

October 9, 2020

Good afternoon North Syracuse Central School District Families,

As we head into this first holiday weekend of the school year, please remember that New York State remains under a travel advisory. The advisory mandates New Yorkers that travel to a state or territory on the NYS Travel Advisory List to quarantine for a period of 14 days. On September 28, New York State's travel advisory was expanded to include international travel.

The complete advisory, along with a list of all states and counties included can be found on the [New York State Travel Advisory website by clicking here](#).

Please also be reminded of the District's [COVID-19 Resources website](#). The site is updated on a daily basis as new information and guidance is received. Links to school health office websites and school nurse information is provided on the site along with signs and symptoms and detailed information about returning to school after illness.

Because today marks the one month point for our students, we also want to take a moment to remind our families about the [District's Family Wellness Page](#). The site is a place to check in for physical and mental wellness resources, ideas for fun and strategies for stress management and self-care.

It has been said that "You never know how strong you are until being strong is the only choice you have." Despite feeling overwhelmed and being faced with new challenges, we have been strong and started a brand new school year like no other.

As we navigate this journey together, we will continue to focus on the wellness of our students and their families by sharing ideas on this website. The site will be evolving as the year continues and we need your input to know what is working and what isn't. We will be exploring ideas for sharing thoughts and photos so we can document this year together...as the community called the North Syracuse Central School District!

Please enjoy your long weekend and take time to take care!

Sincerely,

Daniel D. Bowles

Superintendent of Schools