Sacramento Valley Charter School 2020-2021

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Dear Parents,

Our efforts are to reopen the school safely and securely. Traditional in-person instruction remains our highest priority and is the only way to fully meet the learning needs of all students. The State of California and the CDC have provided guidelines to reopen as we head into Phase 2 of reopening plans shared with you earlier. Kindergarten-2nd will open for in-person instruction on April 1st, 3rd-5th will begin April 15th, and 6th-8th will be on April 26th. The in-person instruction before spring break is to make everyone feel comfortable and familiarize scholars with the school site, teachers and staff. As part of this plan, our credentialed staff will get at least eight working days of notice including six days of transition before students return to campus. In view of this we are updating our School Reopening Guidebook to reflect the current changes.

Our middle school is excited about their 2021 graduation ceremony and we are exploring the possibilities of in-person graduation, if the circumstances will allow. If not, then a virtual graduation ceremony will take place keeping in view the safety of our scholars.

Summer school: There is a tentative plan to structure the Summer School program however, enrollment normally will be limited to the most needy students at the recommendation of the teachers.

We are hopeful that we will be able to start the next school year, 2021-2022, with in-person learning. However, guidelines from the CDC and the State Public Health Department will determine our approach. The safety of our staff and students are our number one priority.

We apologize for this inconvenience; this pandemic has been a threat to everyone around the globe. Given the circumstances that we are in, our plan is to make use of our time in the most productive way. Our humble request to parents and guardians is to talk to their scholar(s) about taking updated hybrid/virtual school schedules as seriously as they would the actual classroom. We will provide all the necessary resources for their success and this will also prepare our scholars to deal with unusual circumstances in a positive and productive way.

Respectfully,

Dr. Amrik Singh, PhD
Sacramento Valley Charter School is committed to the safety and wellbeing of our scholars, staff, and community. Therefore, SVCS will be following the guidelines provided by the Center for Disease Control, California Department of Public Health, Yolo County Health & Human Services Agency, and the city of West Sacramento.

SVCS is planning on returning to an in-person hybrid instruction model starting on the following dates:

- K-2 students will return Thursday, April 1st
- 3-5 students will return Thursday, April 15th
- 6-8 students will return Thursday, April 22nd

Since the start of the 2020-2021 school year, SVCS has been adhering to guidelines from the Center for Disease Control (CDC) and the COVID-19 and Reopening In-Person Instruction Framework & Public Health Guidance for K-12 Schools in California. The safety of our students and staff members is extremely important for us. We will adhere to the following considerations outlined in the framework:

- Availability of Distance Learning for Families Who Request It
- Gradually allowing a percentage of each grade to resume in-person instruction
- Only allowing a gradual number of students, at a specified capacity, per class at the school site
- Students and staff in all grades are required to wear face coverings at all times, while at school

SVCS COHORT UPDATE
Since November of 2020 SVCS has offered a small cohort program to students with learning challenges and unique situations. As we begin our hybrid schedule the students in the cohort will join their in-person classes. These students may join the cohort again on days that they are not in-person.
In phase 1, all SVCS scholars attend school virtually. Attendance and participation is taken as seriously as regular classes. The risk of transmission in this phase is very low.

In this phase, parents and guardians are encouraged to report to the school any COVID-19 positive cases and close contact incidents in their immediate family. A questionnaire is available on the main website for making these reports. Reports can also be made to the Yolo County Provider Line: (530) 666-8614.

Students are marked engaged or unengaged. All students who refuse to participate and/or refuse to turn in assignments are marked as unengaged and their parents are alerted via the Schoolwise alert system.

In phase 1 students are expected to attend their classes through Zoom for synchronous work and stay on task for independent asynchronous work. Schedules are given to the students/parents and assignments are posted via Google Classroom.

In phase 2, now each class will be divided into 2 groups.

Group A will attend school in person on Monday and Tuesday; and virtually/asynchronously on Wednesday, Thursday, and Friday.

Group B will attend school in-person on Thursday and Friday; and attend virtually/asynchronously on Monday, Tuesday, and Wednesday.

Wednesday will be a minimum day, allowing for teachers to prep while giving students independent work for the remainder of the day.

