



Estimadas Familias Nicasio,

April 2, 2020

GRACIAS por todo lo que han hecho para apoyar a sus niños, sus profesores y a nuestra escuela durante estas tres semanas de aprendizaje a distancia. Estoy muy orgullosa de nuestra comunidad. Nuestro personal ha entrado a todo un nuevo mundo de enseñanza y aprendizaje con un espíritu de si se puede y sentido de humor. Ustedes han apoyado a sus niños con las actividades académicas, proyectos y usando la tecnología mientras que malabanean con su trabajo, obligaciones familiares y ahora escuela en casa. Ésto ha sido un enorme ajuste para todos nosotros y nadie pidió por ello. Pero en mis momentos mas oscuros, me quedo con el echo de que permanecer en casa para la mayoría de nosotros, significa tener acceso a las colinas para caminatas y jardines para tomar un poco del sol primaveral. También nos mantenemos como una comunidad escolar conectada gracias a la era de Zoom y Google en la que vivimos. Hablando de...

Cada profesor ha creado oficialmente su propia sala de clases en Google classroom. **Todos los estudiantes podrán acceder estas salas usando su cuenta de correo como estudiante de la Escuela Nicasio y su código personal.** Si usted no sabe la información personal de correo electrónico de su estudiante, favor de contactar a su profesora. Nuestros especialistas también han creado sus salas de clase... ino se pierdan el trabajo de español de Ms. Alice, la clase de arte en vivo de Ms. Janis los martes y jueves y el video de ejercicios con nuestro Coach Neal!

La Sala de Usos Múltiples estará abierta mañana (viernes) para *un miembro de cada familia* quién puede entregar el trabajo académico de la semana 3 y recoger la semana 4 (abril 13-17). Puede ver el horario adjunto y gracias de antemano por practicar su distancia social mientras que está en el área escolar.

Muchos de ustedes posiblemente han escuchado la conferencia de prensa del Gobernador Newsom, en la cual hizo eco a la noticia de que tal vez las escuelas permanezcan cerradas por el resto del ciclo escolar. Seguimos trabajando con la oficina de Salud y Servicios Humanos del Condado de Marín sobre los asuntos de seguridad pública y cierre de escuelas. En cuanto nosotros recibamos la información definitiva sobre la extensión del cierre de escuelas la compartiremos inmediatamente. En este momento continuaremos con el aprendizaje a distancia hasta el 1º de mayo con el conocimiento de que tal vez se extienda a través del resto del ciclo escolar.

Si su estudiante está enfrentando ansiedad durante estos tiempos estresantes y confusos, nuestra Consejera Escolar, Jessica Chesbro, está disponible para todos los estudiantes de Nicasio. Favor de contactarla directamente a través de su correo electrónico jchesbro@bacr.org para pedir una cita a distancia.

Por último, la semana que entra es Receso de Primavera. Espero que disfruten del descanso de escuela, de cualquier forma en que su "estancia en casa" sea. El personal y yo esperamos "verlos" a todos otra vez el lunes 13 de abril. ¡Felices Pascuas!

