



March 17, 2020

Dear Parent/Guardian:

As you know, schools will be closed from Monday, March 16th through Friday, April 10, 2020, with an anticipated return date of Monday, April 13, 2020. Extended School Services (ESS), preschool and afterschool programs will be closed as well. As we enter this unprecedented time of school closure, the La Mesa-Spring Valley School District wants to update you on our efforts to support our students and our families.

MEALS

At this time, breakfast and lunch for children age 18 and under will be available **for the duration of our anticipated school closure (March 16 - April 10)**. This is a change from information previously distributed. We have made arrangements to serve meals every weekday for the duration of our closure.

Meals will be available from 11:00 AM to 1:00 PM Monday through Friday at the following school locations:

- La Mesa Arts Academy, 4200 Parks Avenue, La Mesa, CA 91941
- Parkway Middle School, 9009 Park Plaza Drive, La Mesa, CA 91942
- Spring Valley Academy, 3900 Conrad Drive, Spring Valley, CA 91977
- STEAM Academy, 1001 Leland Street, Spring Valley, CA 91978

MEALS will be served from 11:00 AM to 1:00 PM* MONDAY - FRIDAY

**Grab and go breakfast for the following day will be distributed at this time*

All food is to be consumed off-site. Each child 18 years and younger may take one lunch and one breakfast for the next day. Children must be present to pick up meals.

LEARNING SUPPORTS

We have updated our website to include a page with links to online courses, login information to access our online curriculum resources, and links to printable activities, games and lessons. This can be found at <https://www.lmsvschools.org/learning-resources/>. Included on this webpage will be packets of independent study work that you can download by grade level if you are interested in using them at home with your child. If you would like to pick up a pre-printed packet, they will be available at each of our middle school campuses during the meal serving windows (11:00 AM to 1:00 PM weekdays), *except on rainy days when packets will not be available due to inclement weather.*

COMMUNITY RESOURCES

One of our ongoing commitments is to help connect our families with resources and supports during this time. We have created a page on our website to house lists of resources that families might need, including social and emotional supports for children and families. Those resources can be found at <https://www.lmsvschools.org/community-resources>.

Because district operations have been limited to only the most essential services, we have created a resource line to help direct those in need to community supports and charitable organizations.



This line will go straight to voicemail, but will be regularly monitored and responded to. The intent of the resource line is to try and address questions that may not have been answered on the community resources page linked above. The resource line is 619-771-6085.

IMPORTANT HEALTH REMINDERS

While your student(s) remains home, we encourage you to continue practicing good hygiene, which includes:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Get vaccinated for the flu if you have not already

If you feel for any reason your child may have or has been exposed to the novel coronavirus, please contact your doctor immediately. Virus symptoms can range from mild to severe and could include fever, cough, and shortness of breath. Symptoms may appear in a few as two days or as long as 14 days after exposure.

CONTINUED UPDATES

We will remain in close contact with the San Diego County Office of Education and local public health officials throughout the duration of this closure and will continue to provide updates to families as appropriate.

We encourage you to stay informed of the situation by regularly checking updates from [San Diego County Public Health Services](#) and the [Centers for Disease Control \(CDC\)](#).

If you have health-related questions, please contact your personal physician. For ongoing updates regarding LMSV reopening, please continue to monitor your email and the LMSV website at <https://www.lmsvschools.org/coronavirus/>. We also continue to post updates to our social media channels on [Twitter](#), [Instagram](#) and [Facebook](#). Thank you for your cooperation and support.

Sincerely,

Deann Ragsdale
Assistant Superintendent, Educational Services