The risks of transmission in phase 2 is higher, therefore, more restrictions will apply such as:

- Students and staff will maintain a 6ft distance whenever possible
- Students and staff will have to wear face masks for the entirety of the class and transportation time, and will be regularly temperature checked.
- Parents and guardians will have the option to opt for entirely virtual learning if they decide that the risks for their scholar is too high.
The 2020-2021 Academic Year Plan RECAP

In phase 3, all scholars will attend in-class instruction. In order for SVCS to enter this phase it is necessary that the transmission rate is contained, and the virus is no longer a threat to our scholars, staff and community. SVCS will move forward with the guidance of the CDC and the California Department of Public Health.

On Campus Modifications:

1. Visitors
   Visitor access will now be limited to reduce the risk of transmission to SVCS staff and Community. All visitors must comply with state laws by properly wearing a face mask when visiting SVCS. It is recommended that you call the office first before your visit.

2. Social Distance
   All SVCS staff, parents and scholars must remain at least 6ft away from others when possible. This applies to the office, classrooms and all other SVCS rooms.

3. Desk Set-up
   Under the Hybrid model, students will be seated in their 4ft-6ft apart desk (wherever possible) that may be modified with a transparent barrier that will minimize the risk of transmission.

4. Lunch
   Lunch will be served in the classrooms to minimize the contact with other students from other classes. It is the parent’s responsibility to decide if their scholar will be bringing their own lunch or getting one from school.

5. Disinfecting
   SVCS will be constantly disinfecting all campus rooms, floors and surfaces.

6. Hand Washing Stations
   In addition to our regular hand washing sinks, SVCS will be placing portable hand washing stations around campus. This will allow students to wash their hands upon arrival to the school and during the day to maintain good hygiene.
AT HOME PRECAUTIONARY MEASURES

No one should come to school if they are sick, symptomatic, or have been exposed to COVID-19. The tables below can help students, staff, and families decide if someone who is sick should stay home or go home.

WATCH FOR SYMPTOMS

People with COVID-19 have a wide range of symptoms reported - ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or Vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

WHEN TO SEEK MEDICAL ATTENTION

If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
**WHAT IS THE DIFFERENCE BETWEEN INFLUENZA AND COVID-19**

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. Covid-19 is caused by infection with a new coronavirus (SARS-CoV-2), while the flu is caused by infection through influenza viruses.

<table>
<thead>
<tr>
<th>Differences</th>
<th>Influenza (Flu)</th>
<th>COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Signs and Symptoms</strong></td>
<td>Flu viruses can cause mild to severe illness, including common signs and symptoms listed above.</td>
<td>COVID-19 seems to cause more serious illnesses in some people. Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.</td>
</tr>
<tr>
<td><strong>How long symptoms appear after exposure and infection</strong></td>
<td>Typically, a person develops symptoms anywhere from 1 to 4 days after infection.</td>
<td>Typically, a person develops symptoms 5 days after being infected, but symptoms can appear as early as 2 days after infection or as late as 14 days after infection, and the time range can vary.</td>
</tr>
<tr>
<td><strong>How long someone can spread the virus</strong></td>
<td>Most people with the flu are contagious for about 1 day before they show symptoms. Older children and adults with flu appear to be most contagious during the initial 3-4 days of their illness but many remain contagious for about 7 days. Infants and people with weakened immune systems can be contagious for even longer.</td>
<td>It's possible for people to spread the virus for about 2 days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19.</td>
</tr>
<tr>
<td>Differences</td>
<td>Influenza (Flu)</td>
<td>COVID-19</td>
</tr>
<tr>
<td>------------------------------</td>
<td>--------------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>How it Spreads</td>
<td>The Flu is generally less contagious. But younger children are at higher risk of severe illness from the flu</td>
<td>COVID-19 is more contagious among certain populations and age groups than flu. Also, COVID-19 has been observed to have more superspreading events than flu</td>
</tr>
<tr>
<td>People at High-Risk for Severe Illness</td>
<td>Young children are at higher risk of severe illness from the flu.</td>
<td>School-aged children infected with COVID-19 are at higher risk of Multisystem Inflammatory Syndrome in Children (MIS-C), a rare but severe complication of COVID-19.</td>
</tr>
<tr>
<td>Complications</td>
<td>Most people who get the flu will recover in a few days to less than two weeks, but some people will develop complications. Some of these complications are listed above.</td>
<td>Additional complications associated with COVID-19 can include:</td>
</tr>
<tr>
<td></td>
<td>- Blood clots in the veins and arteries of the lungs, heart, legs or brain</td>
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<td>- Multisystem Inflammatory Syndrome in Children (MIS-C)</td>
<td>- Multisystem Inflammatory Syndrome in Children (MIS-C)</td>
</tr>
<tr>
<td></td>
<td>Flu complications</td>
<td>COVID-19 Emergency warning signs</td>
</tr>
<tr>
<td>Approved Treatments</td>
<td>Prescription influenza antiviral drugs are FDA-approved to treat flu.</td>
<td>The National Institutes of Health (NIH) has developed guidance on treatment of COVID-19.</td>
</tr>
<tr>
<td></td>
<td>People who are hospitalized with flu or at high-risk of flu complications with flu symptoms are recommended to be treated with antiviral drugs as soon as possible.</td>
<td>The National Institutes of Health (NIH) has developed guidance on treatment of COVID-19. external icon, which will be regularly updated as new evidence on treatment options emerges.</td>
</tr>
<tr>
<td>Vaccine</td>
<td>There are multiple FDA-licensed influenza vaccines produced annually to protect against the 3 or 4 flu viruses that scientists anticipate will circulate each year.</td>
<td>Two COVID-19 vaccines have been approved for use by the FDA under an EUA. Other vaccines to prevent COVID-19 are still under development.</td>
</tr>
</tbody>
</table>

