

March 24, 2020

Hello STHS Students and Families,

We are now into our second week of school closure and we miss you! We also know that many families are struggling for structure and teenagers are trying to find ways to connect with each other and fill the days differently than a couple weeks ago. In this experience, we are already seeing evidence of collective resilience and personal growth.

At this point, students should be checking Google Classroom each day and working on assignments. I have been meeting with teachers virtually and they are collaborating via video chats and sharing ideas for how to create virtual lessons and learning opportunities. Teachers are also beginning “virtual office hours” this week and many are reporting how much the students enjoy “seeing” each other and their teachers.

### **Questions that Encourage Home Connections**

As we continue on our journey into virtual learning and the challenges of physical isolation, healthy routines and relationships have never been more important. While teens often create their own schedule, we also know that it is important to maintain communication and open dialogue! Our Administration and Counseling Team created a simple checklist with questions or reminders that may provide structure and help families to connect on a daily basis about learning and well-being.

#### **Well-Being**

- Did you exercise and or go outside today?
- Did you do something today that made you smile or someone else smile?
- Did you capture your experience in writing, photos, or art?

#### **Learning**

- Did you check in on each of your teachers' classrooms?
- **Ask students to show you their Google Classrooms or assignments.**  
*Seeing is learning.*
- Did you do anything creative or different?

### **Nurse Fred is here to help and answer questions!**

STHS Nurse, Fred Buttrick is the nurse at STHS and he would like to help answer questions and help you to assess your symptoms if needed. Contact Nurse Fred via email at [FButtrick@ltusd.org](mailto:FButtrick@ltusd.org). OR please feel free to call his extension at **541-4111 X1833**.

If you are experiencing a fever, cough or shortness of breath, OR have been in contact with anyone who has tested positive for COVID-19, please call your health provider's office or [Barton's COVID-19 Clinical Health Line at 530.600.1999](#).

*You may experience a hold time of up to 10 minutes during business hours, or longer after hours. National call volumes to COVID-19 Health Lines are peaking around the county.*

## **Food Services**

The district will be distributing a combined breakfast and lunch bag at 8 bus stops throughout the community beginning at 9:45 am through 10:30 am Monday - Friday with the exception of Spring Break (April 6th - 10th): [A copy of the schedule can be downloaded and printed here.](#)

We continue to check messages daily and respond to parent and student questions and concerns. Please see our [STHS website](#) as we update information frequently.

With Gratitude-  
Carline Sinkler - Principal