



October 23, 2020

Hello STHS and Mt. Tallac Students and Families,

We hope everyone had a good week. Enjoy what may be the first bits of snow this weekend!

This week's message includes:

- Mid-term/Semester Finals
- COVID-19 Screening Tool
- Counseling Support
- Viking Strong

Mid-term and Semester Finals - October 29th and 30th

Finals will look different than in the past due to distance learning. Make sure to note teacher expectations as some finals will be end of semester projects or exams. End of semester grades are reported on transcripts and count toward graduation.

Thursday, October 29

- Period 1 - 8:30-10:15
- Period 2 - 10:30-12:15

Friday, October 30

- Period 3 - 8:30-10:15
- Period 4 - 10:30-12:15

Partial on-campus learning and COVID-19 Screening Tool

- STHS and Mt. Tallac is holding classes for identified groups of students who need special support such as students with disabilities, English Learners, or need intensive academic and socio-emotional help.
- Athletes have started practice and so have some of our performing arts students!
- All students who come to campus need to check for symptoms using the [COVID-19 Screening Tools](#) before coming to school. This is another good habit to get into as we prepare for in-person Hybrid.

Health Information:

- [Self Screener-English](#)
- [Self Screener-Spanish](#)
- [Mask Efficacy - English](#)

Counseling Support

Please use this [Counseling Support Request](#) form to request support for academics, emotional health, or the need for resources. Counselors will work with students and families to connect you with what you need. If you are in crisis and need immediate help call one of the [24-hour crisis lines](#).

Habits for Being Viking Strong

In preparation for an anticipated return to in-person learning with a Hybrid schedule on November 30th, please check out three major ways we can be Viking Strong to protect yourself and the health of others. **Tallac posters coming soon!**

PROTECT YOURSELF

and the health of others

MASK UP

- ✓ Have two or more layers of washable, breathable fabric
- ✓ Completely cover your nose and mouth
- ✓ Fit snugly against the side of your face and don't have gaps

BACK UP

Continue to practice safe social distancing



WASH UP

- ✓ Wash hands with soap and water
- ✓ Use hand sanitizer



Viking Strong

Please refer to the [STHS Website](#) and links to [Mt. Tallac](#) both have a lot of great information on schedules, services, and contact information for staff.

Have a safe and healthy weekend!

A handwritten signature in black ink that reads "Carline Sinkler".

Carline Sinkler

Principal