

PARENT COVID COMMUNICATION UPDATE_Sept. 1

SUBJECT LINE: Virtual President's Convocation, Labor Day Reminder, Free Flu Shots and Report an Illness

Parents -

Classes are underway and we have enjoyed a good start to the fall semester. This week we have a few items to share that may be of interest.

Virtual President's Convocation

Each year the Lipscomb community officially kicks-off the academic year with President's Convocation, traditionally held the second Tuesday of fall semester during The Gathering. This year, convocation was held in a virtual format and broadcast live to students, faculty and staff during our traditional Gathering time. [Click here](#) to view the 2020 Virtual President's Convocation.

Labor Day and Fall Break Reminders

With Labor Day coming up next week, we want to remind you that holidays and breaks within the fall semester such as Labor Day and Fall Break have been removed from the academic schedule. This allows us to create a class schedule that has more flexibility should that be needed in the event of a second COVID-19 wave in our region.

Free Flu Shots for University Students

With the COVID-19 pandemic continuing through the summer and the fall flu season around the corner, Lipscomb University has made plans to ensure that every university and Lipscomb Academy employee and every university student at Lipscomb has access to a free flu shot given on campus this fall. Bison Flu Fest, coordinated by Lipscomb's chapter of the American Pharmacists Association-Academy of Student Pharmacists (APhA-ASP) and Lipscomb University Health Services, will set up a two-day flu shot clinic in the Allen Arena concourse on Sept. 23 and 24. Students will receive additional information and notification about Bison Flu Fest in the near future. [Read more](#).

Report an Illness

If students have a fever or show other COVID-19 illness symptoms (cough, shortness of breath or difficulty breathing, fever of 100°F or higher, chills, repeated shaking with chills, muscle pain, sore throat, new GI symptoms and new loss of taste or smell) they should stay home or in their dorm rooms and [report their illness](#) to Lipscomb University Health Services. Students should also report their illness to their RA or RHD. Students may also report their illness through the Lipscomb Ready App.

COVID-19 Dashboard

To view the latest weekly Lipscomb community COVID-19 statistics visit the [Campus COVID Statistics](#) website.

Health Tip of the Week:

Adequate sleep. Good sleep is essential to our overall health. According to The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services and the nation's leading medical research agency: "Immune system activation alters sleep, and sleep in turn affects the innate and adaptive arm of our body's defense system." While the amount of sleep needed for good health and optimum performance mostly depends on the individual, the CDC recommends adults age 18-60 years get seven or more hours of sleep per night. [Read more](#) about the health benefits of adequate sleep.

Web Resources

For more detailed information about the plans for our careful and safe return to campus in August, please visit the [Return to Campus](#) website or email questions to COVIDquestions@lipscomb.edu.

As we continue to welcome students to campus this week and prepare for classes to begin on Monday, I ask that you pray for the health and safety of our students, faculty and staff and that our students' experience is one that is life-changing.

Sincerely,

Stephanie Carroll

Assistant Vice President for Annual Giving and Alumni & Parent Engagement