Dear McLain Community Families,

Jeffco Public Schools has been coordinating with local public health agencies as we monitor the global outbreak of Coronavirus Disease 2019 (COVID-19), keeping in close contact with Jeffco Public Health Department (JCPH) and the Colorado Department of Public Health and Environment (CDPHE) on this subject.

We have created a dedicated page about Coronavirus (COVID-19) on our district website to share information and tips on reducing the spread of disease. Our “Highly Infectious Emergency Preparedness Plan” is posted on our health services webpage.

According to the Governor there have been 2 confirmed cases of COVID-19 in Colorado to date, we want to take this opportunity to provide you information about how Jeffco Public Schools is monitoring this issue and what you can expect in the event of a major outbreak in Colorado.

What is Jeffco Public Schools Doing?
Since the beginning of the outbreak, Jeffco Public Schools has been collaborating with our public health partners. The school district has an infectious disease preparedness plan and we work in coordination with these agencies to ensure the continuity of learning throughout any such situation.

It is important to know that during a major outbreak, we would follow the health department’s lead on any quarantines, closures, or other health measures needed. Our focus has been on how to ensure the safety of students and staff, and how education can continue. In addition, the district would use various electronic systems to allow for student learning remotely during this period.

We have received a number of questions regarding students or families who have recently traveled internationally. As you may know, protocols have been put in place to evaluate and, in some cases, quarantine passengers as they return to the United States.
Our public health partners are not recommending additional actions by school districts at this time.

**What is Coronavirus?**
Coronaviruses are a large family of viruses that cause respiratory symptoms such as fever, cough, and shortness of breath. These viruses spread through coughing or sneezing, much like the flu. There is no vaccine for the COVID-19.

**What can I do to stay healthy?**
Again, the current risk to the general public in the U.S. from this virus is currently considered low, however just as is recommended for other respiratory viruses, people can protect themselves and others through some simple actions:

**Protecting yourself from Coronavirus COVID-19 and other respiratory viruses (source: CDPHE):**
**If you are healthy:**
- Continue your normal routine. This means you can continue to participate in public gatherings such as work, school, or social activities.
- Get your flu shot, and stay up-to-date on other routine childhood and adult immunizations.
- **Wash your hands** with soap and water or, at minimum, use an alcohol-based hand rub, which may be less effective than soap and water.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, handrails.

**If you are sick:**
- Stay home
- Cover coughs and sneezes with a tissue or your inner elbow shirtsleeve.
- **Wash your hands** with soap and water or, at minimum, alcohol-based hand rub, which may be less effective than soap and water.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with anyone else with cold or flu-like symptoms.
- Get your flu shot, and stay up-to-date on other routine childhood and adult immunizations.
- Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, and handrails. Additionally, we have stringent cleaning practices in place at all of our district schools and facilities to help avoid disease transmission. Our custodial services staff are receiving additional training and are monitoring the situation to ensure safe practices are in place.

**Feeling Sick? Stay Home!**
As always, we encourage anyone who is feeling ill to stay home, especially if they are experiencing the symptoms listed in our Too Sick for School? guidelines.

In sharing this information with you today, our intention is to provide factual information about Coronavirus COVID-19 and tips on reducing the spread of disease. We will
continue to update families and staff, as we know more about the potential progression. As a community, we must work together for the safety and well-being of all of us and we appreciate your ongoing support of our schools.

**Important McLain Dates**

**Parent/Teacher Conferences (for ACE and Achieve Learning Communities):** Wed, March 18 3:30 p.m. to 6:30 p.m.

**Non-Contact Day for students:** Thursday, March 19 (Teacher Professional Development Day)

**Accountability Committee** (all parents are welcome) 3/18, 4/22 from 6:00 p.m. to 7:00 p.m.

Have a great week,

Gavan

**NOTE:** In an effort to be as efficient as possible, the MC/LV School News is prioritized as follows:

- New or time-sensitive topics of interest are at the top of the list
- Followed by the Calendar of Events and Activities

In order to receive McLain/Long View News, the principal email, contact Ann Carver via email at anncarver@jeffco.k12.co.us. We will update your contact information in Campus as quickly as possible. Mr. Goodrich’s email address is ggoodric@jeffco.k12.co.us. If you need to contact him directly, text his personal cell phone number: 214-500-0042.

**Additional McLain Community HS Updates 03 06 20**

**Here are some important dates for the rest of the semester:**

- Accountability Committee (all parents are welcome) 3/18, 4/22 from 6:00 p.m. to 7:00 p.m.
- McLain Adult School Registration “CB” March 11 from 6:00 p.m. to 7:30 p.m.
- Parent/Teacher Conferences (ACE and Achieve only) March 18 from 3:30 p.m. – 6:30 p.m.
- Spring Break March 23 – 27 (Monday – Friday)
- Teacher Workday (student holiday) April 19 (Friday)
- SAT/PSAT testing day (mandatory state testing) April 14 (8:30 a.m. – 12:30 a.m.)
- Graduation CB-May 14 at 6:00 p.m., Achieve-May 15 at 9:00 a.m., ACE - May 15 2:00 p.m.
- Last Day of School May 22 (Friday at 11:00 a.m.)

**Attention All Graduating Seniors**

If you are interested in purchasing a class ring, graduation announcements or any other senior items. Please pick up a Jostens packet in the finance office from René Spiringer.

**Achieve**

Yearbook photo submissions for the Achieve Yearbook should be sent to Mrs. Dzara’s email, bdzara@jeffcoschools.us.

Yearbook submissions can include:

1. Senior photos
2. Pet photos
3. Underclassman photos
4. Photos from Field Trips
5. Photos from Elective Classes
6. Miscellaneous school photos

All photos are due to Mrs. Dzara no later than the start of our Spring Break on March 20th. If you have any questions you can email her.

**Free Parenting Workshop: NSET (Navigating Substance Experimentation in Teens)**

Free, two-hour workshop offering information and support for parents and caregivers whose teen is experimenting with alcohol, marijuana, vaping and other substances.
- Topics include: Myths and realities about substance use among teens, risk factors, information about cannabis, alcohol and vaping
- Interactive, judgement-free and practical
- Led by counselors from Denver Family Therapy Center
- Held the first **Wednesday of each month from 6-8pm at Jefferson County Public Health** (645 Parfet Street, Lakewood)
- Youth should not attend workshops with their parent or guardian

Register at workshops.jeffcoctc.com for this FREE workshop beginning November 2019. Questions? Call 303 456 0600 ext. 138

**Student Experience Schedule**

See the student field trip/experiences for the next two weeks below

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<tr>
<th>Program</th>
<th>Monday 3/9</th>
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<td>Gist to Brain &amp; Body Yoga Tai Chi Kersting to Bowlero Michalenko to Bear Creek Archery</td>
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<td>Pathways</td>
<td>Construction to Heavy Machinery Simulator w/Terry Olsen Outdoor Ed to Castlewood Canyon Waskey/JCAPPP to Hope House of CO</td>
<td>Construction to Deliver Ski Chairs Outdoor Ed to APEX Center</td>
<td>Construction to RRCC/HVAC</td>
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