Source: CDC [The Difference Between Flu and COVID-19](https://www.cdc.gov/flu/patient/about/influenza-vs-covid.htm)
Student Symptom Decision Tree

Screen all students for potential COVID-19 symptoms or exposure

Low-risk: general symptoms
- Fever (≥100.4°F)
- Congestion/runny nose
- Nausea/vomiting/diarrhea

High-risk: red flag symptoms
- Sore throat
- Headache
- Fatigue/muscle or body aches
- Cough
- Difficulty breathing
- Loss of taste/smell

Exposure to COVID-19 positive person?
Close contact: less than 6 feet, 15 minutes or longer

**NO**
- 1 low risk symptom
  - STOP
  - Send home

- ≥2 low risk symptoms OR 1 high risk symptom
  - STOP
  - Send home
  - Evaluation by health care provider

Health care provider confirms alternative diagnosis for symptoms.

1. Negative SARS-CoV-2 PCR test.
   - Return to school after 72 hrs without fever and symptoms improving

2. Positive SARS-CoV-2 PCR test OR No provider visit or test.
   - Return to school only after 10 days since symptom onset and 24 hrs without fever. Quarantine close contacts of confirmed cases. Contact HCA if questions.

**YES**
- Stay home*
  - In consultation with Sacramento County Public Health

*Return to school after 14 days from last contact, unless symptoms develop. If symptoms develop, perform SARS-CoV-2 PCR test.

This care pathway was designed to assist school personnel and is not intended to replace the clinician’s judgment or establish a protocol for all patients with a particular condition. Diagnosis and treatment should be under the close supervision of a qualified health care provider. Guidance might change.
SVCS SYMPTOM DECISION TREE

**PERSON A**
ANYONE WHO TESTS POSITIVE FOR COVID

- Contact your supervisor and do not go to work.

If you have symptoms:
- Isolate at home for 10 days since the onset of symptoms
- Before returning to work, you must be fever-free for 24 hours without medications AND symptoms must be improving

If you do not have symptoms (asymptomatic):
- Isolate at home for 10 days since the date of positive test.
- Monitor for symptoms daily, including temperature checks.
- Able to return to work if asymptomatic during the 10 days.

Stay in communication regularly with the office; they will give your return date.

**PERSON B**
ANYONE WHO LIVES WITH PERSON A

- Contact your supervisor and do not go to work.

If you are asymptomatic:
- Quarantine at home for 10 days after Person A’s isolation ends.
- If additional household members test positive, quarantine for 10 days after the last member’s isolation ends.
- Avoid as much contact as possible with those who have tested positive.
- Monitor for symptoms daily, including temperature checks.

If you develop symptoms:
- Contact the office.
- Contact your healthcare provider for additional direction.

Stay in communication regularly with the office; they will give your return date.

