

Principal's Corner- March 16-20, 2020

Update- Covid-19 / Coronavirus-

Dear Fox Hollow Parents,

Many of you are aware of the recent updates from the state capitol on the coronavirus covered by our state officers. You should have also received communication via phone from Alpine School District addressing precautions that are being taken in the district. I am including an attachment (see attachment below) with that important information here, just in case you missed it.

I want to reassure you that Fox Hollow staff are following guidelines given by the state capitol, Utah County Health Dept. and Alpine School District (ASD) on how we can have a safe school for students each day. ASD leadership has been proactive in sharing many resources with school staff to help us navigate the instructional school day with health guidelines. We will continue to stress the importance of daily hand washing at school, requesting that sick students remain home and having our custodial staff clean and sanitize the building each day.

Currently, Alpine School District is working with teachers on what distance learning would look like and will provide teachers time to plan and prepare in the event a decision is made to close schools. In an effort to help teachers to be prepared for distance learning, **Monday, March 16th and Tuesday, March 17th are now designated as minimal days** (early out) across the district. These two minimal days will provide an opportunity for our staff to prepare for the possibility of distance learning in the event of a school(s) closure relating to Covid-19.

Parents can expect to receive detailed information from your child's teacher that will help parents and caregivers to navigate the distance learning model at home – should that become a reality. Until then, we will continue to proceed as normal with school classes and your children will remain our primary focus of care.

Finally, I would also like to encourage you to be careful about the conversations you are having in earshot of your children; we want to ensure we protect them from any information that could be misinterpreted or create anxiety. So many children have heard things that have caused them undue stress and anxiety from the news and other sources. I have added the following link that provides some talking points for children. I hope that it will support parents as conversations happen with young children. <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Proactive Prevention Basics-

Follow the Basics - Taking these simple steps will go a long way in prevention:

- Wash your hands often, practice good health hygiene
- Cover your cough with your inner elbow

- Stay home if you are sick
- Follow guidelines from the Health Department

Fox Hollow steps to eliminate health concerns

- Disinfectant wipes used throughout building
- Keeping Classrooms/Restrooms Stocked with Soap - students encouraged and given opportunities to wash hands
- Custodians taking additional steps to ensure the building is wiped down, with direction from the ASD facilities department

PTA Corner-

PTA is having an eat out night at Zupas March 17th 5-9pm. Let them know you're with Fox Hollow. App and online orders now count that night with the code FUNDRAISER25 at checkout.

Don't forget to add the PTA STEM NIGHT to your calendar. March 30 5:30-7:30pm. We have Hawk Watch, Thanksgiving Point, The Hutchings Museum, The Gateway, and more coming.

Follow us on our new Instagram account @foxbollowpta_lehi

Key Calendar Dates-



**March 13th : Minimal Day- Early Out- 11:30/12:45
(No Kindergarten)**

**March 16th: Minimal Day- Early Out-11:30/12:45
(No Kindergarten)**

PTA White Ribbon Week begins (Hat Day)

**March 17th: Minimal Day- Early Out- 11:30/12:45
(No Kindergarten)**

March 18th: PTA White Ribbon Week (Wear Sweats & Jerseys Day)

March 20th: PTA Media Assembly/ 9:30 am & 10:05 am

Digital Citizenship Week – March 16-20, 2020

This year's theme for Digital Citizenship Week is **Media Balance & Well-being: *Developing a Healthy Relationship with your Technology.*** Below you will find today and tomorrow's spirit topic, resources, and activities for home.

Monday, March 16th- Hat Day- Put on your thinking cap and **reflect** on your media use and habits. Students can wear a hat to school on **Monday, March 16th**
Challenge: Students will be bringing home a worksheet to help track screen use, name some activities besides media/technology they can do and to create a goal to lower screen time this week. Show the completed sheet to the office to receive a treat.

Families are encouraged continue the conversation at home by reflecting on their own relationship with technology, their media habits, begin to think of ways to make some healthy adjustments, and create a healthy media plan.

- Track your screen time on [Apple](#) and [Android](#) devices.

o [American Academy of Pediatrics Family Media Planner](#)

Wednesday, March 18th – Active Day

Students can wear running shoes, team shirts and sweats to school today! It is also a time when students can consider how to exercise healthy technology habits. *Challenge: Spend more time outside today or participate in an activity that doesn't require screen time.*

Students and families are encouraged to exercise healthy tech practices such as managing notification settings and turning off screens an hour before bedtime. Try some of these ideas:

- Consider making [phone-free zones](#) in your home.
- Promote better sleep by disconnecting from screens at least one hour before bedtime and charging your phone outside of the bedroom.
- Change your phone's [notification settings](#) to minimize distractions or try some of [these suggestions](#) .
- Visit Google's [Focus Your Time](#) page for suggestions to track usage and manage your time on Android apps as well as time management suggestions for Youtube and Gmail.

Friday, March 20th- (PTA Media Assembly) Make sure that your student(s) are here for this assembly on **Friday, March 20th**. Internet Safety these days is especially critical for young students. This assembly will help students to safely navigate the internet and know how to respond when they feel unsafe. Please ask your child what they learned about internet safety today.

o [Common Sense Media Device Contract](#) and [Media Agreement \(K-5, 6-8, 9-12\)](#)

Have a Great Week!!