Estén bien,

Barbara

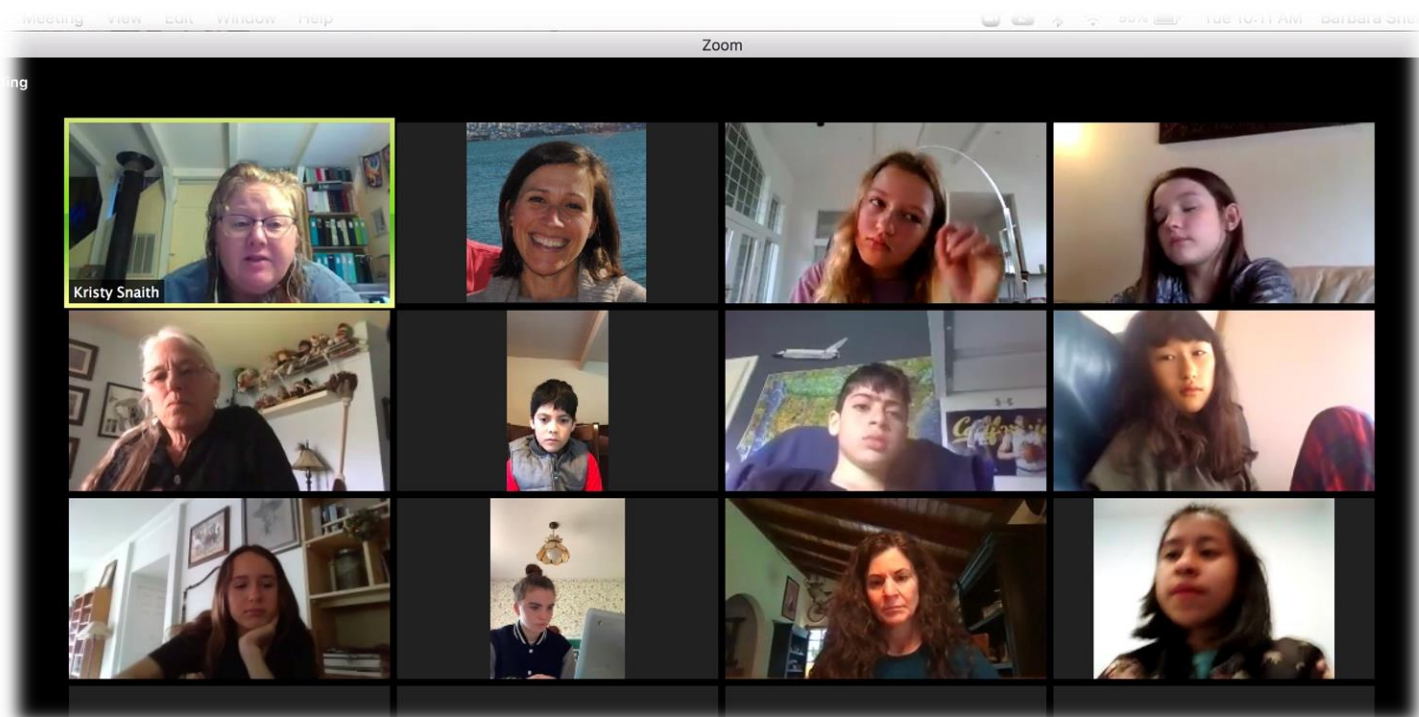


Nicasio School's **TRUE HEROES** ~ YOUR DEDICATED TEACHERS
Ms. Kristy, Ms. Damena & Ms. Elle
Sending love & support ... *from a distance*

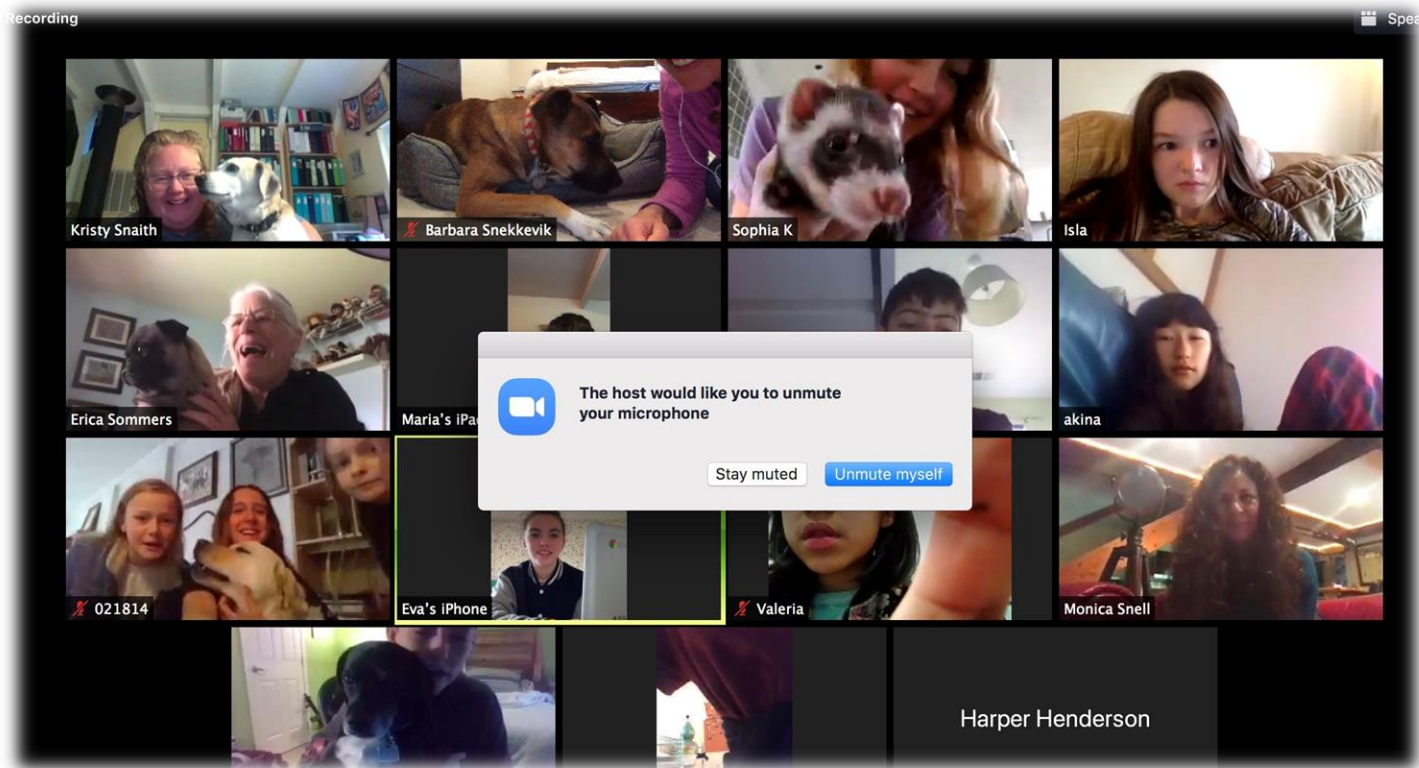
The Dixon-Perdomo family sheltering in (a BEAUTIFUL!) place...



