

December 18, 2020

Contact Info: Shannon Chandler
Public Information Officer
Tel: (530) 541-2850 ext. 1025
Email: schandler@ltusd.org

Re: LTUSD Newsletter

Good afternoon LTUSD community,

As we near the winter break, the District sends wishes for a healthy, safe, and happy holiday season. These times are like no other in the history of our lives - no one could have imagined a year like this. We want you to know that the school district is keenly aware of the strain on our students', staff, and families' mental health. The holidays can add to the already-present stress caused by these times and so we offer some mindfulness strategies for staying focused on the lightness and the brightness that is still in our lives. The first of which is our children - there is no greater **love**. Let's hold our children, look into their eyes, tell them we love them, and that this year will be behind us soon. Second, hang on to **hope**! Things truly are looking up with the vaccine and economic stimulus package on the way. Boy, what I would give for a day on the softball field - the BBQ, the kids, and the fans! We all have things we are hopeful for and it feels like they're right around the corner! Third, find **gratitude**. Immerse yourself in thoughts of gratefulness - it's a great way to defend against anxiety and insomnia. Lastly, **laughter**. Find every opportunity to smile and laugh, whether a funny movie, a standup comedian, playing with a pet, or tickling your own feet - whatever it takes! Stay focused on that light at the end - we can finally see it! Please take these next two weeks to hunker down with family and let's get this virus under control, together.

And as for school, the District has high hopes for a sharp decline in our cases over the next few weeks, very high hopes. We will send a communication on January 7, 2020 on the status of our local COVID data and the possibility of re-opening.



IN THE SCHOOLS

LTUSD Meal Delivery Service Is Suspended Over The Break, however, local food banks will continue to operate as follows:

- Bread and Broth, 1041 Lyons Ave., is open on Monday December 21st from 3:00 p.m. to 5:00 p.m.
- The Phoenix Pantry at the Presbyterian Church is doing drive-up and walk through Wednesday the 23rd and Wednesday the 30th from 11:00 a.m. to 1:00 p.m.
- Christmas Cheer will be available at 1120 3rd Street Tuesday the 22nd and Wednesday the 23rd 10:00 a.m. to 3:00 p.m.

The Lake Tahoe Environmental Science Magnet School has started taking names for the Fall '21 roster of Kindergarteners. If you have a child that will be turning 5 on or before Sept 1st, 2021, please email the "Kindergarten Enrollment Request Form" found on our school website (<http://ltesms.ltusd.org/>) to mtruszewski@ltusd.org between Jan 4 and March 26. The lottery is held on or around April 1st. (If your child turns 5 after Sept 1, you may enroll in the Transitional Kinder program at Tahoe Valley School, but not at the LTESMS).

SOS Outreach Learn to Ski Snowboard is seeking participants! Our district is working with a non-profit called SOS Outreach that provides ski and snowboard

programs that include instructions, lift tickets and equipment to youth participants for five days through the Learn to Ride program. This is an EXTREMELY economical way to get your students engaged with a great winter activity. To learn more, please click on the link below.

[SOS Outreach Information and Registration January/February 2021](#)

If you have any questions about THIS program, please don't hesitate to email Mr. Kinnett at rkinnett@ltusd.org. Final day for registration is January 4th! **See attached flyer for more information.**

Suicide & Depression Parent Presentation - Join Lisa Utzig Schafer with Suicide Prevention Network along with Licensed counselors Juanita Hernandez- Morin, Psy.D., Licensed Clinical Psychologist, from County Mental Health at 10:00 am and Anna Lee, AMFT, with A Balanced Life at 6:00 pm, for a presentation on Depression & Suicide-Teen Edition. Learn about warning signs, what to say, and community resources. Presentations may last up to an hour.

10:00 am presentation: meet.google.com/jyh-yjfi-eye

6:00 pm presentation: meet.google.com/mfp-digi-chp

For questions please contact Lisa at lschafer@spnawareness.org or call/text 530-600-6520

Good News out of STHS - new grant award! STHS has received another Strong Workforce Grant Award for our Career Technical Education programs. Our programs will receive \$290,000 to enhance environmental education while building our students' skills and experience in "green" construction, clean energy technologies in automotive classes, and support growth and integration of a natural resources/environmental engineering pathway. Many thanks to Kim Carr, our K-12 Strong Workforce Coordinator, and teachers, Isaiah Tannaci, Travis Steil, Tim Martin, Rachel Friedman, and Tom Castles for contributing to the grant application and providing concrete examples for realizing the districts Climate Literacy Resolution.

