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For Parents of Southern Adventist University Students

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PANORAMA

parent newsletter | February 2021



Care and Support

The Quarantine Process Explained

One of the least popular but extremely important safety protocols introduced in the fight against COVID-19 is quarantine. Because it is possible to be contagious before any symptoms develop, quarantine is intended to keep those who may be sick but don't know it yet away from others.

Southern's Quarantine Protocols

At Southern, the University Health Center (UHC) oversees quarantine and isolation, providing regular checkups and care throughout the process. The medical team works closely with the Hamilton County Health Department, which establishes the regulations for this area. The university's full quarantine and isolation policy is available in the [COVID-19 Policies and Procedures](#) document.

Anyone who is waiting on COVID-19 test results or who has been exposed to a person with COVID-19 is required to quarantine (unless they have received a full COVID-19 vaccination). Students living on campus must move to the designated quarantine hall in their

Calendar

Please note that all campus events are students-only. Online programs available at southern.edu/streaming.

February

- 16-17 | Giving Day
- 18 | Student Association Primary Elections
- 19 | Campus Research Day Submission Deadline
- 19 | Student Association Vespers
- 20 | 15th Annual Cardboard Boat Event
- 21 | Southern 6 Race
- 26 | Student Association Senate Surprise Day
- 26 | Short-Term Missions Vespers

student tests positive for COVID-19, he or she is moved to a separate apartment on campus to isolate until 10 days after symptoms developed or the positive test swab was taken (in asymptomatic cases).

Community students or those with family in the area may either stay at home or move into Southern's facilities.

By default, quarantine is 14 days. However, beginning this semester, UHC received county permission to reduce the quarantine time to 10 days in most cases, as long as the student has no symptoms and tests negative seven to nine days after he or she was exposed. Additionally, because there were no positive cases traced to classroom exposure at Southern last semester, the county has allowed the university to introduce a surveillance program that replaces quarantine for some classroom exposures.

Life in Quarantine

The idea of spending an extended period of time isolated in one room would be daunting for anyone. As COVID-19 quarantine and isolation coordinator, Sandy James is responsible for making the experience as smooth as possible and ensuring that the physical needs of quarantined students are met—everything from laundry and trash to food and exercise.

"I am a liaison for the students," James said. "If anyone has a question or concern, I do my best to answer and help them."

Students have several options for food. Every evening they receive a menu by email and can place an order for the next day. Students who have a meal plan may charge any meals ordered through this system to their meal plan. Those without a meal plan may charge the meals to their account.

Another option is for students to order directly from a restaurant and have it delivered—by the restaurant or friends—to the front desk of the residence hall where they are quarantined.

4 | Meet the Firms and Graduate Schools Online

5 | Student Association Smile Initiative

5 | Midterm Ends

5 | Vespers: God Inspired Fruit Concert

6 | BCU Cultural Night

7 | Symphony Orchestra Concert

18-21 | Spring Break

Quick Links

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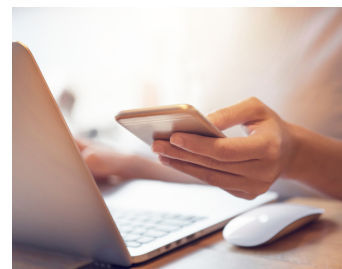
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Mental and spiritual counselors are available virtually for all students, including those in quarantine and isolation.

Student Success Center
423.236.2782

Office of Ministry and

Walmart for groceries or anything else that he or she may need, the quarantine staff will pick the order up and deliver it to the student's quarantine room.

In addition to food, fresh air and exercise are important for both physical and mental health. To facilitate getting outside safely, James coordinates supervised hiking trips for the students several times each week.

Southern's Outdoor Adventure Programming team leads out, with all of the participants properly masked and socially distanced.

Mental Health

Despite efforts to make the quarantine experience as pleasant as possible, it can be mentally taxing and difficult. Trained counselors in both the Counseling Center (423.236.2782) and the Office of Ministry and Missions (423.236.2787)—previously called the Chaplain's Office—are available to meet virtually, at no cost.

