



Reminders:

- Mar. 19: POSTPONED BINGO Night! MPR 6-8pm
- Apr. 1: Board Meeting – May take place via teleconference TBD 5pm
- Apr. 2: POSTPONED Open House & Talent Show MPR 6pm

Recordatorios:

- Mar. 19: POSTPUESTO Noche de BINGO! MPR 6-8pm
- Apr. 1: Reunión de la Mesa Directiva Possibly via Teleconference 5pm
- Apr. 2: POSTPUESTO Casa Abierta & Muestra de Talento MPR 6pm



Dear Nicasio Families,

March 19, 2020

Needless to say, these are uncertain times. As I draft this letter, I am struck by how much our lives have changed since the last time you received Cougar Tracks. We are all grappling with the new reality of what it means to work remotely, support our kids as they navigate distance learning, care for our older relatives and neighbors, and stay mentally and physically healthy. It is NOT easy and I appreciate how everyone (staff, students, parents) have embraced distance learning. As a community, we will get through this!

Please know that our staff is here to help you however we can. Our teachers continue to work each day to provide a continuity of learning. Each morning you should receive a communication (text or email) about the daily learning plan. You should also receive a check-in from your child's teacher every 1-2 days (if not more). You are not alone in navigating your child's assignments... his or her teacher wants to help. If you are not receiving messages, please let me know or contact them directly. I want to take a moment to say that I *personally* understand how hard it is to support and motivate my own three children to complete their assignments. So hang in there and thank you!

Our office continues to be open with reduced hours and remote monitoring. Our voicemail is checked regularly and both Mikki and I are available via email. If you need to come to campus for any reason, please call first to confirm the office will be open.

At this time, suspension of classroom-based learning has been extended through Spring Break. Our current plan is to welcome students back to campus on Monday, April 13th. I will update you with any new information as soon as I receive it from the state or county. We have a dedicated page on our school website with information and resources related to COVID-19 (click [here](#)). Copies of distance learning plans for each classroom have been uploaded to our website. The teachers and I are also working to upload additional online activities for students... stay tuned!

Our teachers are busy developing distance learning plans for Week 3 (March 30-April 3). Early next week you will receive information about when and where to submit student work from Weeks 1 and 2, as well as pick up work for Week 3. Today our staff will be trained in Google Classroom, an online tool that supports remote learning. Stay tuned to learn more about this, as well as how we will provide internet access and devices to those who do not have them at home.

Finally, if your child is experiencing anxiety during this stressful and confusing time, our school counselor, Jessica Chesbro, would like to make herself available for all Nicasio students. Please email her directly at jchesbro@bacr.org to schedule a remote appointment. I have also uploaded resources for talking to your child about the Coronavirus on our school website.

Please stay safe and healthy!

Barbara

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.

- 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

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.

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.

View this email in your browser



Dear Friends of West Marin Fund,

We are writing as West Marin goes into lockdown. This is a distressing and challenging time and we hope that you are safe and well. We are hugely grateful to the nonprofits, businesses, and courageous individuals who continue to work on the frontlines so that the rest of us can have food, shelter, medical assistance, and other essential services. As I'm sure you're aware, many nonprofits, businesses and community members are suffering because of the rapidly changing circumstances, loss of work, income, and business activity. At the same time, we know that many people and organizations are mobilizing to help our neighbors and communities in West Marin.

We want to share some practical information with you.

Those unable to work during this time are able to [apply for unemployment insurance](#).

Those infected by COVID-19 may [apply for disability insurance](#). The California Governor's Executive Order waives the one-week unpaid waiting period, so you can collect DI benefits for the first week you are out of work. If you are eligible, the EDD processes and issues payments within a few weeks of receiving a claim.

We also want to let you know that we are preparing to launch a COVID-19 Community Response Fund in the next few days. We are monitoring what other Bay Area Community Foundations are planning at this time, consulting with our nonprofit partners in West Marin to assess their needs and what they're doing to help individuals and communities. We are particularly concerned about undocumented workers who won't be able to access federal funds, and about members of the community who are most vulnerable, particularly seniors and families of low income with young children. We are planning to help with immediate needs in the coming weeks, and then support longer term rehabilitation in the community.

