



SOARING HEIGHTS CHARTER SCHOOL

DEVELOPING CHARACTER • BUILDING COMMUNITY • GROWING LEADERS

March 26, 2020

Dear Parents/Guardians,

At Soaring Heights Charter School, the health and safety of our students, their family members and staff is top-priority. We are committed to support you in the days ahead as we recognize the significant impact that school closures have on everyone.

We encourage parents to remain calm and follow the federal, state and local guidelines. It is important to follow them and work as a community so that the coronavirus will come to an end.

The Center for Disease Control and Prevention (CDC) encourages every individual to follow these guidelines:

- **Wash your hands with soap and water for at least 20 seconds** (the simplest way to protect each person); you can also use an alcohol-based hand sanitizer with at least 60% alcohol
- **Cover your nose and mouth** with a tissue when you cough or sneeze, or into your sleeve or elbow; do not cough or sneeze into your hands
- **Avoid close contact with sick people.** If you are sick, stay home.
- **Clean and disinfect surfaces and objects** that may be contaminated with germs
- **Limit social interactions/gatherings – Practice social distancing-** people should be at least 6 feet from each other

If you or your child experience symptoms such as: dry cough, fever, tiredness and difficult breathing (severe cases), contact your health provider immediately for advice.

If you or someone in your household has been diagnosed with COVID-19 you must notify the school by email:

soaringheights@shcsjc.org

It is also encouraged to continue to help your child in their learning; keep in touch with your child's teacher and communicate challenges to your school (i.e. internet connection or having access to a computer).

It is recommended to read the CDC's resources presented below:

- www.cdc.gov - Talking with Children about Coronavirus Disease 2019
- www.cdc.gov - Preventing 2019-nCoV from spreading to other
- www.cdc.gov - Mental Health and Coping During COVID-19
- www.cdc.gov - Checklist for teachers and parents

Soaring Heights will continue to monitor and implement recommendations from our federal, state, and local health agencies which may lead to adjustments to our school policies and practices. We thank you for your help and support during this difficult time.

Truly,

Myra Ibarra

School Nurse

"We are all in this together." – Ted Danson