

# **SCSD PANDEMIC HANDBOOK**

## **DURING DISTANCE LEARNING**

Last updated November 17, 2020

**SAN CARLOS SCHOOL DISTRICT**  
**1200 Industrial Road, Unit 9, San Carlos, CA 94070**

*Please note: As conditions and public health orders change, the SCSD will communicate with families and staff regarding changes and transitions in the instructional program and safety protocols during the pandemic.*

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SECTION 1: INTRODUCTION

# 1. INTRODUCTION

## Letter from the Superintendent

Dear SCSD Community:

Enclosed in this guide is information on new procedures and protocols that have been implemented in our efforts to provide the most effective distance learning environment in these circumstances for our students and staff. When we return to in-person learning we will publish a new Hybrid Learning Guidebook. We have also developed a SCSD Staff Guidebook for our teachers and staff.

I want to acknowledge that the start of the school year is not what you anticipated for your student. We understand that distance learning puts added demands on your family and are not naive to the challenges many in our community are facing during this pandemic event. Some families are dual working households who are struggling to teach multiple children while meeting the demands of their own jobs. Some families are unable to work from home and are struggling for childcare resources. Some are dealing with unemployment, food insecurity and housing insecurity. There are concerns about internet connectivity and lack of devices necessary for distance learning. Some families are concerned about their child receiving an equitable education if they live in a household where English is not the primary language. Some families aren't sure how to access low-cost healthcare or where to go for COVID-19 testing. We want you to know that we hear your concerns, and that our hearts are with you during these difficult times. We hope this guide helps provide all families with reassurances about how SCSD plans to address some of these concerns, as well as links to community resources. We are confident our teachers are committed to building meaningful connections with their students and will provide the instruction and learning experiences our students need regardless of where learning takes place this year.

Our SCSD Board of Trustees voted on July 23, 2020 to begin the year in distance learning for all students due to the increasing health concerns in San Mateo County and Bay Area region. Soon after, San Mateo County was placed on the state watchlist, which places all schools in the county in distance learning to start the year. Now that school has started, our district staff and leaders are continuing to prepare to return to campuses for in-person learning when health conditions permit.

Our principals, teachers, and staff are committed to providing the strongest program we can make available to ensure that your student has a successful year.

# 1. INTRODUCTION

The vision for our children at SCSD is to provide an innovative and engaging learning experience that fosters the development of the Whole Child to ensure success in the 21st century. Meeting that vision requires helping our kids become problem solvers, critical thinkers, collaborators and designers.

We can use this moment as a community to innovate solutions and teach our kids to do just that. Working together, we can demonstrate resilience and perseverance as we work to educate our students while staying safe during this pandemic.

## **A Vision for Our Children**

The San Carlos School District shall provide an innovative and engaging learning experience that fosters the development of the whole child to ensure each student is well prepared for success in the 21st Century, as evidenced by:

- Reaching one's highest academic, social, emotional, intellectual, and physical potential; and
- Becoming a problem solver, critical thinker, risk-taker, designer, collaborator, and innovator; and
- Developing into a contributing, empathic citizen and leader who is a responsible steward of our world and cares about equity and justice, both locally and worldwide.

[-SCSD Strategic Plan](#)

San Carlos is known throughout the Bay Area for its strong public schools. In addition to the strength of our teaching staff, the support of the San Carlos community is the key to our success. Through support of local parcel taxes, PTA advocacy and volunteerism, and donations to SCEF, our community works together every year to ensure a well-rounded education for every student. This year will be no exception; though this support will look and feel different due to the challenges presented by a global pandemic and limited ways to physically engage with each other.

We hope your child is off to a good start to the school year! As we start this new chapter of our response to COVID-19 and reopening schools, we are grateful for, and do not take lightly, the trust you are placing in us. This is a resilient and strong community and I am humbled to lead this district as we take the next step of this journey together.

