



Santa Clara County  
Office of Education

# Weekly Round-Up

COVID-19  
MAY 13, 2020

EQUITY | DIVERSITY | INCLUSION | PARTNERSHIP

## Message from the SCCOE Superintendent, Dr. Dewan

Hello everyone-

We continue to appreciate, celebrate, and support our essential workers. In addition, I want to take a moment to applaud our young heroes. The youth of Santa Clara County have had everything they know - daily routines, social connections, extra-curricular activities, and special events disrupted without warning. So much change has happened so quickly, and as new rules, information and news are revealed it can be stressful. Even so, our youth show their resiliency by getting up each day, adjusting to the uncertainty, and continuing to learn and grow. So, when you see a young person today, smile, say thank you, and reassure them we are there for them.



Be Well,  
Dr. Mary Ann Dewan  
County Superintendent of Schools

## Resources for Schools and Districts

## SCCOE Learning Resource Portal

Everything for teachers in one place. Learn tips and tricks for setting up virtual classrooms, access lesson resources, and take advantage of free professional learning. The resources found on the portal have been created, curated, or reviewed by the Professional Learning & Instructional Support teams at the Santa Clara County Office of Education. Please check back often on the site as these resources are updated regularly. View the site [here](#).

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### CDE Webinars for Educators

To register click directly on the webinar of interest.

[Resources for Remote Learning for Students who are Blind and Visually Impaired \(May 13, 2020, 3 p.m.\)](#)

[Lesson Planning for English Learners in Distance Learning Environments: Secondary Educators \(May 13, 2020, 4 p.m.\)](#)

[Support for Distance Learning: The History-Social Science and English Language Arts/English Language Development Frameworks \(May 14, 2020, 10 a.m.\)](#)

[Distance Learning English Language Development \(ELD\) and Dual Language Instruction \(DLI\) Webinar \(May 14, 2020, 1 p.m.\)](#)

[Deaf Education Webinar \(May 14, 2020, at 3 p.m.\)](#)

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### CDE Releases COVID-19 Operations Written Report Template

Please click [here](#) to read the COVID-19 Operations Written Report Guidelines. To access the COVID-19 Operations Written Report template click [here](#) and it is located under Accountability.

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### Protecting your Mental Health During COVID-19

Take a moment to watch the Santa Clara County Health Department's Facebook Live from May 11th that supports protecting your mental health. May is mental health month and this resource can be shared with staff and parents in your district. You do not have to have Facebook to watch the video. For video link click [here](#).

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Would you like to learn about services that San Jose Public Librarians can offer virtually? From class visits scheduled by teachers to library service updates that can be shared during parent and staff meetings, librarians can customize visits to fit your group's needs. They can join your event via Zoom, Google Hangouts, WebEx or Skype. For more information, please click on this [link](#).

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### **Upcoming live webinar series on COVID-19 Best Practices**

Take advantage of these upcoming live webinars being hosted by Anthem EAP and SISC at no cost to you.

#### **[Best Practices for Working Remotely During COVID-19](#)**

Date: May 13, 2020

Time: 3:30pm to 4:30pm

Learning to work from home 100% of the time will require adaptability and a new set of skills. This webinar will outline strategies for communication, productivity, and time management all within the context of working from your home environment. Discussions will include how to work around your children, how to manage distractions and how to cope with the unique emotional pressures of working away from the office.

#### **[Dealing with Stress during COVID-19](#)**

May 20th, 2020

Time: 3:30pm to 4:30pm

This webinar is geared to helping people dealing with ongoing stress. As this pandemic continues it is more important than ever to understand how to manage not only our own stress but that of those around us. This webinar will provide practical strategies for identifying the symptoms of stress and keeping it under control.

#### **[Staying Social during Social Distancing](#)**

May 27th, 2020

Time: 3:30pm to 4:30pm

It is easy to start to feel isolated or lonely during these important times of social distancing. This webinar will discuss the importance of keeping your social life active and the importance of social distancing while giving you different methods of staying social while staying distant.

## **Public Health Updates**

### **CDC Guidance**

Emerging evidence suggests a significant number of people may be infected with COVID-19 who are asymptomatic and capable of spreading the virus to others. People are now considered to be infectious 48 hours before the start of their symptoms until their isolation period ends. This makes social distancing and frequent hand washing even more critical.

- [CDC guidance:COVID-19 Symptoms](#)
- [CDC guidance:COVID-19 Protection](#)

- [CDC guidance: FAQ's](#)

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## Santa Clara County Health Department

The Santa Clara County Health Department has **extended the shelter in place to May 31st**. For guidance on the new order please click [here](#). For an overview of changes click [here](#).

