all students in Kindergarten, 1st, 2nd, 3rd, 5th and 7th grades during regular school days. However, due to restrictions related to the current pandemic, screenings are happening a little differently this year. We will continue to provide screenings for students attending in-person services whenever it can be done safely, given the precautions that are currently required. Ensuring that your students are able to see and hear adequately is essential to continued success in learning, both in-person and virtually. If you have any concern about your student’s vision or hearing that has not been addressed, please be sure to make an appointment with a licensed vision or hearing care professional as soon as possible. If you would like the school nurse to conduct hearing and vision screening on your child that is attending virtually, please contact Rachel.Merritt@vansd.org to set up an appointment. You can find valuable information about your student’s vision health at [www.preventblindness.org](http://www.preventblindness.org). We have also included a checklist of signs you can monitor for, which may indicate a vision problem that needs attention. If it has been a while since our student’s last well-child visit, please communicate with your pediatrician about scheduling the best time to do this. Many precautions are in place to make well-child visits safe for you and your child. Regular check-ups with your child’s health care provider can help to identify and prevent many health problems that can develop or worsen over time.

**Report Cards Coming SOON:** Report cards will be coming home soon on March 12th. If you have any questions about your students report card, please reach out to their classroom teacher.

**COVID-19:** If you and your family suspect that you may have COVID-19 and need to get tested please make sure it is not the rapid COVID-19 test. In order for your student to return back to school they must have a negative PCR test result. If you have further questions, please refer to the brochure that is attached. Further concerns or questions feel free to reach out to our school nurse Rachel.Merritt@vansd.org OR myself at Jessica.Graham@vansd.org

Have a wonderful weekend!

Mrs. Graham
COVID-19 Testing: PCR, Antigen, and Antibody Tests Explained

There are three types of tests available for COVID-19: polymerase chain reaction (PCR), antigen, and antibody (serology) testing. PCR and antigen tests detect whether a person is currently infected, and serology detects whether a person had an infection in the past. This document is designed to explain the differences between PCR, antigen, and serology testing, and when one test might be used over another.

<table>
<thead>
<tr>
<th>Topic</th>
<th>PCR Test</th>
<th>Antigen Test</th>
<th>Antibody (Serology) Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why is the test used?</td>
<td>PCR tests look for pieces of SARS-CoV-2, the virus that causes COVID-19, in the nose, throat, or other areas in the respiratory tract to determine if the person has an active infection.</td>
<td>Antigen tests look for pieces of proteins that make up the SARS-CoV-2 virus to determine if the person has an active infection.</td>
<td>Serology looks for antibodies against SARS-CoV-2 in the blood to determine if there was a past infection.</td>
</tr>
<tr>
<td>How is the test performed?</td>
<td>In most cases, a nasal or throat swab is taken by a healthcare provider and tested. Sometimes the test can be run while you wait, and sometimes the swab needs to be sent to a lab for testing.</td>
<td>In most cases, a nasal or throat swab is taken by a healthcare provider and tested. Sometimes the test can be run while you wait, and sometimes the swab needs to be sent to a lab for testing.</td>
<td>In most cases, a blood sample is taken and sent to a lab for testing.</td>
</tr>
<tr>
<td>What does a positive test result mean?</td>
<td>A positive PCR test means that the person being tested has an active COVID-19 infection.</td>
<td>A positive antigen test means that the person being tested has an active COVID-19 infection.</td>
<td>A positive antibody test means that the person being tested was infected with COVID-19 in the past and that their immune system developed antibodies to try to fight it off.</td>
</tr>
</tbody>
</table>