Respectfully,

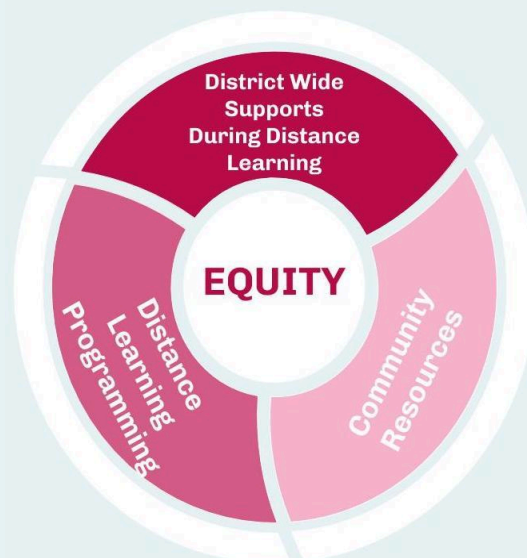
Michelle Harmeier, Ed.D., Superintendent

# 1. INTRODUCTION

## Purpose

The SCSD Pandemic Handbook for Distance Learning, also referred to as the “Blue Book”, will:

- Explain what district-wide supports are available to support families and promote equity during distance learning including:
  - What social and emotional supports are available for families during distance learning
  - How our lunch and nutrition program will work
  - Details on how students can obtain Chromebooks and Wi-Fi hotspots
  - Details on how we will support students with Special Needs, IEPs and 504 plans
  - Parent education workshops to support parents during distance learning
- Provide an overview of distance learning programming considerations including:
  - California state requirements for distance learning
  - Practical tips for families while in distance learning
  - Professional development trainings for teachers and staff
  - Health and safety protocols for students who may briefly need to come onsite during distance learning
- Share community resources including information on where to obtain COVID-19 testing, accessing low-cost healthcare, as well as housing and food resources





# 1. INTRODUCTION

## **Specific Details on Distance Learning**

While this “Blue Book” focuses on broader district-wide initiatives, our individual school sites will be addressing finer details about what daily schedules look like, details on how instructional minutes are calculated, answering questions about schedule flexibility, how assessments will work, and what specific online tools will be used. Our principals have developed a detailed list of FAQs which may help answer more specific questions.

<a href="#"><b>Click here for Lower Elementary FAQ</b></a>	<a href="#"><b>Click here for Upper Elementary FAQ</b></a>	<a href="#"><b>Click here for Middle School FAQ</b></a>
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## **Questions about Hybrid Learning, Reopening Phases and Timelines**

We understand that your family likely has many questions about hybrid learning including what student schedules will look like, what preparations we are making on our school sites, how contact tracing will work and so much more. We are working around the clock on these issues and will release separate guidance at a later time.

At this time, our greatest priority is to deliver the most robust distance learning program experience possible during this Pandemic year since we understand we need to be nimble to pivot to distance learning at any time.

Transitioning to a hybrid model of in-person and at home learning will take place when health conditions improve. Even then, the decision lies with our county health officials and our school board.

## **SCSD Will Provide Ample Notice Before Transitioning to Hybrid**

We understand that families and staff will need ample notice before hybrid learning begins. The Board will be addressing this topic at every board meeting throughout the school year to make decisions about changes in programming. We are committed to providing a minimum of 2 weeks (10 workdays) of notice before any return to on campus learning.

# 1. INTRODUCTION

## Our Commitment

COVID-19 will remain a very real threat for the foreseeable future. Due diligence and proper planning will be what helps us persevere, and we will do so together. SCSD is as resolved as ever to providing high-quality education and social-emotional support and learning to all of our students. In the unprecedented times we find ourselves, SCSD--its Board members, leaders, and staff--wish to clearly state our commitment to the families of SCSD. We are committed to:

- Providing high quality learning whether we are in distance learning, hybrid learning, or full-time in person learning.
- Creating a safe and healthy workplace for our employees and learning environment for our students and families.
- Addressing the needs of all students while designing solutions that don't further exacerbate structural inequities.
- Designing creative solutions within a system that has limited resources and requires fiscal responsibility.
- Valuing and maintaining the strong partnerships and relationships that exist between our community and our staff, ensuring that our connections and respect are stronger as a result of having gone through this together.