**PERSON C**
ANYONE WHO COMES INTO CLOSE CONTACT WITH PERSON A (≤6 FEET, >15 MINUTES IN A 24-HOUR PERIOD)

- Contact your supervisor and do not go to work.

If you are asymptomatic:
- Quarantine at home for 10 days.
- Avoid as much contact as possible with those who have tested positive.
- Monitor for symptoms daily, including temperature checks.

If you develop symptoms:
- Contact the office.
- Contact your healthcare provider for additional direction.

Stay in communication regularly with the office; they will give your return date.

**PERSON D**
ANYONE WHO HAS BAD EXPOSURE TO PERSON B OR C

No quarantine required.

If Person B or C develops symptoms or tests positive, contact the office

If you develop symptoms:
- Contact the office.
- Contact your healthcare provider for additional direction.

Stay in communication regularly with the office for further direction.

**PERSON E**
ANYONE WHO IS EXPERIENCING COVID SYMPTOMS

- Contact your supervisor and do not go to work.

Contact your healthcare provider for additional direction.

Stay in communication regularly with the office for further direction.

Source: WUSD Guidebook
**COVID-19: Quarantine vs. Isolation**

**QUARANTINE** keeps someone who was in close contact with someone who has COVID-19 away from others.

- If you had close contact with a person who has COVID-19:
  - The best way to protect yourself and others is to stay home for 14 days after your last contact. Check your local health department's website for information about options in your area to possibly shorten this quarantine period.
  - Check your temperature twice a day and watch for symptoms of COVID-19.
  - If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

**ISOLATION** keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

- If you are sick and think or know you have COVID-19:
  - Stay home until after
    - At least 10 days since symptoms first appeared and
    - At least 24 hours with no fever without fever-reducing medication and
    - Symptoms have improved

- If you tested positive for COVID-19 but do not have symptoms:
  - Stay home until after
    - 10 days have passed since your positive test

If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

حساب: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
HEALTH AND SAFETY PRECAUTIONS

SCHOOL SCREENING & ENTRY PROCEDURES

Symptom checks will be done for all staff and students at the beginning of the day. Any vendors, contractors, or others entering the school will also be subject to a symptom check. If a student or staff member has a temperature of 100.4 degrees or more, they will not be allowed onto the campus.

If someone exhibits symptoms during the day, we have established designated isolation rooms for them to occupy while waiting for transport from the school. Students and staff may not come on campus if they meet any of the screening conditions.

ENTRANCE AND MOVEMENT WITHIN THE SCHOOL

There will be a check-in station at the front entrance of the school. Students' temperatures will be checked immediately when they are dropped off. If students ride the bus, the driver will check the students temperature before they enter the bus. Multiple stable groups of students will not be allowed to walk through the hallways at once. Teachers will instead rotate and teach the stable group in the same classroom. SVCS is making every conscious effort to maximize student and staff distance between other students and staff to the greatest possible extent.

SIGNAGE

The school will set up various signs across the campus reminding students and staff about physical distancing, hand washing, face coverings...etc.
HEALTH AND SAFETY PRECAUTIONS

FACE COVERINGS

We provide clean, undamaged face coverings and ensure they are properly worn by employees over the nose and mouth when indoors, and when outdoors and less than six feet away from another person and where required by orders from the California Department of Public Health (CDPH) or local health department. Employees may choose to wear their own face coverings, so long as it is compliant to current guidelines. Face coverings must fit the employee’s face and cover the nose and mouth at all times. Disposable face coverings will be provided by SVCS. If reusable face coverings are used, employees are responsible for washing between uses.

The following are exceptions to the use of face coverings in our school:

• When an employee is alone in a room.
• While eating and drinking at the workplace, provided employees are at least six feet apart.
• Employees who cannot wear face coverings due to a medical or mental health condition or disability, or who are hearing-impaired or communicating with a hearing-impaired person. Alternatives will be considered on a case-by-case basis.

Any employee not wearing a face covering, face shield with a drape or other effective alternative, shall be at least six feet apart from all other persons unless the unmasked employee is tested at least twice weekly for COVID-19.