"I would encourage parents to keep in good contact with their students when they are in quarantine and to keep tabs on their mental health," James concluded. "Encourage them to talk to one of the counselors if they are struggling."

James is the first to admit that the quarantine process is not always perfect, but she and her team are dedicated to doing their best for each student. Many students have expressed their appreciation.

"The quarantine process overall was pretty nice," said Olivia Mairs, freshman nursing major. "Most of the professors were very understanding of the situation I was put under and were willing to give out extra help. One professor did not email me back during the entire quarantine.* But I do believe Southern has done a great job of reaching out to those who are under quarantine and providing any help that we may need."

If you have any questions about quarantine, isolation, or anything else related to Southern's response to the pandemic, send an email to covid19@southern.edu.

***Academic Accommodation**

Southern requires professors to provide academic accommodation for students in quarantine and isolation. If your student has any problems in this area, he or she should contact Dionne Felix, associate vice president for Academic Administration:

felixd@southern.edu
423.236.2912.

COVID-19 Resources

If you have questions about Southern's response to the coronavirus, please visit the following websites for more information.

- southern.edu/covid19policy—The university's full COVID-19 policy
- southern.edu/coronavirus—The main hub for information regarding Southern's safety features and policies that also includes a student FAQ and an archive of previous emails to students
- southern.edu/care—The Covenant of Care that students and employees agree to every day
- southern.edu/guest—A direct link to a symptom survey campus visitors must complete before arriving on campus and completing a temperature check

School of Journalism and Communication Donates TV News Set

This semester the School of Journalism and Communication is upgrading its broadcast studio set and donating the old set to an academy to help inspire future journalists. For nearly 20 years, the department has used a TV news set that was acquired from WRCB Channel 3 in the early 2000s. It has served as a place for students to learn broadcast news skills, work behind the scenes, and use equipment such as teleprompters and cameras.



“The TV news studio was becoming outdated and took up a lot of room,” said Stephen Ruf, associate professor of journalism and communication. “Our team saw the need for a new set that would be more flexible and lightweight and that could serve more purposes within the studio.”

In January, department leadership offered to donate the old set to Heritage Academy so

academy leaders to see if they would be interested in the old set since she knew they offered video production and communication classes to their students. The team at Heritage Academy gladly accepted the offer.

“Last year, we only had a cloth backdrop and studio lights available to use for our weekly news,” said Bobby Mihaila, video production instructor at Heritage Academy. “We hope that the new set will provide a more professional environment and give a better teaching experience.”

Plans for Southern’s new TV news set are still underway, and completion is expected by May. Additionally, a new interview set has been installed as the School of Journalism and Communication expands the type of studio experience students are able to receive.



As part of Southern’s annual Giving Day, February 16-17, the School of Journalism and Communication has set a goal of raising \$15,000 in order to fully fund the renovation of the studio and new equipment costs. Click [here](#) to learn more.

by Madison Reinschmidt

Watch Intramurals Online

Whether you are just down the street or on the opposite side of the country, you now have the option to watch some intramurals games live online. The School of P.E., Health, and Wellness has arranged to live-stream select games held in Iles P.E. Center this semester. Current COVID-19 restrictions prevent spectators from watching in-person, so we invite you to tune in through the [Intramurals at Southern Adventist University](#) Facebook page.

Volleyball Playoff Games - Court 1

February 15-18
6-10 p.m. (ET)

Basketball Games - Court 1

Monday-Thursday, February 22 to March 25
6-10 p.m. (ET)



Check out the Winter Student Week of Prayer album on Flickr, [here!](#)

Share Your Feedback

Dear Parent,

Welcome back to *Panorama*. We will continue to share relevant and exciting events, stories, and other updates here at Southern during the Winter 2021 semester. Thank you for your continued support and for investing your time to read *Panorama*.

Your thoughts and feedback are valuable! Email southernparents@southern.edu or call 423.236.2581 with your comments or questions.

Thank you!

Madison Reinschmidt, junior mass communication major
Panorama Editor

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