## Overview of Distance Learning

### **SCSD Will Begin in 100% Distance Learning for All**

Distance learning refers to students learning remotely and not meeting with teachers or other students for in-person learning at school. The new distance learning state standards will guide instructional minutes per day depending on the grade level of the student and requires live (synchronous) and independent (asynchronous) learning. There will be a blend of whole group, small group and some one on one instruction, as needed. Students will have independent work activities and online learning tools to support learning.

The Board of Trustees adopted an Opening Up Schools Plan on June 18, 2020 that included the ability to move between a distance learning model, hybrid model, and returning to school fully, based on the current health conditions. In June, we were anticipating starting the 2020-2021 school year using a hybrid model. Due to changing conditions, the Board decided on July 23, 2020 that SCSD will open

# 1. INTRODUCTION

the 2020-21 school year in full-time distance learning for all students for a minimum of six weeks. All schools in California counties on the state's monitoring list for rising COVID-19 infections are required to start the year with distance learning and meet specific criteria in order to reopen schools. On July 29th, 2020 San Mateo County was officially added to the state monitoring list.

The Board will meet to outline clear criteria to open in the hybrid mode when health data improves. These discussions and decisions will happen in public at scheduled [Board meetings](#). Information about those meetings is always available on the [District's website](#).

## ***Connections Full Year Distance Learning Program***

SCSD realizes that many families have circumstances that preclude having their children participate in school programs that take place in person. We are committed to giving those students and families a rigorous, high-quality education. In response to our community's need and desire for a 100% full-year distance learning program for the 2020-2021 year, SCSD developed the Connections Distance Learning Program. The Connections Program is taught by dedicated SCSD teachers who utilize curricula that meet grade level standards. The Connections Program will be available to K-8 for the entire 2020-21 school year, and parents may apply for transfers into and out of the program, space and staffing permitting. Please understand that when you choose the Connections Program, you are committing to one year of at-home distance learning and transfers may be delayed due to space constraints.

### SECTION 2: DISTRICT WIDE SUPPORTS

## 2. DISTRICT WIDE SUPPORTS

### Social Emotional Supports

#### Site-Based Care Teams

SCSD has formed Care Teams based at each school site. Our teams are composed of principals, counselors, psychologists, MFT Associates, and district nurses. Our goal is to provide support for students and staff through a variety of check in tools, Social Emotional Learning platforms, and counseling offerings. Our counseling and nursing staff are working with each school site to identify students in highest need of support services and reach out to families with urgent needs first.

#### Counseling Services

Our counseling staff are offering families the option to independently book appointments with our counselors. This ensures your family is able to make appointments seamlessly. They have also compiled a great list of resources on their websites.

#### Lower Elementary Schools

- [Elementary school counseling website](#)
- Book an appointment with [Ilene W. Bragman, M.Ed](#), Arundel and Heather Elementary School Counselor
- Book an appointment with [Kim Arasato](#), White Oaks and Brittan Acres Elementary School Counselor

#### Upper Elementary and Middle Schools

- Book an appointment with Tierra Linda/Mariposa School Counselor [Vivian Garlick, MS](#) or visit her [website](#)
- Book an appointment with [Julie Jobak](#), Central Middle School/Arroyo counselor or visit her [website](#)

#### Social Emotional Learning

Teachers and counselors are continuing to integrate social emotional learning in the K-8 program through Second Step lessons and other curricular resources.

## 2. DISTRICT WIDE SUPPORTS

### **SCSD Family Support Facebook Group**

Our Wellness Director, Mindy Hill, has created a [SCSD Family Support Facebook Group](#) that families may find useful to connect with resources and the SCSD community.

## 2. DISTRICT WIDE SUPPORTS

### Lunch Service and Nutrition

During distance learning **ChoiceLunch**, our school lunch vendor, will provide weekly lunch boxes that include complete meals for each day of the school week. Each box costs \$30 (\$6/meal). If you qualify for REDUCED-PRICE meals, the cost per box will be \$2 (\$0.40/meal).

