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Message from the County Superintendent of Schools, Dr. Dewan

Greetings everyone,

As we continue to practice gratitude this month, I would like to begin this message by expressing my gratitude for all of you, our community. I thank you for your constant support, patience, and understanding while navigating our shared experiences of 2020.

In preparation for the upcoming Thanksgiving holiday, I encourage you all to be diligent in the proper wearing of your face covering, frequent hand washing, physical distancing and limiting social gatherings to those in your own household. Due to the increase in numbers and the pending holidays, ten Bay Area Public Health Officers have issued the following recommendations for safer

holidays and travel. Staying healthy means being mindful of <u>risk reduction</u> <u>strategies</u>, getting routinely tested for COVID-19, and <u>getting a flu shot</u>.

The holidays can increase our stress threshold; however, experts suggest the following tips for enjoying a relaxing time. Start by taking inventory of how you feel and reach out to your support system if you need help. Additional excellent

resources are offered through our <u>county's Behavioral Health Services partner</u>. It is also highly recommended to reflect on what you value about the holidays; perhaps making a favorite dish or trying a new recipe. Based on what is important to you, create a plan to stay focused, which can reduce stress. It can be easy to abandon a healthy lifestyle during the holidays, but part of keeping stress at bay is to incorporate healthy habits such as getting plenty of sleep, staying physically active, and eating nutritious, wholesome foods.

There is no doubt that restricted physical interaction is a sacrifice we are currently making to ensure everyone's health and safety. Leading up to the holiday season, we are especially grateful for virtual conversations, familiar voices, and the various innovations that still allow us to stay connected, enjoy the warmth of relationships, and focus on the true meaning of the holidays.

Be well, Mary Ann Dewan, Ph.D. County Superintendent of Schools

Public Health Updates

Blueprint for a Safer Economy

On November 17, sharply growing COVID-19 case and positivity rates led to Santa Clara County being placed in the purple (most restrictive) tier under California's <u>Blueprint for a Safer Economy</u>. <u>Understand which activities and businesses are open in the four tiers</u> (PDF)

As stated in the July 17 <u>School Reopening Framework</u> (PDF), schools are not required to close if a county moves back to the purple tier but should consider routine testing of staff. However, if a school or district had not already reopened for in-person instruction while in the red, orange or yellow tiers and then the county is moved to the purple tier, it may not reopen those schools until the county moves back to the red tier and remains there for 14 days.

This post was provided by the PHD Emergency Operations Center



Santa Clara County Office of Education COVID-19 Testing for Educators and Staff

We are pleased to announce free COVID-19 testing for Santa Clara County educators, staff and their families is returning to the Ridder Park campus. Appoint-free testing will occur in the San Jose Room from 12 - 6 p.m. on the following dates:

- Friday, November 20
- Tuesday, November 24
- Tuesday, December 1



For educators and staff who have frequent interaction with the public, testing at least once a month is recommended. This type of COVID-19 test is a gentle and non-invasive nasal swabbing. The test is free regardless of insurance status. Insurance information will be requested but is not required, and co-pays will not be billed.

Stronger Together PSA Series

The Santa Clara County Office of Education (SCCOE) <u>Stronger Together public service announcements (PSAs) series</u> is available for your viewing. The videos, and their useful information, highlight actions everyone can take to prevent possible spread of the virus. Check out the latest video, <u>Physical Distancing</u>; it's a timely addition as winter approaches.





COVID-19 Testing, Safe, Quick, and Easy!

As winter quickly approaches, there is no time like the present to get tested for COVID-19!

SCCPHD offers free testing in each city in Santa Clara County one to two weekdays per month. The sites are appointment-based, allowing for a fast testing

experience. The County Fairgrounds site offers large capacity appointment-based drive-through testing and is open on Saturdays. Details for each testing site and upcoming testing dates can be found at SCCFreeTest.org.

The Santa Clara County Public Health Department (SCCPHD) recommends that educators and other school staff who are working on-site, and have frequent interactions with students or the public, take a COVID-19 test and have the results prior to returning to the site. Educators and other school staff are also encouraged to participate in surveillance testing at a cadence of at least once a month. Testing can be accessed through one's healthcare facilities for more information click here. Symptom-free essential workers who are unable to receive testing from their healthcare provider can inform the SCCPHD by visiting sccCOVIDconcerns.org.

This post was reviewed by the PHD Emergency Operations Center.

Flu Shot Clinic

Don't forget to get your flu shot to prevent you from becoming ill and spreading it to teachers, classmates, coworkers, family members, and people in your household. Shots available for everyone 3 years and older. Children between six (6) months and three (3) years old should get the flu vaccine and other scheduled vaccinations through a health care provider. Children age 3 -17 must be accompanied by a guardian.

More information and other locations for free flu shots: English <u>sccphd.org/flu</u>, Spanish <u>sccphd.org/flu-es</u>, Vietnamese <u>sccphd.org/flu-vi</u>, or telephone 2-1-1.



Resources for Schools and Districts

NewsLit Camp A Virtual Educator-centered Experience

Join the News Literacy Project (NLP), the San José Public Library and NBC Bay Area on December 2 and 3 for a virtual, teacher-centered NewsLitCamp featuring breakout sessions with local journalists. This program is part of a series of NewsLitCamp events led by the News Literacy Project in collaboration with a diverse group of news organizations around the country.

The two day event is free, register <u>here</u>.

NewsLitCamp®

A VIRTUAL EDUCATOR-CENTERED PROFESSIONAL DEVELOPMENT EXPERIENCE

with NBC Bay Area

Join the News Literacy Project (NLP) and the San José Public Library

for a virtual, free educator-centered NewsLitCamp featuring breakout sessions with NBC journalists.