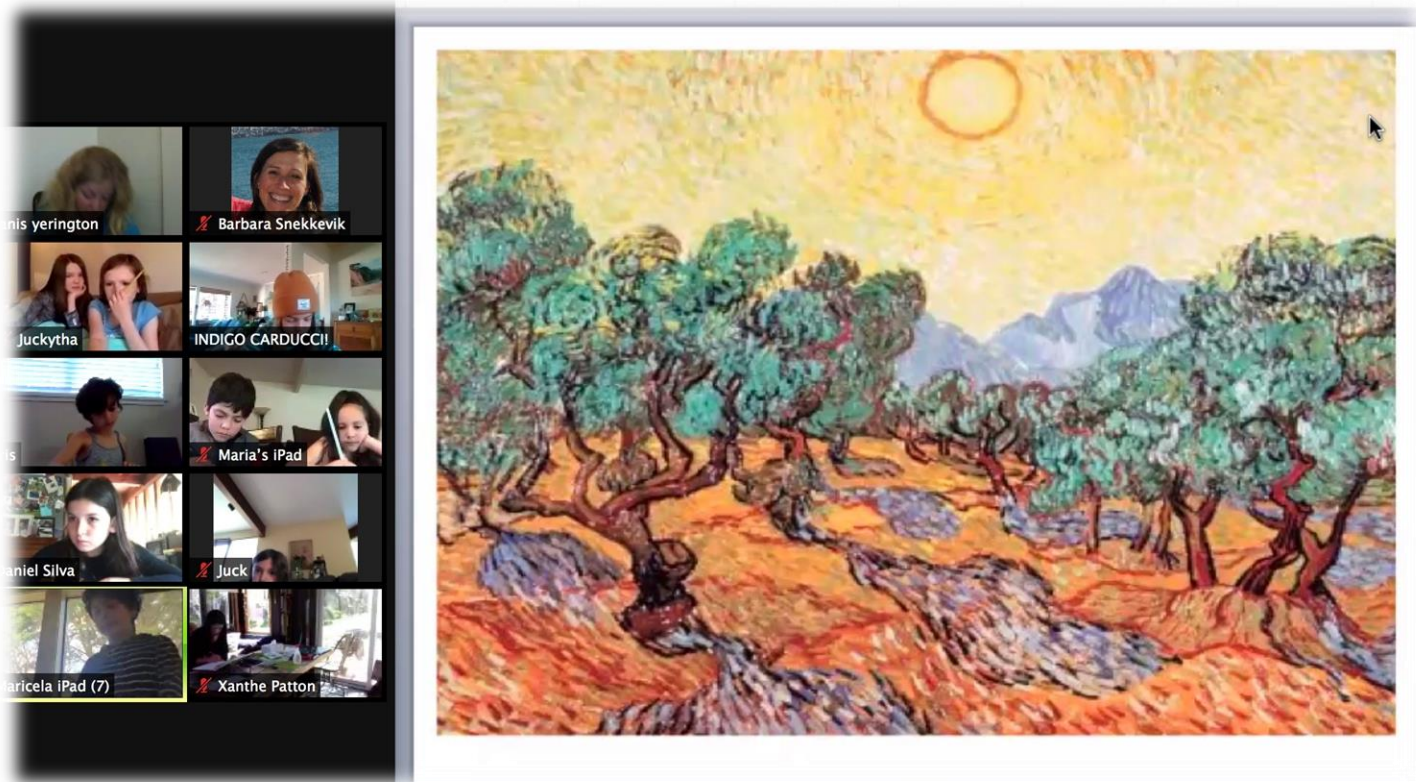
Distance learning with Ms. Kristy...