#### Ordering Lunches

To order your student's Weekly Lunch Box, please log onto [LunchIsServed](#) and place your order. You must place your order by 9am on Friday before the following week.

- [How to create a LunchIsServed account if you qualify for FREE meals](#)
- [How to create a LunchIsServed account if you qualify for REDUCED-PRICE meals](#)
- [How to create a LunchIsServed account for PAID MEALS](#)

#### Collecting Lunches

You will need to pick up your lunch order on MONDAYS (or the first day of the school week) at one of the following locations:

1. Anyone who lives in **East Palo Alto** will pick up at The Boys' and Girls' Club of the Peninsula - 2031 Pulgas Ave, East Palo Alto (between 11-11:30a.m.)
2. Anyone who lives in **Menlo Park** will pick up at Belle Haven School - 415 Ivy Drive, Menlo Park (between 11:45a.m.-12:15pm)
3. **CMS, Arroyo, Brittan Acres and White Oaks** will pick up at Central Middle School near Mustang Hall - 826 Chestnut Street (between 10:30-11:30am)
4. **Heather and Arundel** will pick up at Heather Elementary School - 2757 Melendy Drive (between 10:30-11:30 am)
5. **Tierra Linda and Mariposa** will pick up at Tierra Linda Middle School - 750 Dartmouth Drive (between 10:30-11:30am)

#### Applying for Free or Reduced-Price Meals

**If you qualified for free or reduced lunches last year and want to continue this year, you must re-apply.** The San Carlos School District participates in the National School Lunch Program. At all SCSD schools, students are offered nutritious meals every school day. You may qualify for these meals for free or at a reduced rate (\$0.40 per lunch). The meal programs we participate in are supported by federal and state reimbursements that are based on household income and eligibility. We are able to serve free and reduced-price meals because

## 2. DISTRICT WIDE SUPPORTS

households continue to submit meal applications. You or your child do not have to be U.S. citizens to qualify for free meals. If you are interested in applying for Free or Reduced Price meals you can come to the District Office to complete the form, or you may [use the electronic application](#), download an application [from our website](#) and submit to:

San Carlos School District  
Attn: Lisa Ceragioli  
1200 Industrial Road, Unit 9  
San Carlos CA 94070

### **Access, Connectivity and Tech Support**

Every SCSD student will have access to the devices and connectivity necessary to participate in distance learning. Chromebooks and Internet hotspots are available to families who need them and school sites are coordinating distribution of materials. Information on how to obtain devices will come directly from your school principal. For tech support at home on your district issued device, please contact [HomeSupport@scsdk8.org](mailto:HomeSupport@scsdk8.org).

### **Students with Specialized Learning Needs, IEPs and 504 Plans**

Our Special Education Services teams are dedicated to providing appropriate services to our students with specialized learning needs, IEPs, and 504 plans. Special education services will be provided in accordance with each student's IEP. Special Education staff have updated student IEPs with Distance Learning Plans to reflect services during remote learning. Technology devices and Internet access will be provided to students who need them so that they can participate equitably in remote learning while at home. Questions regarding a student's IEP services should be directed to the student's assigned Case Manager/Education Specialist. For students with 504 plans and chronic or complex medical needs, appointments can be made with our nursing team by emailing [nurse@scsdk8.org](mailto:nurse@scsdk8.org).



## 2. DISTRICT WIDE SUPPORTS

### Parent Education

With the support of our PTA Coordinating Council, our staff, and the Sequoia Healthcare District, SCSD aims to provide a robust menu of parent education offerings this year. In the meantime, look back at videos and presentations from the 2019-2020 school year [here](#).