1 Antibodies are formed by the body to fight off infections. Immunoglobulin M (IgM) is the first antibody that is formed against a germ, so it appears on tests first, usually within 1-2 weeks. The body then forms immunoglobulin G (IgG), which appears on tests about 2 weeks after the illness starts. IgM usually disappears from the blood within a few months, but IgG can last for years. Some antibody tests test for IgM and IgG, and some only test for IgG.
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<td>What does a negative test result mean?</td>
<td>A negative PCR test means that person was probably not infected at the time their sample was collected. However, it doesn't mean they won't get sick – it only means that they didn't have COVID-19 at the time of testing.</td>
<td>A negative antigen test means that SARS-CoV-2 viral proteins were not detected. However, a negative test does not rule out COVID-19. If there is still concern that a person has COVID-19 after a negative antigen test, then that person should be tested again with a PCR test.</td>
<td>A negative antibody test means that the person may not have had COVID-19 in the past. However, they could still have a current infection, and the antibody test was collected too soon to give a positive result.</td>
</tr>
</tbody>
</table>
| When is it helpful? | • It can be used to determine who has an active infection.  
  • It can help identify people who are contagious to others. | • It can be used to quickly determine who has an active infection.  
  • It can help identify people who are contagious to others.  
  • It is a less expensive test than PCR. | • It can identify people who had an infection in the past, even if they had no symptoms of the illness.  
  • In some cases, it could help determine when COVID-19 illness occurred, since we know that IgM is formed before IgG and that IgM goes away before IgG.  
  • It can help determine who qualifies to donate convalescent plasma (a blood product that contains antibodies against COVID-19 and can be used as a COVID-19 treatment).  
  • If lots of people take the test in a community, it can help public health leaders and researchers know what |
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<td>When it is not as</td>
<td>• It does not help determine who had an infection in the past.</td>
<td>• It does not accurately rule out those who are not infected.</td>
<td>• It may be negative if it is used too close to the beginning of an infection, which is why it should not be used to detect active COVID-19 infection.</td>
</tr>
<tr>
<td>helpful?</td>
<td>• It also does not help determine if a person who was exposed to COVID-19 will develop active infection during the two weeks after exposure.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• In some people, the virus can only be found by PCR for a few days at the beginning of the infection, so the test might not find the virus if the swab is taken more than a few days after the illness starts.</td>
<td>• Antigen tests are less sensitive than PCR tests, meaning there may be false negative results.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• In some people, the virus can be found by PCR in the nose</td>
<td>• Negative tests should be treated as presumptive. If a healthcare provider is concerned that the person has COVID-19, even after a negative antigen test, then the test result should be confirmed with PCR testing.</td>
<td></td>
</tr>
</tbody>
</table>

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2 Positive predictive value is a measure of how likely it is that a positive test is a true positive rather than a false positive. This is dependent on how many people in the population being tested have had the disease. When there are very few people in the population that have had the disease, then there is a higher chance that a positive test is a false positive. When there are many people in a population that have had the disease, then there is a higher chance that a positive test is a true positive.

3 Sensitivity is sometimes called the “true positive rate.” It measures how frequently the test is positive when the person being tested actually has the disease. For example, when a test has 80% sensitivity, the test detects 80% of patients with the disease (true positives). However, 20% of patients with the disease are not detected (false negatives) by the test.

4 Specificity is sometimes called the “true negative rate.” It measures how frequently the test is negative when the person being tested doesn’t have the disease. For example, when a test has 80% specificity, the test correctly reports 80% of patients without the disease as test negative (true negatives). However, 20% of patients without the disease are incorrectly identified as testing positive (false positives) by the test.
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<td>and throat for several weeks, even longer than the time that they are actually contagious to other people. • This test requires certain kinds of swabs that may be in short supply.</td>
<td>• If positive, the health department will conduct a case investigation. Contact tracing will be performed to identify individuals who might have been exposed to the PCR-positive person when</td>
<td>• If positive, the health department will interview the antigen-positive person about symptoms and if they were around someone who had COVID-19. Contact tracing will be performed.</td>
<td>• If positive, the health department will interview the antibody-positive person about symptoms and if they were around someone who had COVID-19. If the person had symptoms or was around</td>
</tr>
</tbody>
</table>
| What public health activities will be conducted?  
5 Case investigations and contact tracing are conducted in accordance with local jurisdictional capacity. Public health departments may prioritize PCR positive cases in the event of capacity limitations. | • If positive, the health department will conduct a case investigation. Contact tracing will be performed to identify individuals who might have been exposed to the PCR-positive person when | • If positive, the health department will interview the antigen-positive person about symptoms and if they were around someone who had COVID-19. Contact tracing will be performed. | • If positive, the health department will interview the antibody-positive person about symptoms and if they were around someone who had COVID-19. If the person had symptoms or was around |
KINDERGARTEN REGISTRATION 2021-22 IS HERE!