Pets are learning too! ...



Art with Miss Janis ...



And in case you missed it – P.E. with Coach Neal, Coach Buck, Big Dog, Little Dog & Friends!...



Meet Assistant Coach "Big Dog" ...



,
and Coach Buck...



Team Snekkevik working out along with Coach Neal's P.E. video ...





Little Dog giving licks of encouragement! ...



Exercising is *always* more fun while singing! 😊



The "3-penny flip" class finale! ...



And that's a wrap.... Until next time!

NICASIO SCHOOL DISTANCE LEARNING
HOMEWORK DROP-OFF & PICK-UP SCHEDULE

~ **BY FAMILY** ~ (*MPR Entry Limited to 1 Member of Each Household**)

FRIDAY, APRIL 3, 2020

Please arrive to the MPR during the following assigned time blocks:

1-1:30PM

Ager
Aguilar
Alvarado
Andrews
Barajas
Barry
Burton

1:30-2PM

Diaz
Dixon-Perdomo
Ferreiro/Arndt
Figueroa
Gorman
Henderson
Hernandez
Klein

2-2:30PM

Kuzma
Loose
Maloney
Mata
Meckfessel
Mercado
Ramirez

2:30-3PM

Remer
Saldana
Silva
Skapik
Taylor
Uzri
Vazquez

**For health & safety purposes, please maintain social distancing of 6 ft. or more while awaiting MPR entry.*

Thank you for your cooperation and support!

February 29, 2020

Talking to Children About COVID-19 (Coronavirus) A Parent Resource

A new type of coronavirus, abbreviated COVID-19, is causing an outbreak of respiratory (lung) disease. It was first detected in China and has now been detected internationally. While the immediate health risk in the United States is low, it is important to plan for any possible outbreaks if the risk level increases in the future.

Concern over this new virus can make children and families anxious. While we don't know where and to what extent the disease may spread here in the United States, we do know that it is contagious, that the severity of illness can vary from individual to individual, and that there are steps we can take to prevent the spread of infection. Acknowledging some level of concern, without panicking, is appropriate and can result in taking actions that reduce the risk of illness. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm.

It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Parents should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy. However, children also need factual, age appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and spread of disease. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

Specific Guidelines

Remain calm and reassuring.

- Children will react to and follow your verbal and nonverbal reactions.
- What you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety.
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

Make yourself available.

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- It is important that they know they have someone who will listen to them; make time for them.
- Tell them you love them and give them plenty of affection.

Avoid excessive blaming.

- When tensions are high, sometimes we try to blame someone.
- It is important to avoid stereotyping any one group of people as responsible for the virus.
- Bullying or negative comments made toward others should be stopped and reported to the school.
- Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home.

Monitor television viewing and social media.

- Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present.
- Speak to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information.
- Talk to your child about factual information of this disease—this can help reduce anxiety.
- Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this.
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children.
- Engage your child in games or other interesting activities instead.

Maintain a normal routine to the extent possible.