### SCSD Onsite Childcare Options

Grades Served	Program Name	Program Description
TK-3	<b>SMARTE Clubhouse</b>	The SMARTE Clubhouse program is available to all SCSD students TK-3rd grade students and the program is currently operating at Arundel, Brittan Acres and Heather Elementary Schools. This is on-site, all-day care while schools are on a distance learning schedule. Students are in small, stable cohorts of 12-15 with two program coordinators. We will practice safety protocols including face coverings, no group mixing, physical distancing, health checks and a strict daily health and hygiene routine. There are three options available for families: Full-time 5 days/week, part-time 3 days/week and part-time 2 days/week. Programs run from 8:30 a.m. to 4:30 p.m. each day. <a href="#">Click this link</a> to learn more about the program and register.
K-3	<b>San Carlos Belmont After School Care</b>	SCBASC is a before/after school program provided by a vendor for students in grades TK-3. They currently operate at Arundel, Brittan Acres, Heather and White Oaks. Visit the <a href="#">website</a> here.
4-5	<b>After school Care Enrichment (ACE) Program</b>	ACE is a new After School Program provided by a vendor for students in 4th/5th grades and the program currently operates at the <a href="#">Arroyo</a> and <a href="#">Mariposa</a> campuses. It provides a family-oriented program where students feel safe, at home, challenged, and excited to be a part of each day. To

## 2. DISTRICT WIDE SUPPORTS

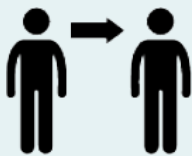
		register, visit the <a href="#">ACE website</a> or for detailed information, contact Eve Daskalakis at 650-931-4007.
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### **SECTION 3: DISTANCE LEARNING CONSIDERATIONS**

# 3. DISTANCE LEARNING CONSIDERATIONS

## California Requirements for Distance Learning

As put forth in California Senate Bill 98



### DAILY LIVE INTERACTION REQUIRED

Students will receive daily live instruction from their teachers.



### TAKING STUDENT ATTENDANCE

Attendance will be taken daily. Attendance procedures will be communicated by your school principals.



### MINIMAL INSTRUCTIONAL REQUIREMENTS

Students will receive a minimum amount of daily instruction which can be met by a combination of teacher instruction and independent work assigned.

- 180 minutes per day for kindergarteners
- 230 minutes per day for grades 1-3
- 240 minutes per day for grades 4-8



### PREVENTING DISENGAGEMENT

Schools will re-engage students who are absent from distance learning for more than three school days in a one week period.



### CHECKING FAMILIES' CONNECTIVITY

Students who do not have a device at home to participate in distance learning will be able to check out a Chromebook from the District. Distribution information will be coming directly from your school site.



### WEEKLY ENGAGEMENT RECORDS

Schools will keep weekly engagement records.

# 3. DISTANCE LEARNING CONSIDERATIONS

## Tips for Supporting Distance Learning at Home

### SUPPORTING DISTANCE LEARNING AT HOME

Tips for caregivers of K-5 students, from the Stanford Project on Adaptation and Resilience in Kids (SPARK)

1

#### LEARNING SPACE

- Find a space in your home that can be used every day for distance learning.
- If the space is shared, create a cardboard or cloth separation to minimize noise and distractions.
- Offer your child the chance to decorate this space to feel welcoming (draw a sign, bring a favorite pillow, etc.).
- Make sure the space includes essential learning materials. Ask teachers for help.

3

#### PREDICTABLE ROUTINE

- Start early when your child is rested.
- Review the daily schedule and make sure your child understands it (e.g., first you will..., then you can ...).
- Help your child build independence (e.g., learn to prepare their own snack, troubleshoot computer problems).
- Let your child know when and how they can ask for help.
- Keep regular sleep times.

5

#### MANAGING FRUSTRATIONS

- Use simple calming strategies: counting to 10, taking deep breaths, a short break.
- Help your child describe the problem and express their feelings (I feel ..., when ...).
- Together, come up with a potential solution and connect it to previously set expectations.
- Explain how the child's behavior is linked to consequences. Set gentle and firm limits.
- Assume that everyone is trying their best. Be kind to yourself. Be patient with others.
- Ask teachers and others for help.

