

3/16/2020

Parents and Guardians

As we enter the coming weeks, we have a few more updates for you and your families.

Meals during the School Shutdown: Bag lunch meals will be available for district students, beginning tomorrow, **Tuesday, March 17th at the Grade School from 10:00am - Noon and at the High School from 11am - 12:30pm.** Meals are available for pick-up only. Students may pick meals up themselves or Parents and Guardians may pick meals up for their children from EITHER single location. Nobody will be allowed inside to eat. Meals for multiple days may be picked up on the same day (limited to 4 total days this week and 5 total days next week) and each bag will include items for breakfast and lunch. Please be mindful of all that are need this service. At this time, there will be no distribution on Friday, March 20 or Friday March 27.

Please visit our school website for additional school and health information regarding COVID-19, and what you can do to help reduce the spread of infections.

Have a good evening.

[[For Website Letter]]

Parent Messages: Tomorrow, we will be placing, on our school websites, the parent messages that have gone out over the past couple weeks.

Learning Resources: To supplement the materials our teachers are providing, we encourage you to engage your children in other free, online educational activities. The Illinois State Board of Education has compiled a library of resources at www.isbe.net/keeplearning.

State Assessments: State Assessments scheduled during this time have been postponed. Information from the state regarding completion of the assessments will be released at a later date.

Concern over this new virus can make children anxious. It is very important to remember that children look to adults for guidance on how to react to stressful events. If adults seem overly worried, children's anxiety may rise. Adults should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy.

Children also need factual, age-appropriate information about the potential seriousness of disease risk, so the focus of conversation should be concrete instructions about how to avoid infections and the spread of disease. Teaching children positive measures, talking with them about their fears, and giving them a sense of some control over their risk of infections can help reduce anxiety. Please talk with your children about precautions they can take to stay healthy, including:

- Wash your hands with soap and water for at least 20 seconds is best, especially if they are visibly dirty. An alcohol-based hand sanitizer that contains at least 60% alcohol is a suitable alternative. Consider showing your children one of these videos about proper handwashing technique: www.cdc.gov/handwashing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- Stay home if you are able to stay home. Avoid travel if you can.