- Keep to a regular schedule, as this can be reassuring and promotes physical health.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

Be honest and accurate.

- In the absence of factual information, children often imagine situations far worse than reality.
- Don't ignore their concerns, but rather explain that at the present moment very few people in this country are sick with COVID-19.
- Children can be told this disease is thought to be spread between people who are in close contact with one another—when an infected person coughs or sneezes.
- It is also thought it can be spread when you touch an infected surface or object, which is why it is so important to protect yourself.
- For additional factual information contact your school nurse, ask your doctor, or check the <https://www.cdc.gov/coronavirus/2019-ncov/index.html> website.

Know the symptoms of COVID-19.

- The CDC believes these symptoms appear in a few days after being exposed to someone with the disease or as long as 14 days after exposure:
 - Fever
 - Cough
 - Shortness for breath
- For some people the symptoms are like having a cold; for others they are quite severe or even life threatening. In either case it is important to check with your child's healthcare provider (or yours) and follow instructions about staying home or away from public spaces to prevent the spread of the virus.

Review and model basic hygiene and healthy lifestyle practices for protection.

- Encourage your child to practice every day good hygiene—simple steps to prevent spread of illness:
 - Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds).
 - Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow. Do not share food or drinks.

- Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.
- Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness.

Discuss new rules or practices at school.

- Many schools already enforce illness prevention habits, including frequent hand washing or use of alcohol-based hand cleansers.
- Your school nurse or principal will send information home about any new rules or practices.
- Be sure to discuss this with your child.
- Contact your school nurse with any specific questions.

Communicate with your school.

- Let your school know if your child is sick and keep them home. Your school may ask if your child has a fever or not. This information will help the school to know why your child was kept home. If your child is diagnosed with COVID-19, let the school know so they can communicate with and get guidance from local health authorities.
- Talk to your school nurse, school psychologist, school counselor, or school social worker if your child is having difficulties as a result of anxiety or stress related to COVID-19. They can give guidance and support to your child at school.
- *Make sure to follow all instructions from your school.*

Take Time to Talk

You know your children best. Let their questions be your guide as to how much information to provide. However, don't avoid giving them the information that health experts identify as critical to ensuring your children's health. Be patient; children and youth do not always talk about their concerns readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. It is very typical for younger children to ask a few questions, return to playing, then come back to ask more questions.

When sharing information, it is important make sure to provide facts without promoting a high level of stress, remind children that adults are working to address this concern, and give children actions they can take to protect themselves.

Information is rapidly changing about this new virus—to have the most correct information stay informed by accessing <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Keep Explanations Age Appropriate

- Early elementary school children need brief, simple information that should balance COVID-19 facts with appropriate reassurances that their schools and homes are safe and that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people take every day to stop germs and stay healthy, such as washing hands. Use language such as “adults are working hard to keep you safe.”
- Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community. They may need assistance separating reality from rumor and fantasy. Discuss efforts of school and

community leaders to prevent germs from spreading.

- Upper middle school and high school students are able to discuss the issue in a more in-depth (adult-like) fashion and can be referred directly to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.

Suggested Points to Emphasize When Talking to Children

- Adults at home and school are taking care of your health and safety. If you have concerns, please talk to an adult you trust.
- Not everyone will get the coronavirus (COVID-19) disease. School and health officials are being especially careful to make sure as few people as possible get sick.
- It is important that all students treat each other with respect and not jump to conclusions about who may or may not have COVID-19.
- There are things you can do to stay health and avoid spreading the disease:
 - Avoid close contact with people who are sick.
 - Stay home when you are sick.
 - Cover your cough or sneeze into your elbow or a tissue, then throw the tissue in the trash.
 - Avoid touching your eyes, nose, and mouth.
 - Wash hands often with soap and water (20 seconds).
 - If you don't have soap, use hand sanitizer (60–95% alcohol based).
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Additional Resources

Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>

Coping With Stress During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About, <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>

For more information related to schools and physical and mental health, visit www.nasponline.org and www.nasn.org.

