

# BULLDOG BARKS

Santa Maria Middle School  
 Attitude + Attendance + Achievement = Success

## What to Expect: Immune Response Side Effects after 2nd COVID-19 vaccine dose

It is more common to have an increased immune response (side effects/symptoms) after the 2<sup>nd</sup> dose of COVID-19 vaccine than the first since the body is responding to foreign material that it has already seen. It can be hard to tease out COVID-19 vaccine side effects from acute SARS-CoV-2 infection since both can produce systemic symptoms such as fever, chills, fatigue, headache, myalgia, and arthralgia.

Highlights include the following:

- About 55-83% of people develop at least one systemic symptom following vaccination.
- Most systemic post-vaccination signs and symptoms are mild to moderate in severity, occur within the first three days of vaccination (the day of vaccination and following two days, with most occurring the day after vaccination), resolve within 1-2 days of onset, and are more frequent and severe following the second dose and among younger persons compared to those who are older (>55 years).
- In contrast, **cough, shortness of breath, rhinorrhea, sore throat, or loss of taste or smell** are not consistent with post-vaccination symptoms, and instead may be symptoms of SARS-CoV-2 or another infection.
- Also, if systemic symptoms persist longer than is usual after vaccination, another cause should be looked for.
- Ultimately, clinical judgement should be used to determine the likelihood of infection versus post-vaccination symptoms and the indicated clinical approach.

## From the Principal’s Desk

### SANTA MARIA MIDDLE SCHOOL 7TH GRADE STUDENT DANYKA DALE



On January 27, the Fowler School District held a FESD Virtual Spelling Bee. We had 26 spellers that participated in the competition. Each speller placed within the top three winning spots at their respective school sites. After six competitive rounds, we are proud to announce Danyka Dale placed 2nd in the Fowler Elementary School District Spelling Bee Competition. Danika is an excellent 7th grade student at Santa Maria Middle School. She is excited about reading. She loves to read Rick Riordan’s books. Danika is an outgoing student that is always motivated to learn. She is an animal lover too. Danika will go on and represent the Fowler School District at the Westside Impact Region 5 Spelling Bee, taking place on February 20. Congratulations and best wishes!

### SUPER BOWL RECOMMENDATIONS (Tampa Bay Times)

A home party is how most people will take in the Super Bowl. How to proceed safely? The CDC has updated its advice on “Small gatherings.” And here’s a quick summary from public health expert Jay Wolfson of the University of South Florida: “Keep the numbers low, the venue out of doors as much as possible, avoid having people serve themselves, make sure there is plenty of ventilation, keep your restrooms clean and stocked with paper towels and sanitizers, and put in the discipline this year so that your family and friends can better enjoy next year and beyond without the residue of COVID.”

Be careful confronting the bare-face. The virus can hang 20 minutes in the air--We may have an idea of the science behind the relentless spread of the coronavirus, but do we really think about it? When an infected person coughs, sneezes, talks, sings, or yells, “Go Bucs!” At a Super Bowl party, tiny aerosol droplets carry the virus into the air from the nose or mouth. The droplets can hang in the air from 10 minutes to 20 minutes or longer, depending on ventilation, said Wolfson from USF. If you’re inside, packed tightly together in a crowd, it could live up to three hours. In the right temperature and conditions, the droplet-borne nuclei of the coronavirus can live even longer — two to three days — if they land on a smooth, non-porous surface, like a highly polished wood bar or your neighbor’s granite countertop. Dr. Anthony Fauci, the nation’s most prominent advisor on the COVID-19 pandemic, says this year’s Super Bowl must adhere to proper social distancing protocols.. If you plan to host a gathering at home to watch the Chiefs and Buccaneers play, consider inviting only members of your coronavirus “pod” or hosting a halftime Zoom conference in order to stay virus-free.

**Fowler Elementary  
School District  
Percent Positivity  
Weekly Updates**

Benchmark Data Reported  
Thursday, February 4, 2021

Cases Per 100K People

574.43

Percent Positivity

21.23%

Covid-like Illness

10.30%

Overall Risk Level:

Substantial

Recommended Learning  
Scenario:

Virtual w/onsite support

Benchmark Data Reported  
Thursday, January 21, 2021

Cases Per 100K People

1,112.79

Percent Positivity

29.78%

Covid-like Illness

13.7%

Overall Risk Level:

Substantial

Recommended Learning  
Scenario:

Virtual w/onsite support

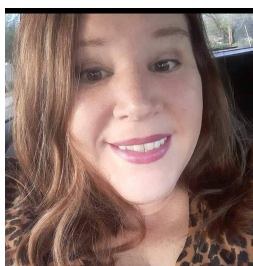
Our Food Service Department is providing weekly food boxes to any family with children under the age of 18. The district encourages all families to participate. **Food boxes can be picked up at SMMS on Monday from 7 AM- 10 AM by the cafeteria.**

**MAKING THE BEST OF OUR VIRTUAL EDUCATIONAL ENVIRONMENT**



**Ms. Daisy Amaro:** As the library/media clerk at Santa Maria, this school year is definitely more unpredictable than what everyone is used to. I am making the best of the virtual education environment by checking in with myself periodically and reaching out to friends, colleagues, and family. It is important to be a listening ear for people and letting someone know you're here for them, even if it's not in person. A simple text or email letting a loved one know you appreciate their hard work makes a difference in a person's day. I do miss interacting with students in person, and the virtual interactions are still awkward for me at times. However, in realizing that we are all in this together, and knowing that we are all navigating ourselves through the online world putting in our best efforts, you don't feel as lonely. When I am not working on library things or assisting

teachers with tech, I enjoy coming into virtual classes and helping out students that need that extra one-on-one time on their assignments. It helps take the load off from teachers, and provides the students another person to talk to so they're a bit more comfortable on screen. The resiliency I have seen from students in the ways they have adapted to virtual learning so quickly amazes me, teachers as well. I am constantly inspired by all the educators in the world that have adapted to this new normal with no hesitation. None of this would be possible either without the parents/guardians support, and being empathetic and cooperative in all of this as well. I appreciate every single person for putting their best foot forward and doing their part, and I cannot wait until it is safe enough to come back!



**Mrs. Angela Pond:** As a paraprofessional I realize I am in a unique position to support both teachers and students. By being flexible and maintaining a positive attitude I can help to put everyone at ease.

**Benchmarks for Safely Returning to In-Person Instruction**

Metrics/Benchmarks for safely returning to in-person instruction have been set by the Arizona Department of Health Services (ADHS). The metrics/benchmarks are:  
 \*Two weeks below 100 cases per 100,000 (not including the current week).  
 \*Two weeks with percent positivity is less than 7% (not including the current week).  
 \*Two weeks with hospital visits due to COVID-like illness below 10%.  
 The recommended learning scenario for each risk level is:  
 \*Virtual with onsite support is the recommended learning scenario for substantial risk level (red).  
 \*Hybrid is the recommended learning scenario for the moderate risk level (yellow).  
 \*Traditional is the recommended learning scenario for the minimal risk level (green).  
 ADHS recommends that schools or school districts meet all three benchmarks at the county level in the moderate or minimal transmission category for two weeks in order to begin hybrid (in-person) learning. To move from a virtual to an in-person learning scenario, it is recommended that schools wait until there is a <7% (less than 7%) positivity in their area for two consecutive weeks of data.