

March 20, 2020



Dear Staff:

I know we are facing unprecedented challenges right now, and I want to commend you for all of your remarkable efforts. All of our teams have been working exceptionally hard to ensure learning continues for all of our students. I appreciate the success we are achieving despite the difficulty you face in converting to “Distance Learning practices” without any notice or a plan in place. It should be noted that all SVCTE students left with three weeks of lesson plan or class assignments. That is commendable. Thank you for making us shine! I know all our staff will be providing positive learning environments while providing health and safety for students and family at the same time. Again, everyone has really pulled together to deliver outstanding service. Thank you!

In keeping you up to date and in keeping the clarification simple, here is what I know from attend conference calls today with Santa Clara County Public Health Department and Santa Clara County Office of Education:

1. The Governor’s Order for the most part expanded “Shelter in Place” to all counties in California that were already in place in the local 9 bay area counties. For the most part the state-wide order is almost identical to the “Shelter in Place” that was put in place in Santa Clara County.
2. Yesterday, there were a few employees from a local school district that were pulled over by a police officer(s) while they were in route to assist with custodial & lunch duties. A local Superintendent contacted the policy department immediately. Because of that situation, please carry your employee/school ID with you at all times.
3. Regarding the closure of schools and the window; there will continue to be more discussion next Monday. However, with that said, all 9 counties will come together to make an announcement. There currently is no new news for re-opening. The rationale is based on the fact that we do not know how well “social distancing” will mitigate the “spread of the virus.” At this point the Public Health department contributes the spread to local transmission. It is no longer spreading through travel outside the country. All 9 county health departments and county sups will with make decisions with any date or dates.
4. It was recommended by the County Office of Education that we begin to settle into operating in a “new normal.” and recognizing the “essential services needed to operate in

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the current “distance learning” mode. In closing, over and over the Public Health Department emphasizes a lot of people have already been exposed, there are not enough kits to test, if you do not have symptoms, do not test. Stay within your household, do not invite people over with the plan of 6 feet for social distancing. Sick people should stay at home. Exercise common sense.

5. The FAQ's that I have been sending out from [Santa Clara County Public Health Department](#) are updated at 2 pm each day. Check back for updates.
6. Most districts are doing exactly what we intend to do next week at MetroED and that is:
 - Deep cleaning where needed
 - Support technology needs
 - Deploy packets for student learning
 - Coordinate for Governing Board meetings
 - Work remotely
 - Develop a Distance Learning plan
 - Review essential operations

Tips to Stay Healthy

In addition to following the advice and orders of our Governor and Public Health Officer, here are some tips to help you practice self-care during this time:

1. Healthy habits. While this may seem simple, any health care provider will tell you that getting good sleep, eating healthy, drinking plenty of water and exercising regularly can help boost your immune system. Consider our Public Health Officer's guidance and practice social distancing while taking care of your physical and mental health.

2. Digital detox. Continuous watching or listening to media reports, reading online news or social media can lead to unintended fear and anxiety. Try to limit your intake of news to a couple of key reliable sources and remember to check our Public Health Department and the Centers for Disease Control and Prevention websites for key COVID-19 updates.

3. Mindfulness. Being present and living in the moment can help you reduce anxiety. If you need help calming your mind, try listening to mindfulness apps or listening to visualization resources. And, remember to access your health plan's mental health and behavioral health services if you start to feel overwhelmed. Mental health and behavioral health providers are essential services.

4. Hand awareness. In addition to frequent proper handwashing, be aware of what you touch, and clean and disinfect throughout the day since your hands are a key way germs get into our body.

5. Normalize new salutations. Elbow bumps, a head nod, a virtual high five or a nice smile are the new ways to greet others without having to shake hands. Give it a try and others will appreciate your thoughtfulness.

Stay well, warmly, Alyssa