2

#### DAILY SCHEDULE

- Understand what teachers expect from your child. Email, call, or text to clarify.
- Write a simple list of activities that your child needs to complete each day.
- Include breaks for snacks, physical activity, wiggles or stretches, and free choice time. Younger children will need more breaks.
- Encourage your child to decorate the schedule and post it in their space.
- Revise to fit your family's needs. Be flexible.

4

#### GOALS & PROGRESS

- Together with your child, set behavioral expectations and review them daily.
- Set goals and timelines that your child can complete. It's about progress, not perfection.
- Teach your child to use a timer to stay focused for a period of time. Start small!
- Mark daily progress (even not-so-good days) with stickers, pennies, pebbles, etc.
- Use your child's favorite activities as rewards for showing effort and progress.

6

#### CLOSENESS & CONNECTION

- Start each day with a brief joyful experience: a fun greeting, song, dance.
- Create opportunities for your child to be helpful (e.g., household chores, cooking prep, read to siblings).
- Each day, try to connect with your child without any distractions. Highlight positive experiences. If you have time, do an activity together that the child selects.
- Create opportunities for your child to share their worries, and provide reassurance.

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Contact: <https://sparklab.stanford.edu>

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EDUCATION

### 3. DISTANCE LEARNING CONSIDERATIONS

#### Professional Development

Teachers and staff participate in professional development every year. This year, we are committed to supporting all of our teachers and staff in developing their virtual teaching skills throughout the year. Professional development has been offered in the following areas and will continue throughout the year:

- Using online core curriculum modules
- Robust use of learning management systems: SeeSaw and Google Classroom
- Using tools for synchronous and asynchronous online teaching
- Using educational applications to maximize student learning
- Social emotional learning, equity and social justice

Schedule for Ongoing Professional Development	
Prior to Beginning of School	
August 4-12	Optional Paid Menu of Sessions/Topics
August 13	Full Day of Professional Development Required for all Teachers
August 14, 17, 18	Collaborative Planning Time for Teams/Departments and Menu Options
Ongoing Professional Development Opportunities	
<ul style="list-style-type: none"><li>• Two staff meetings per month (90 minutes)</li><li>• One Professional Development Per Month (90 minutes)</li><li>• Full Professional Development Day (January 4)</li></ul>	

#### What Does NOT Change in Distance Learning

While it seems like so much is changing every day, there are many ways our distance learning program will reflect the normal, in-person school year.

##### **Beginning of Year Focus on Building Connections and Community**

Every year, our SCSD community begins the year with warm introductions to their new teachers and peers. Historically, the first few weeks of school we have a strong focus on community building among new and returning students. The same

### 3. DISTANCE LEARNING CONSIDERATIONS

will be true for all students this year, whether students are beginning the first few weeks of distance learning or the Connections Programs. This social emotional component is more important now than ever. Families should anticipate a kind welcome and collaborative activities focused on building relationships between students and teachers. As the year progresses, more intensive instruction will take place.

#### **Grade Level Standards, Assessments and Grades**

Students will all be taught to the very same grade level standards during distance learning as they would during in-person learning. Our teachers will continue to collaborate by grade level and subject matter so there will be consistency across the grades.

Students will be assessed throughout the year on their progress towards standards and receive three report cards during the year, like they normally would in a typical year. Elementary students will receive standards-based report cards and middle school students will receive letter grades.