CLEANING & DISINFECTING

We implement the following cleaning and disinfection measures for frequently touched surfaces:

• Frequently-touched surfaces in high-traffic areas and bathrooms are disinfected on a regular basis.
• Ensuring adequate supplies and time for it to be done properly.
• Informing the employees and authorized employee representatives of the frequency and scope of cleaning and disinfection.
• Each staff member will have access to a spray bottle of disinfectant and cloth for use in disinfecting their own workspace.
HEALTH AND SAFETY PRECAUTIONS

STABLE GROUP STRUCTURES

Students participating in-person and through distance learning will be learning the same lessons during instruction time. However, students participating in the hybrid model will have more in-person support and opportunities to socialize in-person with their peers. We have seen evidence in our cohorts that when students receive support in person, they are more engaged and more likely to attend class. Scholars are to remain in their designated seats for the duration of class unless excused for breaks or outside time.

PHYSICAL DISTANCING

Where possible, we ensure at least six feet of physical distancing at all times in our school by:

- Reducing the number of persons in an area at one time, including visitors, staff and students.
- Scheduling staggered arrival, departure, work and break times, when possible.
- Closing break rooms to restrict congregating of staff members.

Individuals will be kept as far apart as possible when there are situations where six feet of physical distancing cannot be achieved.

VENTILATION

SVCS is ensuring that ventilation in all school classrooms are sufficient as per the American Society of Heating, Refrigerating, and AirConditioning Engineers (ASHRAE) guidance on ventilation.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

SVCS has acquired bulk quantities of PPE. Quantities are subject to changes due to active usage, and acquisition of new inventory.
HEALTH AND SAFETY PRECAUTIONS

TRANSPORTATION

If a student or staff member forgets their face covering, the bus driver will have a supply of adult and child-sized surgical masks for them to wear. Buses have been configured to maintain physical distancing on school buses. Additional precautions include:

- If a student answers “yes” to any of the screening questions or has a temperature $\geq 100.4 \, ^\circ F$, they will not be allowed to attend school.
- Bus drivers will seat students at least 6 feet apart on the bus whenever possible. Students will be seated starting from the back of the bus to reduce the number of students walking past each other.
- Bus drivers will follow guidelines for the appropriate ventilation and sanitation of the bus.
- School buses will be disinfected and cleaned after each route.
- Hand sanitizer is available on all buses.
- Face coverings are required for students and staff at bus stops and on buses.
SVCS has established a designated COVID-19 Lead who will communicate with students, parents, and the staff regarding a variety of scenarios involving:

- A student or staff member who exhibits symptoms,
- Has had potential exposure or close contact with someone who has tested positive, or
- Has tested positive for COVID-19. All scenarios, actions and communications are updated as Public Health guidance changes and we learn how to be most effective in our response.

**View complete school site COVID-19 Protocols** (Source: WUSD)

<table>
<thead>
<tr>
<th>Scenario One</th>
<th>Actions</th>
<th>Communications</th>
</tr>
</thead>
</table>
| A student or staff member responds “yes” to one of the health screening questions, has a temperature of 100.4 or above, and/or exhibits symptoms of COVID-19 before reporting to school. | - The cohort remains open  
- The student or staff member should not enter the building, should be sent home, and self-isolate.  
- The student or staff member should contact their healthcare provider for further steps and testing if advised.  
- The School Site COVID-19 Lead should be notified. The lead will maintain a list of all individuals with COVID-like symptoms. | - No communication is needed  
- Email with scenario details |

<table>
<thead>
<tr>
<th>Scenario Two</th>
<th>Actions</th>
<th>Communications</th>
</tr>
</thead>
</table>
| A student or staff member becomes symptomatic for COVID-19 while at school | - The cohort remains open  
- The student or staff member should be sent home and should self-isolate.  
- The student or staff member should contact their healthcare provider for further steps and testing if advised.  
- The School Site COVID-19 Lead should be notified. The lead will maintain a list of all individuals with COVID-like symptoms. | - No communication is needed  
- Email with scenario details |
LEARNING MODELS

OPTIONS FOR FAMILIES TO FINISH THE 2020-2021 SCHOOL YEAR

HYBRID IN-PERSON

As described in the reopening handbook this is a combination of in-person and virtual instruction

- K-2 Students return Thursday, April 1st.
- Grades 3-5 students return Thursday, April 15th.
- Grades 6-8 students return Thursday, April 22nd.

100% VIRTUAL LEARNING

Daily scheduled interaction and teaching from the classroom teacher through Zoom while the students learn from home.