Lavado de manos: Mantenga sana a su familia

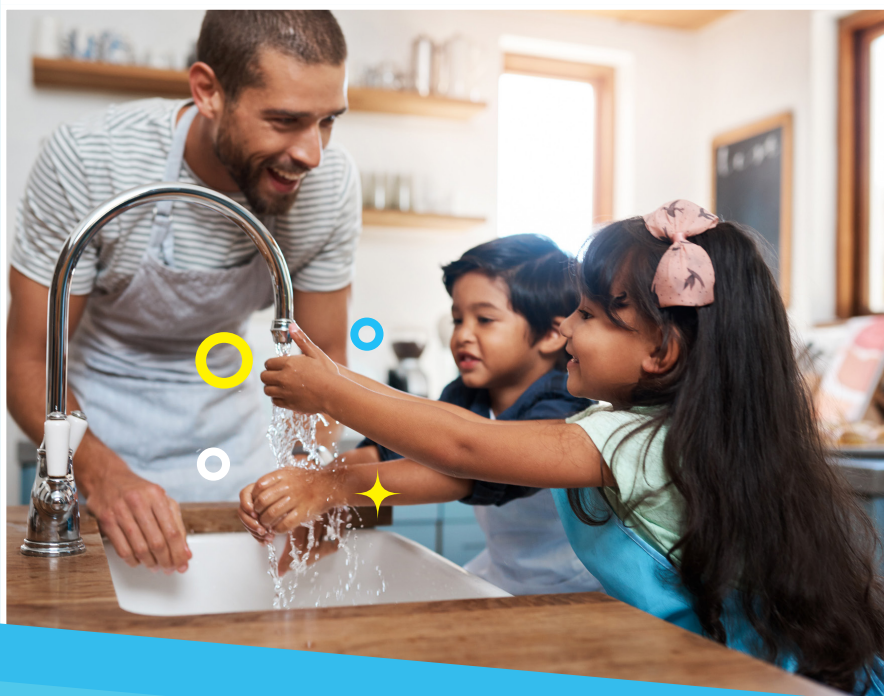
El lavado de manos es una manera fácil, barata y eficaz de prevenir la propagación de microbios y mantener sanos a los niños y a los adultos. Cuando su familia está sana, no tiene que preocuparse por faltar a la escuela, al trabajo o a otras actividades.

Ayude a que su hijo aprenda a lavarse las manos

Los padres y los cuidadores cumplen un papel importante en enseñarles a los niños a lavarse las manos. El lavado de manos puede convertirse en un hábito saludable para toda la vida si comienza a enseñarles esta práctica desde que son pequeños. Enséñeles a los niños los [cinco pasos fáciles para lavarse las manos](#) —mojarse, hacer espuma, restregar, enjuagar, y secar— y los momentos clave para lavarse las manos, como después de ir al baño o antes de comer. Puede encontrar formas de hacer que sea divertido, como inventar su propia canción de lavado de manos o convertirlo en un juego.

Dé el ejemplo al lavarse las manos

Los niños pequeños aprenden imitando los comportamientos de los adultos en su vida. Cuando usted hace que el lavado de manos sea parte de su rutina, está dando un ejemplo para que sus hijos sigan.



LA VIDA ES MEJOR CON LAS

**MANOS
LIMPIAS**



www.cdc.gov/lavadodemanos

Este material fue elaborado por los CDC. La campaña La Vida es Mejor con las Manos Limpias es posible gracias a una asociación entre la Fundación de los CDC, GOJO y Staples. El HHS y los CDC no respaldan productos, servicios ni empresas comerciales.



CS310275-A

El lavado de manos
puede prevenir

1 de cada **3**

enfermedades diarreicas



1 de cada **5**

infecciones respiratorias, como
el resfriado o la influenza



Recuérdesele frecuentemente

Aprender a lavarse las manos toma tiempo. Al principio, su hijo necesitará que le recuerde regularmente cómo y cuándo lavarse las manos. Es particularmente importante recordarles a los niños que se laven las manos después de ir al baño, antes de comer, después de tocar mascotas, después de jugar afuera y después de toser, estornudar o sonarse la nariz. Pero una vez que el lavado de manos se convierta en un hábito y en parte normal del día del niño, lo practicará toda la vida.

¿Y si no hay agua y jabón disponibles?

Lavarse las manos con agua y jabón es la mejor manera de eliminar los microbios. Si no tiene agua y jabón disponibles, use un desinfectante de manos a base de alcohol que contenga al menos un 60% de alcohol y lávese las manos con agua y jabón en cuanto pueda.