[South Lake Tahoe Toys for Tots drive brings in gifts for 347 local youth](#) – South Tahoe Now - The holidays will be a bit more brighter this season after the community Toys for Tots toy drive provided special gifts for 347 kids.

[Operation School Bell helps kids dress for success](#) – Mountain Democrat - Many happy, smiling children and their thankful families were seen at the seven Operation School Bell events hosted by Assistance League Sierra Foothills this fall in El Dorado County... Special recognition also goes to the many school personnel from Lake Tahoe Unified School District, principal Kevin Cadden and staff from the Buckeye Union School District and Kim Kahn and staff from Placerville Union School District, all who graciously volunteered their time.

[City of South Lake Tahoe allocates funds to help with propane, food, and to go containers](#) – South Tahoe Now - During the city council meeting on Tuesday, funds were approved to further assist the community during the pandemic

Harvest of the Month: The UC Cooperative Extension CalFresh nutrition education program partners with Barton Health and LTUSD to implement Harvest of the Month, a statewide initiative that motivates students to make healthier food choices and brings fresh, in season produce to all South Lake Tahoe elementary schools. December's Harvest of the Month is Turnips! Here is a [link to this month's newsletter](#) and the corresponding [Turnips Video](#) - share and enjoy!

Urgent! Maximum District funding is dependent on the Household Income Form In past years, a large part of our school funding was calculated based on National School Lunch Program (NSLP) applications, however, due to COVID-19 and the issuance of free meals to all students, most districts in CA, including ours, did not collect NSLP applications, and therefore will not receive the maximum amount of funds for which we are eligible. In lieu of NSLP applications, the state is requiring us to submit [Household Income Forms](#) from 100% of our income eligible families. By taking the time to fill out this form you will allow the district to qualify for its regular level of funding, but without your participation, these funds will not be received. This is so important, that we are asking *all* families to complete the form, even if you think you don't qualify. It only takes 4 minutes or less.

- There is only one form needed per household
- You do not need to fill out the form if you already qualify for Food Stamps, CalWORKS, KinGAP or FDPIR, or otherwise Direct Certified.
- You do not need to fill out the form if you already filled out a Free & Reduced Meals Application at the beginning of the school year.
- The information you give us is CONFIDENTIAL and used within our District only.

Please take the time to help our schools receive the maximum funding possible to support our programs! Here is [a link to the form and more information](#). If you prefer, paper copies of the form are available at the District Office.

IN THE COMMUNITY

Barton Health Begins Covid-19 Vaccination Rollout To Its Frontline Amidst a snowstorm and facing record numbers of coronavirus cases, the COVID-19 vaccination has arrived at Lake Tahoe. Barton Health received 500 doses of the Pfizer-BioNTech vaccine from the State of California, and inoculation has begun for healthcare workers on Barton's frontline. As with other counties in the state, this first shipment of the COVID-19 vaccine is specifically allocated for healthcare workers and hospital Skilled Nursing Facility residents, under California's tiered vaccination rollout. **More information in the attached press release...**

Lake Valley Fire releases holiday truck schedule (South Tahoe Now) The time-honored tradition of Lake Valley Fire Protection District touring streets in their jurisdiction with a decorated fire engine returns starting December 11. Due to COVID-19, the Holiday engine will not be handing out candy canes this year but all are welcome to wave and say hello from a safe social distance. Each night they start their trek between 5:00 p.m. and 5:30 p.m. [Read more...](#)

COVID Testing Available at Lake Tahoe Community College Through March 2021 — Lake Tahoe Community College will continue to serve as an appointment-only COVID-19 testing center through March 31, 2021. The college's standalone Physical Education building is the only large-scale COVID-19 active virus testing site operating in El Dorado County. **See attached press release.**

Holidays During the Pandemic, a message from ChildMind.Org: As we head into the holidays, families everywhere are struggling to make plans appropriate for the pandemic. How do we celebrate when we can't be together as usual? How do we resolve differences of opinion about what is safe? How do we deal with more disappointment and frustration — and help our kids do the same? [Read more...](#)

Covered California Open Enrollment - If you need health insurance, Barton Health's certified enrollment counselors offer FREE enrollment assistance by phone to review Covered California health insurance coverage options and guide you to the right plan. **See attached flyer.**

