



January 8, 2021

Hello STHS and Mt. Tallac Students and Families,

Welcome to 2021. Wow, 2020 was a long year and although it was challenging, our students have learned and grown in ways we could not have imagined. As we continue to work together through this unprecedented time, we look forward to vaccines in the coming months and ways to stay physically and mentally healthy. We invite our students to join the Viking Wellness Challenge - see information below. Check out the [STHS Website](#) for information on grants, scholarships, and resources.

Today's message includes:

- District update on distance learning
- Link to January Counseling Newsletter
- Viking Wellness Challenge
- January Family Engagement and Important Dates
- Support Resources

District Update On Distance Learning (1/7/21)

As for opening the high school to hybrid, it remains the order of the State at this time that El Dorado County must be in the Red Tier designation for at least two weeks. We are still in the Purple Tier (widespread) and under a regional stay-at-home order as part of the Greater Sacramento area. The district will continue to monitor both our local and district-wide COVID case data and keep you informed along the way.

STHS will update students on any potential changes to schedules for Spring Term next week.

Link to [January Counseling Newsletter](#) Wellness Edition

Viking Wellness Challenge

Vikings! Participate in the Viking Wellness Challenge Jan 11-15 for the opportunity to win prizes!!! Follow IG **@STHS_Leadership** for daily activities.



1/11 [PABA](#) Meeting 5:30pm

1/14 [Boosters](#) Meeting 5:30pm

1/18 MLK Jr. Holiday

1/27 [Cafecitos](#) /ELAC Meeting 5:30pm

1/28-29 Finals/End of First Term

Support Resources

Everyone needs help sometimes! Use this form to request support for academics, emotional health, or the need for resources.

- [Counseling Support Request](#) form
- [Links to mental health and wellness resources;](#)
- [Boys and Girls Club: hot supper for all kids under 18](#)
- [Bread and Broth - Corona Virus updated services/schedule](#)

Warm regards,



Carline Sinkler

Principal