Register children who will enter kindergarten in Vancouver Public Schools in the Fall of 2021. Any child who will be five years old on or before August 31, 2021 is eligible to enter kindergarten this fall.

We recommend parents register their children by May 1st to ensure that you and your child receive an invitation to attend the Kindergarten visitation program this spring.

To register, please bring records of immunization and proof of birth date to your neighborhood school and pick up a registration packet. Or [click here to apply online](#)
### Signs of Possible Vision Problems in Children

If your child shows one or more of these signs, have your child seen by an eye doctor without delay.

<table>
<thead>
<tr>
<th>Appearance</th>
<th>Behavior</th>
<th>Complaints</th>
</tr>
</thead>
<tbody>
<tr>
<td>❏ Eyes do not line up or look straight ahead — one appears to look inward</td>
<td>❏ Rubs eyes often</td>
<td>❏ Eyes itch, burn, or feel scratchy</td>
</tr>
<tr>
<td>nose, outward toward ear, upward toward forehead, or downward toward</td>
<td>❏ Closes or covers one eye when reading or looking at a close object</td>
<td>❏ Blurred vision when looking at near objects, such as toys or books</td>
</tr>
<tr>
<td>cheek</td>
<td>❏ Squints eyes when trying to see things near or far away</td>
<td>❏ Dizziness, headaches, or nausea when doing near work</td>
</tr>
<tr>
<td>❏ Eyelids are red-rimmed, crusted, or swollen</td>
<td>❏ Tilts head or turns face when playing with a toy, trying to read, or</td>
<td>❏ Light is too bright</td>
</tr>
<tr>
<td>❏ Eyes are watery or red (inflamed)</td>
<td>trying to see something near or far away</td>
<td>❏ Unable to see something other people can see</td>
</tr>
<tr>
<td>❏ Eyelid does not fully open (droopy)</td>
<td>❏ Has difficulty concentrating when reading, doing schoolwork, or doing</td>
<td>❏ Sees worse at the end of the day</td>
</tr>
<tr>
<td>❏ Recurring stye or bump (infection) on eyelid</td>
<td>other close-up work</td>
<td>❏ Difficulty copying material from a whiteboard in the classroom</td>
</tr>
<tr>
<td>❏ Color photos of child’s eyes show a white reflection in the pupil</td>
<td>❏ Brings toys or books close to his or her face</td>
<td></td>
</tr>
<tr>
<td>(middle of the eye)</td>
<td>❏ Blinks eyes more than usual or is cranky when doing close-up work</td>
<td></td>
</tr>
<tr>
<td>❏ The pupil (the black circle in the colored part of the eye) in one eye is</td>
<td>❏ Seems unusually clumsy - Bumps into things often or knocks things over</td>
<td></td>
</tr>
<tr>
<td>larger than the pupil in the other eye.</td>
<td>❏ Avoids doing near work or reading</td>
<td></td>
</tr>
<tr>
<td>❏ The iris (colored part of the eye) in one eye is not the same round shape</td>
<td></td>
<td></td>
</tr>
<tr>
<td>and size as the iris in the other eye.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>❏ Both eyes jerk back and forth quickly from side to side</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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### Signos de problemas de visión posibles en niños

Si su hijo muestra uno o más de estos signos, haga que un optometrista lo vea sin demora.