We'll let you know the moment the Fund is launched. Please feel free to get in touch with me if you have any questions or suggestions.



SARAH HOBSON

Executive Director

sarah@westmarinfund.org

[415 669 9790](tel:4156699790)

GIVE NOW

Employer Resources

- The Employment Development Department (“EDD”) has a [helpful website](#) with information about the COVID 19 impacts.
- Employers might be able to avoid potential layoffs by participating in [the Unemployment Insurance Work Sharing Program](#), which allows you to retain your workers by reducing their hours and wages no more than 60 percent and partially offsetting the wage loss with UI benefits.
- There is pending legislation at the Federal level that may expand FMLA leave and paid sick time leave for employees that need to take time off

Employee Resources

- Employees who are unable to work due to having or being exposed to COVID-19 can apply for disability insurance through the state. The Governor's order waived the one-week waiting time period so employees can collect disability insurance during their first week off of work.
- Employees who are unable to work because they are caring for an ill or quarantined family member with COVID-19 can apply for Paid Family Leave ("PFL"), which provides up to 6-weeks of benefit payments for eligible employees.
- Employees who have to miss work to care for their children due to school closures caused by the coronavirus outbreak may be qualified to receive unemployment insurance benefits. The Governor's order also waived the one-week waiting time period for unemployment insurance.
- Employees who have reduced hours or lose their jobs (either permanently or in a temporary layoff) can apply for unemployment insurance as well. The Governor's order waived the one-week waiting time period for unemployment insurance so employees can collect unemployment in their first week out of work.
- Employees can access [the EDD website](#) for answers to FAQs regarding the various benefits they may be entitled to.

www.westmarinfund.org

Photo by [Todd Pickering](#)

©2020 West Marin Fund, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).





NEWS RELEASE

www.marincounty.org/news

For Immediate Release

March 16, 2020

Contact:

Laine Hendricks
Public Information Officer
County Administrator's
Office

3501 Civic Center Drive
Suite #325
San Rafael, CA 94903
(415) 473-7496

[Email: Laine Hendricks
County Administrator
website](mailto:Laine.Hendricks@marincounty.org)

Marin, 6 Other Jurisdictions Order Residents to Stay Home COVID-19 spread reduces activity to only most essential needs

Santa Clara, CA – Seven health officers within six Bay Area counties – including the County of Marin – took a bold, unified step to slow the spread of novel coronavirus (COVID-19) and preserve critical health care capacity across the region.

On March 16, the Public health officers of Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara counties announced, with the City of Berkeley, a legal order directing their respective residents to [shelter at home](#) for three weeks beginning March 17. The order limits activity, travel and business functions to only the most essential needs. The guidance comes after substantial input from the U.S. Centers for Disease Control and Prevention (CDC) and best practices from other health officials around the world.

ANSWERS TO FREQUENTLY ASKED QUESTIONS

Scientific evidence shows social distancing is one of the most effective approaches to slow the transmission of communicable disease. The shelter-at-home order follows new data of increasing local transmission of COVID-19, including 258 confirmed cases of COVID-19 with 4 deaths shared by the seven jurisdictions, as of March 15. The Bay Area's collected confirmed cases is more than half of California's case count. This does not account for the rapidly increasing number of assumed cases of community transmission. As testing capacity increases, the number of laboratory-confirmed COVID-19 cases is expected to increase markedly.

"Temporarily changing our routine is absolutely necessary to slow the spread of this pandemic," said Dr. Sara Cody, Santa Clara County Public Health Officer. "The Health Officers from the largest jurisdictions in the San Francisco Bay Area are united and we are taking this step together to offer the best protection to our respective communities."

The order defines essential activities as necessary for the health and safety for individuals and their families. Essential businesses allowed to operate during the recommended action include health care operations; businesses that provide food, shelter, and social services, and other necessities of life for economically disadvantaged or otherwise needy individuals; fresh and non-perishable food retailers (including convenience stores); pharmacies; child care facilities; gas stations; banks; laundry businesses and services necessary for maintaining the safety, sanitation and essential operation of a residence. In addition, health care, law and safety, and essential government functions will continue under the recommended action. For the full list, please see section 10 of the order.