NIXLE - Parent Texting Network from Drug Free Coalition As a parent, you are naturally concerned about your children's safety. As they grow older, one of those concerns centers on their potential exposure to drugs/substances of abuse and possible addiction. DFC provides a free parent texting network whereby you can choose to receive periodic texts (1-2 per month) identifying substance use trends seen locally in our schools and community, information about the drugs themselves, links to studies, and resources in our local area for assistance and treatment. **To join this texting network, simply text STDFC to 888777.**

South Lake Tahoe Mobile Pantry December 23 The Food Bank of El Dorado County holds their SLT Mobile Pantry / Free Farmers Market in St. Theresa's Church parking lot every 4th Wednesday (December 23) from 10:00 am to 11:00 am. If you or someone you know is in need of fresh produce and a week's supply of staple foods come on down!! We hope to see you there! For more info please email info@foodbankedc.org .

LTUSD's COVID-19 Resource pages - Includes links to information and resources for families and students; links to flyers regarding coronavirus and [what to do if your child has symptoms](#); and links to [LTUSD Community Resources Page](#) .

EDC Community Hubs, staffed with family engagement, literacy and health specialists, work to strengthen families and reduce isolation and stress. They can help with resource referrals and various social services applications as well. EDC Hub5 also maintains a Facebook group where it shares resources, information, parenting advice and activities: www.facebook.com/CommunityHub5/.

UC Cooperative Extension Central Sierra During the COVID-19 pandemic, you can help spread the word about Central Sierra resources to make sure everyone has enough to eat. **If your family, your neighbors, or anyone you know is in need of food, assistance is available!** Links to information about all Central Sierra food banks, WIC agencies, school meal sites, senior meals, how to **sign up for CalFresh/food stamps**, food safety, home cooking, home-based activities for families, and more are available on the following webpage, which will be regularly updated until the end of the crisis: **COVID-19 Community Resources**.

Messages from Live Violence Free - Upcoming Events, Podcasts, Trainings:

One Conversation Podcasts: Live violence Free has just launched [#OneConversation](#) Podcasts. We dive into self-care, healthy relationships, relationship challenges and more. Listen here: <https://www.youtube.com/watch?v=Pwr0VoMpdWk&t=244s>

Una Conversacion Podcasts: Live violence free ahora ofrece podcast en Español. En este podcast tenemos una conversacion de qué es una relación de violencia domestica, La rueda de poder y por qué no se va la víctima de una relacion abusiva. Una conversacion, El podcast donde creemos que una conversación puede cambiar una vida. Escucha aqui: <https://j.mp/3nwoOPj>

One Conversation Campaign We need your help to end child abuse, domestic violence, and sexual abuse in our community. [#OneConversation](#) can change someone's life. Learn about how to recognize the signs of abuse and how to talk to a victim and connect them with help. Together. we can end violence on the South Shore. <https://liveviolencefree.org/oneconversation/>

Crisis Intervention Training Live Violence Free is providing another free training for crisis intervention - it could be a real lifesaver! If you complete the 65.5 hour training online, you'll earn your state certification to be a Certified Crisis Counselor for free and have a good avenue for meaningful employment. You'll also be helping and supporting victims of domestic abuse and sexual violence so they can heal. Sign up today!

https://liveviolencefree.org/get-involved/crisis-intervention-training/?fbclid=IwAR1GngtYi2IAhJle2HS78tiUQNhZsVSIAMgp_PYsExpiDJRxulO-mIFAWRg

Gift a Christmas

Live Violence Free Gift a Christmas program formerly known as “Adopt a Child” will move forward this year virtually. You can now gift a Christmas and purchase gifts from the comfort of your home. If you are interested in providing one of our clients with a smile and gifts, please call (530) 264-5321 to connect with the coordinator or for any questions. To Gift a Christmas, click on the link: <https://signup.com/go/XzYgnZp>

Links to your school sites and local education news:

[LTUSD Website](#)

[South Tahoe High School](#)

[South Tahoe Middle School](#)

[Bijou Community School](#)

[Tahoe Valley Elementary](#)

[Sierra House Elementary](#)

[Lake Tahoe Environmental Science Magnet](#)

[Elevated Digital Learning Academy](#)

[LOCAL EDUCATION NEWS](#)

[DISTRICT CALENDARS](#)

[DISTRICT NEWSLETTERS](#)

[COVID-19 FLYERS, SELF-SCREENING FORMS, HANDOUTS](#)

Wishing you a warm and happy holiday season.

Shannon Chandler

Executive Assistant to the Superintendent

Public Information Officer

Lake Tahoe Unified School District

Email: schandler@ltusd.org

Website: www.ltusd.org