Educators: Please be sure to register with your school email address in if you plan on applying for PD credit in your school district. You will receive a certificate of attendance to apply for continuing education credits within your districts.







Questions? Email us at NewsLitCamp@newslit.org or visit us at newslit.org for more information.

Register (it's free!):

bit.ly/newslitcampSanJose

Dec. 2 and 3

3:00 - 6:00 p.m. PT



This NewsLitCamp is sponsored by the John S. and James L. Knight Foundation.



Be sure to visit the SCCOE's <u>The Stronger Together website</u> for the latest information as it becomes available. Resources are available for districts, school sites, and the greater community.

De Anza College Planetarium Virtual Field Trip

The De Anza College Planetarium is pleased to announce brand-new <u>virtual field trips</u>, with six program options developed around grade-appropriate Next Generation Science Standards (NGSS), created for students in grades K-8. Topics include:

- observation and explanation of the motion and cycles of the Sun, Moon, and stars;
- moon phases;
- constellations;
- reasons for the seasons;
- · climate change; and
- gravity.

Open-source software Stellarium is used to simulate the sky and sky motions as seen from Earth, as well as the proprietary DigitalSky2 software from Sky-Skan, Inc. to observe planets in space and to get different views of our Solar System and beyond!

To access an informational video, <u>click here</u>. Visit the De Anza College Planetarium <u>website</u> to sign up today!

*Post provided by The De Anza College Planetarium



Walden West Nature Nuggets & Virtual Learning

Walden West is now hosting virtual learning across a variety of social media platforms!

The community is invited to engage in Nature Nuggets, science-based lessons for being outside in nature as well as being inside at home. Videos and images are based on NGSS, and connect to other outdoor relatable school and camp content.



City of San José Child Care Scholarship Program

FIRST 5 Santa Clara County and the City of San José are proud to announce the release of the City of San José Child Care Scholarship Program Application for families. This program will provide up to 40 scholarship opportunities to families who meet the following criteria:



- were affected by COVID-19;
- meet the income eligibility requirements that would qualify them as a "gapfamily" according to the Housing Urban Development (HUD);
- have a child under the age of six who is in need of high-quality childcare;
 and
- resides in the City of San José.

For more information on this program click here.



Celebrate Thanksgiving in a Healthy and Safe Manner

Looking for a fun sign to print and display as you celebrate Thanksgiving in a healthy, and safe manner, while being mindful of <u>risk reduction</u> <u>strategies</u>? Check out <u>this entertaining sign</u>, available for use, that also conveys important reminders.

November 23-27 is National Game & Puzzle Week!

Playing traditional board games has many positive benefits for children. Games strengthen interpersonal relationships and collaboration skills. Reading and spelling skills can be learned and expanded by almost any game that involves words, like Apples to Apples and Scrabble.

Games that require banking or counting, like Monopoly and Life, promote math



skills.

Games like Pictionary and Charades promote creativity, storytelling skills, confidence, and abstract thinking.

Strategy-based games like Chess encourage problem-solving, decision-making, and thinking ahead.

What are your favorite games? Which do you plan on playing this week?

Looking for ideas? Here are four (4) games, from www.highlights.com, that can be played anytime, anywhere, and will surely bring smiles to everyone's

faces.

- **1.** 20 Questions: One player thinks of an object, letting the others know only whether it is animal, vegetable, or mineral. Then the other players ask questions that can be answered only with yes or no. For instance, if the object is a car (mostly mineral), the players will ask, "Is it bigger than a laptop computer?" or "Can it move?" The object: Guess the answer in fewer than 20 questions.
- **2.** Botticelli: Each player takes on the persona of a well-known person and offers only that person's initials as a clue. The questioners try to guess the identity of the person by asking specific questions that can be answered only with yes or no. The first questions may be general, such as "Are you alive today?" The player, answering in character as George Washington, for instance, may say, "No, I'm not alive today" without offering any other information. The next questions continue to zero in on the identity until a player correctly guesses the mystery person. Botticelli is a great game for older kids who are familiar with people in the news and historic figures. It can be made more difficult by using just a last or first initial.
- **3.** Categories: One player states a "category" and the other players take turns naming items that belong in that group. The category can be as broad as "animals," or as narrow as "types of dogs." Traditionally, a clapping rhythm keeps up the pace so players won't take forever to come up with a response. The category chosen determines how difficult or easy the game is. The game continues until players run out of ideas for the category.
- **4.** Geography: Each player comes up with a place name (town, state, country, etc.) that begins with the same letter as the last letter of the place the previous player mentioned.

Example: Player 1 says Spain. Player 2 has to name a place that begins with an N, such as New York, which ends in K. Player 3 then mentions Kansas. Keep going for as long as you can name a new place.

Announcements



- Please note in observance of Thanksgiving, the Santa Clara County Office of Education, Ridder Park campus, will be closed on November 26 and 27.
- Santa Clara County Moves Back to the Purple Tier, What this Means for Schools
- Santa Clara County Office of Education in Partnership with Curative to Provide Staff with Routine Testing Services for COVID-19

About the Santa Clara County Office of Education

Working collaboratively with school and community partners, the Santa Clara County Office of Education (SCCOE) is a regional service agency that provides instructional, business, and technology services to the 31 school districts of Santa Clara County. The County Office of Education directly serves students through special education programs, alternative schools, Head Start and State Preschool programs, migrant education, and Opportunity Youth Academy. The SCCOE also provides academic and fiscal oversight and monitoring to districts in addition to the 22 Santa Clara County Board of Education authorized charter schools.









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