Dear (Superintendent, School Board Members, Planning Committee),

I would like to thank you for your hard work on the board. As a volunteer, I know this is done out of a love for our children and education.

I would like to address the Ready Safe Learners Plan for the fall semester as laid out by ODE. As a parent stakeholder in this district, I would like the opportunity to both review the document/proposal of reopening schools and to make public comment via phone and/or in person prior to the plan being adopted. Unless our school district plans to resume normal activities this fall without restrictions, parent stakeholders want options that would be both amicable and reasonable to the education, health, social-emotional well-being, and psychological stability of all students. In meeting these goals, our district has the obligation to critically evaluate the information from credible sources to determine the cost-benefit outcomes of these decisions for all students it serves.

To begin, the CDC issued guidelines for opening schools https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/Schools-Decision-Tree.pdf . While this CDC document suggests mask-wearing for employees and school personnel may be used “as feasible,” it does not recommend the same for students or children. As there is much ongoing inconsistency in the application of mask-wearing policies across the state, it is important that districts implement policies that align with the CDC’s provision of choice to all stakeholders in this matter, particularly when there is mounting evidence that mask-wearing may cause more harm than benefit.

Studies have established that there is no scientific evidence necessitating the wearing of a face mask for prevention. There have been extensive randomized controlled trial (RCT) studies, and meta-analysis reviews of RCT studies, which all show that masks and respirators do not work to prevent respiratory influenza-like illnesses, or respiratory illnesses believed to be transmitted by droplets and aerosol particles. Several studies have indeed found significant problems with wearing such a mask. This can vary from headaches, to increased airway resistance, carbon dioxide accumulation, to hypoxia, and dramatic impaired oxygen intake. If worn for hours, can reduce blood oxygenation as much as 20%, which can lead to a loss of consciousness. Lower blood-oxygen levels can impair a person's immunity, potentially increasing their risk of contracting infections, including COVID-19. Also, a person who has a respiratory infection and wears a mask is expelling some of that virus with each breath and rebreathing it in, potentially leading to higher concentrations of the virus in the lungs and nasal passages, or even the brain, which can make COVID-19 more dangerous.

Do you want to impose those risks on our children? Especially, when this demographic is a very low risk group.

The issues with **social distancing** measures must also take the following into consideration. These guidelines suggest that it’s somehow helpful to keep a six-foot space between healthy people, even outdoors. In researching its basis we are finding this has been determined without researched evidence. The CDC provides no links to any peer-reviewed social distancing studies that bolster its official guidance. We must consider how social distancing, i.e. not allowing children to play or eat together, will impair the social emotional development in the pediatric population. For younger kids, in particular, missing out on play with peers could take a toll. Play facilitates cognitive development, social skills and a sense of morality. This social engineering of distancing will be catastrophic. We are already seeing the adverse mental health consequences of social isolation, such as suicide among the teenage populace. The developmental years are the most important years in which set up our children to interact with the world. But these measures will in turn, condition them to be Xenophobic and socially maladjusted. When considering guidelines for reopening schools, we must look at the whole picture of how this will affect students in the long term. Not just knee jerk reactions from a virus with a minimal mortality rate.

In light of current scientific data and advice from knowledgeable doctors, it is imperative to provide students with the option of returning to a normal schedule and activities without the potentially detrimental restrictions of wearing masks and social distancing. For those families and teachers that are not comfortable with this scenario, they can opt for Distance Learning through the many avenues provided for such instruction. Your continued work to provide all stakeholders with the opportunity to have a voice in these matters is much appreciated.

Respectfully,

(your name)

**MASKS**

[https://www.researchgate.net/publication/340570735\_Masks\_Don't\_Work\_A\_review\_of\_science\_relevant \_to\_COVID-19\_social\_policy](https://www.researchgate.net/publication/340570735_Masks_Don't_Work_A_review_of_science_relevant%20_to_COVID-19_social_policy%20)

<https://bmjopen.bmj.com/content/bmjopen/5/4/e006577.full.pdf>

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4420971/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4420971/%20) "This study is the first RCT of cloth masks, and the results caution against the use of cloth masks. This is an important finding to inform occupational health and safety. Moisture retention, reuse of cloth masks and poor filtration may result in increased risk of infection."