Kindergarten to Fifth Grade

Hybrid Students

- In person instruction will be provided at least two days per week
- Virtual instruction in the afternoon at least 2 days per week.
- Wednesday will be a minimum day. Students will receive virtual instruction.

Virtual Students

- Virtual instruction in the afternoon four days per week.
- Wednesday will be a minimum day. Students will receive virtual instruction.

Middle School

Hybrid Students

- Virtual Instruction for all students in the first 3 periods of the day.
- In-Person instruction for half of the students for the remaining 2 periods of the day.
- Wednesday will be a minimum day. Students will receive virtual instruction.

Virtual Students

- Virtual instruction in the morning four days per week.
- Wednesday will be a minimum day. Students will receive virtual instruction.
# Hybrid Schedule

**Grades K - 5**

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:25 - 12:00</td>
<td>Lunch in Classroom / Dismissal</td>
<td>Lunch in Classroom / Dismissal</td>
<td>Lunch</td>
<td>Lunch in Classroom / Dismissal</td>
<td>Lunch in Classroom / Dismissal</td>
</tr>
</tbody>
</table>

**Key:**

- **Blue:** A Group in class
- **Magenta:** B Group in class
- **Orange:** Virtual Learning for Listed Groups

*This is a general schedule. Individual class schedules may differ after making some accommodations for Punjabi, breaks, prep time... etc*
# HYBRID SCHEDULE
## GRADES 6 - 8

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 - 9:20</td>
<td>1st period A/B Virtual</td>
<td>3rd period A/B Virtual</td>
<td>1 hour Check-in</td>
<td>1st period A/B Virtual</td>
<td>3rd period A/B Virtual</td>
</tr>
<tr>
<td>9:30 - 10:20</td>
<td>2nd period A/B Virtual</td>
<td>4th period A/B Virtual</td>
<td>Art classes / Independent</td>
<td>2nd period A/B Virtual</td>
<td>4th period A/B Virtual</td>
</tr>
<tr>
<td>10:30 - 11:20</td>
<td>3rd period A/B Virtual</td>
<td>5th period A/B Virtual</td>
<td>Art classes / Independent</td>
<td>3rd period A/B Virtual</td>
<td>5th period A/B Virtual</td>
</tr>
<tr>
<td>11:20 - 12:40</td>
<td>Lunch / dismissal</td>
<td>Lunch / dismissal</td>
<td>Lunch 11:30 - 12:00</td>
<td>Lunch / dismissal</td>
<td>Lunch / dismissal</td>
</tr>
</tbody>
</table>

**Key:**
- Orange: A Group in class
- Magenta: B Group in class
- Blue: Virtual Learning for Listed Groups

*This is a general schedule. Individual class schedules may differ after making some accommodations for Punjabi, breaks, prep time...etc*
FOOD SERVICES & SUPPORT

MEAL PICKUPS

Freshly cooked lunch will be served at the students desks. If any families want to pick up lunch from the school for their scholars they are welcome to do so. Please contact the office in advance so that we have time to prepare a fresh lunch for students.

SOCIAL EMOTIONAL SUPPORT

YOLO COUNTY SUPPORT LINE

If you are struggling with your mental health during this time you can call Yolo’s mental health crisis line at 1-888-965-6647. It is available toll-free 24/7.

STATEWIDE SUPPORT LINE

California also has a 24/7 statewide mental health phone line to help those who need help but aren’t in crisis called the “Warm Line”. You can call the Peer-Run Warm Line at 1-855-845-7415.

THE CENTERS FOR DISEASE CONTROL (CDC) OFFER THESE SUGGESTIONS TO SUPPORT EMOTIONAL HEALTH:

- Avoid excessive exposure to media coverage of COVID-19.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Tend to your emotional health. Know that others are experiencing emotional reactions as well. Seek counseling as needed.
- Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.
- Try to do some other activities you enjoy to return to your normal routine.
- Connect with others. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.
Sacramento Valley Charter School would like to express its gratitude to the Center for Disease Control (CDC) and the Washington Unified School District (WUSD) of West Sacramento for providing mandates and recommendations that have allowed us to begin the preparations to open our campus for in-person instruction. These Guidelines have been drafted and finalized while adhering to mandates set forth by the Center for Disease control, and the guidance of the Washington Unified School District.