<table>
<thead>
<tr>
<th>Apariencia</th>
<th>Comportamiento</th>
<th>Quejas</th>
</tr>
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</table>
| - Los ojos no se alinean ni miran hacia adelante: uno parece mirar hacia adentro hacia la nariz, hacia afuera hacia la oreja, hacia arriba hacia la frente o hacia abajo hacia la mejilla.  
- Los párpados tienen bordes rojos, costras o hinchados.  
- Los ojos son lloros o rojos (inflamados).  
- El párpado no se abre completamente (caldo).  
- Orzuelo o protuberancia recurrente (infección) en el párpado.  
- Las fotografías en color de los ojos del niño muestran un reflejo blanco en la pupila (centro del ojo).  
- La pupila (el círculo negro en la parte coloreada del ojo) en un ojo es más grande que la pupila en el otro ojo.  
- El iris (parte coloreada del ojo) en un ojo no tiene la misma forma y tamaño redondos que el iris en el otro ojo.  
- Ambos ojos se mueven rápidamente de un lado a otro. | - Frota los ojos a menudo.  
- Cierra o cubre un ojo cuando lee o mira un objeto cercano.  
- Bizquea los ojos al intentar ver cosas cercanas o lejanas.  
- Inclina la cabeza o gira la cara cuando juega con un juguete, intenta leer o intenta ver algo cerca o lejos.  
- Tiene dificultad para concentrarse cuando lee, hace tareas escolares o realiza otro trabajo de primer plano.  
- Lleva juguetes o libros cerca de la cara.  
- Parpadea los ojos más de lo normal o está de mal humor cuando se trabaja en primer plano.  
- Parece inusualmente torpe; choca con las cosas con frecuencia o tira las cosas.  
- Evita hacer cerca del trabajo o leer. | - Los ojos pican, arden o sienten picazón.  
- Visión borrosa al mirar objetos cercanos, como juguetes o libros.  
- Mareos, dolores de cabeza o náuseas cuando se realiza cerca del trabajo.  
- La luz es muy brillante.  
- Incapaz de ver algo que otras personas pueden ver.  
- Va peor al final del día.  
- Dificultad para copiar material de una pizarra en el aula. |
Early Care & Education
In partnership with Vancouver Public Schools

BEFORE AND AFTER SCHOOL AGE CHILD CARE PROGRAM

DAYS AND HOURS OF OPERATION:
Monday, Tuesday, Thursday and Friday
6:30 am - Start of School & After School until - 6:00 pm

SERVING CHILDREN AGES:
Kindergarten - 12 Years

Before & After School Age Care
- We follow all CDC/DOH guidelines for COVID health & safety requirements
- We will provide designated spaces for students who want to engage in distance learning
- Full day care on remote learning days offered at 28th Street ECE Center

Available Locations
- Lincoln Elementary
  Transportation is available for students enrolled at Hough and Franklin elementary schools

Amazing Activities
  » Educational Opportunities
  » Exploring Science
  » Creative Cooking
  » Art on Display
  » Building Blocks
  » Gym/Outdoor Time
  » Manipulative Centers
  » Dramatic Play
  » Snacks provided

Before and After child care begins on February 1st, 2021!
(Preregistration required before attending)

Need Help Paying For Child Care?
Many families qualify for assistance with child care costs and don’t even realize it! The Department of Children, Youth and Families (DCYF) offers subsidies to eligible working families. It’s easy to find out if you qualify: call 1-844-626-8687 today!

Child Care subsidies accepted

Rates
Before and After - $38.00
Before School Only - $22.00
After School Only - $26.00
Registration: $75.00/child

Early Care & Education provides quality child care services for children in Clark County. Our licensed centers are located on or near school grounds in partnership with local school districts and area businesses.

QUESTIONS?
360.952.3466  ece.enroll@esd112.org

2500 NE 65th Avenue, Vancouver WA 98661

FOR MORE INFORMATION: www.esd112.org/ece