"While the goal is to limit groups congregating together in a way that could further spread the virus, it is not complete social shutdown," said Dr. Matt Willis, Marin County's Public

Health Officer. "You can still complete your most essential outings or even engage in outdoor activity, so long as you avoid close contact."

On January 30, the World Health Organization declared the outbreak a public health emergency of international concern, and the United States followed the next day by declaring a federal public health emergency. On February 26, the federal [Centers for Disease Control and Prevention](#) (CDC) confirmed community transmission of COVID-19 in the San Francisco Bay Area, meaning the afflicted patient had no signs of associating with anyone who had been diagnosed with the virus. This collective legal order comes one day after Governor Gavin Newsom ordered older adults, age 65 and older, stay home.

"Limiting interpersonal interactions is a proven strategy to slow and reduce viral spread and protect the most vulnerable among us -- individuals who are 60 years of age and older, people with chronic and underlying medical conditions, and people experiencing homelessness." Dr. Erica Pan said, "Our counties share borders and many people live in one county and work in another. It's absolutely critical for us to be aligned on COVID-19 mitigation efforts."

For more information about COVID-19 activities in these areas, visit the [Alameda](#), [Contra Costa](#), [Marin](#), [Santa Clara](#), [San Francisco](#), [San Mateo](#), or [Berkeley](#) COVID-19 websites.

Handwashing: Keeping Your Family Healthy

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

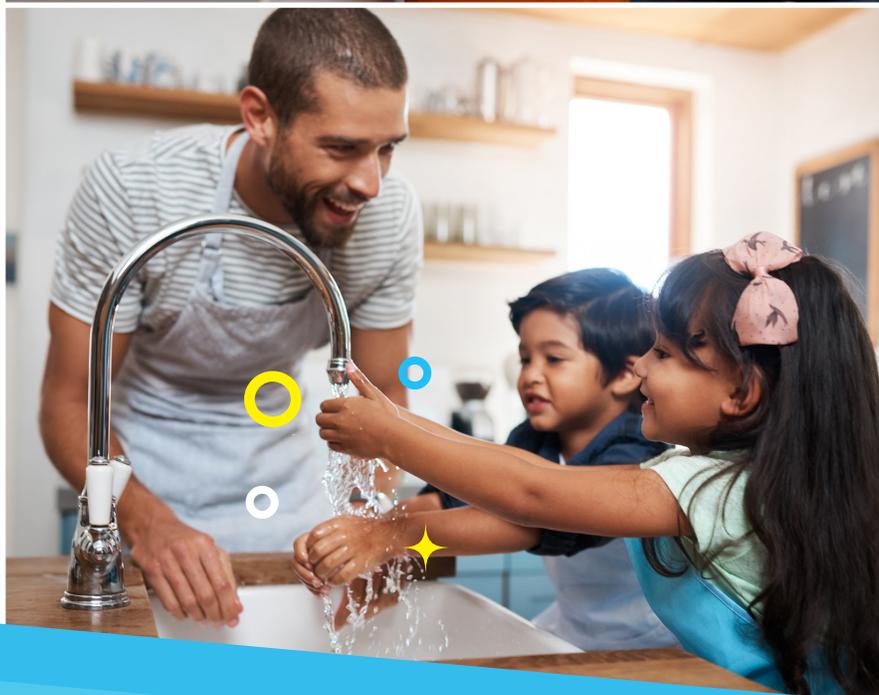
Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.



Lead by example

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.



LIFE IS BETTER WITH

**CLEAN
HANDS**



www.cdc.gov/handwashing



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

CS310275-A

Handwashing can prevent

1 in 3
cases of diarrhea



1 in 5
respiratory infections,
such as a cold or the flu



Give frequent reminders

Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

What if soap and water aren't available?

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not readily available, use an alcohol-based hand sanitizer that has at least 60% alcohol.

Did you know?

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.



Remember to make handwashing a healthy habit at home, school, and at play!

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.

* * * * *

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.