<https://www.acpjournals.org/doi/10.7326/M20-1342> "In conclusion, both surgical and cotton masks seem to be ineffective in preventing the dissemination of SARS–CoV-2 from the coughs of patients with COVID-19 to the environment and external mask surface."

[https://www.cidrap.umn.edu/news-perspective/2020/04/commentary-masks-all-covid-19-not-based-sound-data](https://www.cidrap.umn.edu/news-perspective/2020/04/commentary-masks-all-covid-19-not-based-sound-data%20) "In sum, cloth masks exhibit very low filter efficiency. Thus, even masks that fit well against the face will not prevent inhalation of small particles by the wearer or emission of small particles from the wearer." Given the paucity of information about their performance as source control in real-world settings, along with the extremely low efficiency of cloth masks as filters and their poor fit, there is no evidence to support their use by the public or healthcare workers to control the emission of particles from the wearer."

[https://www.medrxiv.org/content/10.1101/2020.04.01.20049528v1?ijkey=5cc463fb85e2222477e813c7f859860174e1 1198&keytype2=tf\_ipsecsha](https://www.medrxiv.org/content/10.1101/2020.04.01.20049528v1?ijkey=5cc463fb85e2222477e813c7f859860174e1%201198&keytype2=tf_ipsecsha%20) "The evidence is not sufficiently strong to support widespread use of face masks as a protective measure against COVID-19. However, there is enough evidence to support the use of face masks for short periods of time by particularly vulnerable individuals when in transient higher risk situations. "

[https://wwwnc.cdc.gov/eid/article/26/5/19-0994\_article](https://wwwnc.cdc.gov/eid/article/26/5/19-0994_article%20) "We did not find evidence that surgical-type face masks are effective in reducing laboratory-confirmed influenza transmission, either when worn by infected persons (source control) or by persons in the general community to reduce their susceptibility"

<https://www.sott.net/article/434290-Russel-Blaylock-Face-masks-pose-serious-risks-to-the-healthy>

[https://nypost.com/2020/05/06/two-boys-drop-dead-in-china-while-wearing-masks-during-gym-class/](https://nypost.com/2020/05/06/two-boys-drop-dead-in-china-while-wearing-masks-during-gym-class/%20) Two boys drop dead in China while wearing masks during gym class

<https://www.sixthtone.com/news/1005609/after-multiple-deaths%2C-officials-call-for-no-masks-in-gym-class> After Multiple Deaths, Officials Call for No Masks in Gym Class

[https://www.globaltimes.cn/content/1187434.shtml](https://www.globaltimes.cn/content/1187434.shtml%20) Student deaths stir controversy over face mask rule in PE classes

[https://www.koreatimes.co.kr/www/world/2020/05/683\_289061.html](https://www.koreatimes.co.kr/www/world/2020/05/683_289061.html%20) Chinese students die after running in masks

**Social Distancing**

<https://amgreatness.com/2020/05/04/the-failed-experiment-of-social-distancing/> It turns out, as I wrote last month, “social distancing” is untested pseudoscience particularly as it relates to halting the transmission of the SARS-CoV-2 virus. On its website, the CDC provides no links to any peer-reviewed social distancing studies that bolster its official guidance.

<https://www.americanthinker.com/articles/2020/05/social_distancing_is_snake_oil_not_science.html> "Very likely, you already instinctively know that the guidelines suggesting that it’s somehow helpful to keep a six-foot space between healthy people, even outdoors, is not based on science, but just an arbitrary suggestion we’ve been conditioned to accept without evidence.

https://inside.upmc.com/shapiro-economy-roundtable/ (Dr StevenShapiro) "What we cannot do, is extended social isolation. Humans are social beings, and we are already seeing the adverse mental health consequences of loneliness, and that is before the much greater effects of economic devastation take hold on the human condition."

<https://www.kqed.org/mindshift/55729/how-will-social-isolation-during-covid-19-affect-our-kids>

<https://www.healthline.com/health-news/social-distancing-effects-on-social-developmenh4>