¿Sabías Que?

Las toallas húmedas para bebés podrían hacer que las manos parezcan limpias, pero no están diseñadas para eliminar los microbios de las manos. Los CDC recomiendan lavarse las manos con agua y jabón cuando sea posible.



Recuerde hacer que el lavado de manos sea un hábito saludable ;en la casa, la escuela y durante las actividades recreativas!

Kindergarten Registration – Fall 2020

Nicasio School District is announcing kindergarten registration for the 2020-21 school year. Children eligible for registration must be **5 years old or before September 1, 2020** and reside within the boundaries of the Nicasio School District.

Transitional kindergarten for the 2020-21 academic year is available to children residing within Nicasio School District boundaries who will turn **5 years of age on or between September 2, 2020 and December 2, 2020**. Transitional kindergarten is a two-year program. Upon completion of the two-year transitional kindergarten program, students are promoted to first grade.

Registration packets can be picked up from Nicasio School, 5555 Nicasio Valley Road, Nicasio 94946. Registration materials can also be downloaded from the school website: www.nicasioschool.org. For more information, call 662-2184.

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Registro a Jardín de Niños - Otoño 2020

El Distrito Escolar Nicasio anuncia la apertura del registro a Jardín de Niños para el ciclo escolar 2020-21. Los niños elegibles para su registro deben tener **5 años cumplidos antes de o el día 1 de septiembre, 2020** y ser residentes dentro de los límites del Distrito Escolar Nicasio.

Jardín de Niños en Transición para el ciclo escolar 2019-20 está disponible para los niños que tengan su residencia dentro de los límites del Distrito Escolar Nicasio y que cumplan los **5 años de edad desde el 2 de septiembre, 2020 y hasta el 2 de diciembre, 2020**. Jardín de Niños en Transición es un programa de dos años. Al completar 2 años en el programa de Jardín de Niños en Transición, son promovidos a primer grado.

Los paquetes de Registro pueden ser adquiridos en la Escuela Nicasio, 5555 Nicasio Valley Road, Nicasio 94946

Los materiales de Registro también pueden ser adquiridos en la página de Internet de la escuela: www.nicasioschool.org. Para mayor información, call 662-2184.

Nicasio School Board Establishes Application Period and Enrollment Capacity for Interdistrict Transfer Requests into Nicasio School District for 2020-21

Beginning February 3, 2020, requests from non-resident students for interdistrict transfer (IDT) for the 2020-21 school year may be submitted to Nicasio School District. IDT Requests will be processed in accordance with school board policy and administrative regulations (BP/AR 5117). Requests received on or before May 1, 2020, will be considered by the Board of Trustees at the regular meeting held in June, 2020.

IDT requests from non-resident students received after May 1, 2020 will be processed and considered at a subsequent Board meeting.

As provided by Education Code section 46600.2(a)(5)(B), notice of the Governing Board's decision on IDT requests for the 2020-21 school year will be given as soon as possible, but no later than 14 calendar days after the commencement of instruction.

La Mesa Directiva de la Escuela Nicasio Establece el Periodo de Aplicación y la Capacidad de Registro para Solicitudes de Transferencia Interdistrital al Distrito Escolar Nicasio para el Ciclo Escolar 2020-21

Iniciando el 3 de febrero, 2020, las solicitudes de estudiantes no residentes para transferencia interdistrital (IDT) para el ciclo escolar 2020-21 debe ser entregada en el Distrito Escolar Nicasio. Las solicitudes serán procesadas de acuerdo a la política de la mesa directiva y las regulaciones administrativas (BP/AR 5117). Las solicitudes recibidas el o antes del 1 de mayo, 2020, serán consideradas por la Mesa Directiva en la reunión regular del mes de junio, 2020.

Las solicitudes IDT de estudiantes no residentes recibidas después del 1 de mayo, 2020 serán procesadas y consideradas en una reunión posterior de la Mesa Directiva.

De acuerdo al Código de Educación sección 46600.2(a)(5)(B), la notificación de la decisión de la Mesa de Gobierno de las solicitudes IDT para el ciclo escolar 2020-21 se dará tan pronto como sea posible, y hasta 14 días calendario después del inicio de instrucción.