- Santa Clara County Health Department: [FAQs](#)
- Santa Clara County Health Department: [COVID 19-Dashboard](#)
- [Spanish](#)
- [Vietnamese](#)

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## Guidance on Face Coverings

The Santa Clara County Health Department is urging the community to wear face coverings in public and when interacting with others. Using a face covering, that protects both your mouth and nose, will help to slow the spread of the Novel Coronavirus.



Please [click on this link](#) for more valuable information and guidance about face coverings.

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## Social Distancing Protocols

All Essential Businesses are required to prepare, post, and implement a [Social Distancing Protocol](#) at each of their facilities at which they are maintaining operations. Please [click here](#) to read the complete order from the Santa Clara County Health Department. To help protect yourself if you are out in public remain a minimum of six feet in distance from others, use face coverings, and wash your hands as frequently as possible.

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## Playgrounds are Closed

Don't forget playgrounds are not open during the shelter in place. Please review the Santa Clara County Health Department order [click here](#), section 13.



## Resources for Families

### May is Mental Health Awareness Month

May is mental health month, and one way to **#BreakTheStigma** is to focus on healthy facets of our daily lives. Maybe more than ever, it is important to be purposeful in taking care of our mental health and increase resiliency no matter what situations we face. Making small, positive changes in our lives can help our minds and bodies. The list below are just some thoughts about ways that may assist us with our healthy focus. Keep a journal or log of the changes, so you're able to celebrate the positive impact small changes can have.

- Uninterrupted sleep for 8 hours each night.
- Avoid sugars, greasy foods, salts, processed foods, and saturated fats.
- Eat 2-3 well-balanced meals per day.
- Include natural probiotics in your diet: (yogurt, miso, sauerkraut, kefir, kimchi, etc.)
- Drink at least about 3 liters of water per day.
- Engage in a physical activity for at least 30 minutes a day.
- Engage in positive thoughts and conversations; avoid toxic thoughts, people, and conversations.
- Regularly practice mindfulness, or meditation-
- Stay present in your relationships.
- More "in person time" interactions (following Santa Clara County Public Health Social Distancing and face covering guidance), less "screen time"
- Reserve "Me Time" in your schedule, every day.



Santa Clara County  Office of Education

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### Community Resources for Youth, Families, and Individuals Impacted by COVID-19

If you, a family member or someone you know has been impacted by the Novel Coronavirus (COVID-19) and need food assistance, health services, financial help, legal assistance or other support services, there are some available resources that can help. Many of the services are available to all members of our community, regardless of ability to pay or immigration status. Please click [here](#) to find out more.

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## **Stanford Medicine offers high-priority COVID-19 testing and new app to first responders**

Stanford Health Care has begun offering priority drive-through COVID-19 testing to police, firefighters and paramedics in Santa Clara and San Mateo counties. To find out more click [here](#).

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## **SCCOE Announces New Online Portal for Essential Workers to Access Childcare**

Santa Clara County Office of Education (SCCOE) in partnership with county and city leaders, community organizations and agencies throughout Santa Clara County has announced a [new online portal](#) to provide essential workers, as defined by the Santa Clara County Department of Public Health, access to childcare during the [shelter-in-place order](#).

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## **Inclusion Collaborative Family Resource Chats**

FREE and offered every Tuesday at 11:00 am, Inclusion Collaborative Family Resource Chats provide information to all who would like to learn more about the resources the Inclusion Collaborative provides to support student learning at home. Experienced Inclusion Specialists will provide a variety of supports family and professionals alike can access. Please use the following [link](#) to learn more.

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## **Uplift Family Services**

The [Uplift Family Services' Mobile Crisis Team](#) provides 24-hour intervention to children and teens in the community who are in acute psychological crisis. To access the 24-hour/7 days a week crisis line call 1-408-379-9085 or call toll-free 1-877-41-CRISIS (412-7474).

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## **Families First Coronavirus Response Act (FFCRA)**

The Families First Coronavirus Response Act (FFCRA) is part of the federal government's response to the COVID-19 pandemic. For information and FAQ's about FFCRA please use the links provided. [Information](#) and [FAQ's](#)

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## **Meal Resources for the Community**

Throughout Santa Clara County there are a variety of resources available to the community. Please visit SCCOE's [webpage](#) to see local districts' meal distribution, as well as the City of San Jose's Silicon Valley Strong [page](#) that has a map of meal availability across the county.

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## **Press Releases from the Santa Clara County Office of Education**

**COVID-19 Testing Now Available at Two Sites Within**



**Santa Clara County** Click [here](#) to read the press release.

*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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