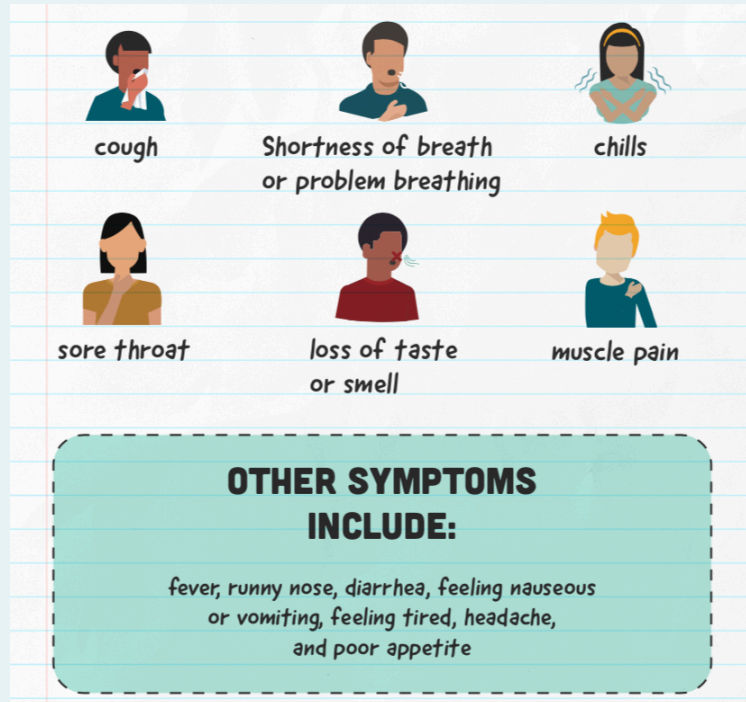
#### **Health and Hygiene Protocols for SCSD Parents and Families Visiting School Sites**

There may be instances where parents or families need to visit school sites during distance learning, for example to collect Chromebooks or supplies onsite. Our health and hygiene protocols are guided by the County of San Mateo Office of Education as well as available guidance at the county, state and national level.

#### **Before Coming To School Sites During Distance Learning**

- Please take your temperature and your child's temperature at home before coming to school. Use FeverFree platform. Stay home if it is above 100.4 degrees Fahrenheit.
- Ask your child if they are having symptoms that may be consistent with COVID-19 and complete FeverFree screening **every day**.

### 3. DISTANCE LEARNING CONSIDERATIONS



- Do not come onsite if you have been in close contact with someone with COVID-19 or who is experiencing COVID-19 symptoms in the past 14 days.
- Plan for childcare. In order to minimize the number of individuals onsite, we ask that only one adult accompanies your child onsite and that when possible, you do not bring siblings.



### 3. DISTANCE LEARNING CONSIDERATIONS

#### While Visiting School During Distance Learning



- Maintain 6 feet of distance from people not inside your own household.
- Everyone must wear a face covering. Generally, a face shield is not an acceptable alternative for a face covering. We will have a supply of face coverings on hand for students and parents who need them.
  - Per San Mateo County's Health Officer, a Face Covering means "a covering made of cloth, fabric, or other soft or permeable material, without holes, that covers only the nose and mouth and surrounding areas of the lower face. A face covering should not be medical-grade or use a valve device." It cannot be made of mesh material.
- Practice hand hygiene. Hand sanitizer will be available. Hand hygiene is especially important when handling face coverings. Please remind your child to resanitize or wash their hands after touching face covering such as pulling them up or down, or adjusting the front.

### 3. DISTANCE LEARNING CONSIDERATIONS



#### Staff Training on COVID-19

All staff coming onsite have received training on the following:

- COVID-19 signs and symptoms screening; instruction to stay home if feeling sick; safe use of face coverings; hand hygiene; coughing and sneezing etiquette; cleaning and disinfecting community spaces; importance of physical distancing; and Multisystem Inflammatory Syndrome in Children (MIS-C).

### 3. DISTANCE LEARNING CONSIDERATIONS

#### COVID-19 FAQ During Distance Learning

**What should I do if after visiting SCSD, I discover that someone in my household tests positive or COVID-19 or has come in close contact with someone who has tested positive for COVID-19?**

If after coming to your school campus, you find out that someone in your household or someone you have been in close contact with has tested positive for COVID-19, please let us know right away so we can perform contact tracing for other individuals who were on site that day. The SCSD COVID-19 point of contact is Nurse Terri.

**Nurse Terri**

**District Nurse, San Carlos School District  
nurse@scsdk8.org**

**Do I need to notify SCSD if my child or someone in my household tests positive for COVID-19 during distance learning but we have not visited a school site?**

No. You only need to notify us about a COVID-19 test result or COVID-19 exposure if you have been on school property in the 14 days prior. If you or someone in your household tests positive for COVID-19, you should strictly follow all isolation requirements given to you by your healthcare provider and/or San Mateo County before visiting a school site for any reason, including being symptom-free without the use of fever-reducing medications for at least 24 hours.

**Where can I learn more about how SCSD will handle COVID-19 exposures in the school setting?**

Please see our [SCSD COVID-19 Exposure Procedures Handbook](#) for more in-depth information on our process for handling COVID-19 exposure protocols.

**Does my child need to complete all of their immunizations before coming onsite during distance learning?**

Yes. At the time of publication of this handbook, all normally required immunization requirements for schools remain in effect **even for students in 100% distance learning or the Connections Program**. Per California law, students who do not meet immunization requirements must be excluded from the distance

### 3. DISTANCE LEARNING CONSIDERATIONS

learning environment until immunization requirements are met. Our district nurses have contacted families who are not yet up to date. The most up to date guidance on immunizations for students can be found at:

<https://www.shotsforschool.org/>

While the state of California does not require students to receive flu vaccinations, we highly encourage all families and students to receive their annual flu immunizations.

More information on free and low-cost vaccinations can be found by clicking [here](#).

### SECTION 4: COMMUNITY RESOURCES

## 4. COMMUNITY RESOURCES

### Overview of COVID-19 in San Mateo County

The [San Mateo County Health](#) website contains the most up to date information on local community health conditions including COVID-19 case counts for San Mateo County by age bracket and race, current hospitalization rates, ICU capacity, number of deaths, and more.

### COVID-19 Testing

There are many ways an individual can receive testing for COVID-19. Testing can be done through a primary care doctor, an urgent care center, through Project Baseline, or through other pop up sites organized by San Mateo County Health. [Click here](#) for the most up to date guidance for how to get tested in San Mateo County.

### Parenting Support

Parents are under tremendous amounts of stress during this pandemic. A national 24 hour/7 days/week parenting support line can be reached at 1-888-220-7575.

### San Mateo County Health Resources

[This link is a comprehensive list from San Mateo County Health](#) that addresses where families can receive the following supports:

- Information on Coronavirus Aid, Relief, and Economic Security (CARES) Act
- Education and childcare resources
- Employee and workers rights information
- Unemployment resources
- Eviction information and assistance
- Financial resources
- Food pantries and meal assistance
- Health (mental and physical) services including [affordable health insurance](#)
- Homelessness services
- Housing, rental and mortgage assistance
- Immigration updates and legal assistance
- Small business resources
- Utility assistance and resources
- Volunteer and donation opportunities

## 4. COMMUNITY RESOURCES

### Food Resources

[Second Harvest Food Bank of Silicon Valley](#) has resources on how to obtain food.

### Mental Health or Substance Use

Mental health resources include:

- Crisis Text Line - Text "SUPPORT" to 741741
- Grief Counseling Hotline - Call 1-800-656-4673
- [One Life Counseling Center](#)

### Resources for Undocumented Communities

[Immigrants Rising](#) has a list of resources to help undocumented individuals navigate the COVID-19 Pandemic.

### Legal Services

[Click here](#) to visit the Legal Aid Society of San Mateo website.

## **Final Note**

We hope this guide is helpful in explaining the district-wide supports available to your family during distance learning and detailing more information about our distance learning programming. Please be sure to follow all health and hygiene protocols outlined if you visit campus for any reason. We also hope the final section on community resources helps families know where to obtain essential services and supplies during this COVID-19 pandemic. We are committed to being proactive to bridge equity disparities as they arise for our students and families. Please contact your child's principal or counselor for assistance.

We want to acknowledge once again what a challenging time this has been for our families, students, staff and teachers. Thank you for your resilience, for showing up to voice concerns and share new ideas, and for helping to make the San Carlos community stronger. We must work together and support one another now more than ever. We wish your students a very successful distance learning experience and look forward to sharing future plans with you as soon as possible.