

PRESS RELEASE

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SUPERINTENDENT'S OFFICE
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FOR IMMEDIATE RELEASE

March 16, 2020 | El Dorado County, CA

EDUHSD Update

Dear El Dorado Union High School District Community,

The public's health and safety is paramount to El Dorado Union High School District (EDUHSD) and all of its community and educational partners.

We will plan to update you frequently to assist in communication and another message will be sent out tomorrow for future updates from our Governor. Until conditions change, our school office hours are 8:00 a.m. to 4:00 p.m. daily.

Our Food Services Department will provide an opportunity for families to pick up meals during our school closures at two locations in the bus circles between the hours of 11:00 a.m. to 1:00 p.m.

- El Dorado High School: 561 Canal Street, Placerville, CA 95667
- Ponderosa High School: 3661 Ponderosa Road, Shingle Springs, CA 95682

To ensure the nutritional well-being of our students while at home or under other care, our District will be distributing FREE breakfast and lunch grab and go meals every day, Monday-Friday during the school closure, starting Wednesday, March 18, 2020 for any child between 2-18 years of age.

No paperwork is required. This will be a drive up or walk up service, where we will hand you meals for each child that is in your vehicle or care.

We encourage families to continue to be proactive in reducing the risk of COVID-19 by not congregating at the school site and utilizing social distancing once meals have been distributed. This is a pick up service only and no meals will be consumed on site.

We know that many families are dealing with emotional/mental health challenges and that the current circumstances with the Coronavirus (COVID-19) may exacerbate this situation. In an effort to ensure that you have help to meet the needs of your family, we are sharing the following resources.

In case of an emergency, please refer to the attached Crisis Resource Flyer.

If you have a non-crisis need for assistance relating to mental health concerns, please contact your primary care physician. If they are unable to assist, our Wellness Center staff may be reached using

the following school specific email address, or, you may use the following general telephone number to access the Wellness Centers: (530) 280-2009.

- bruinwellness@eduhd.k12.ca.us
- cougarwellness@edusd.k12.ca.us.
- diamondbackwellness@eduhd.12.ca.us
- saintwellness@eduhd.k12.ca.us
- trojanwellness@eduhd.k12.ca.us

Additionally, our school psychologists and mental health partners have compiled the following resources for your review and reference regarding family needs:

- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- <https://www.thepathway2success.com/100-coping-strategies-for-anger-anxiety-and-more/>
- https://www.huffpost.com/entry/teaching-mindfulness-to-teenagers_b_5696247
- [Handout: Coping with Stress during Infectious Disease Outbreaks](#)
- [Handout for Parents: NASP](#)

We understand there are many concerns around COVID-19 and want to ensure families that we are working closely with El Dorado County Public Health for updates and guidance. For the latest information on COVID-19, families are encouraged to visit our EDUHSD website and on the [El Dorado County Public Health website](#).

For parent questions regarding this closure, please contact your school site.

For more information about the El Dorado Union High School District, please visit www.eduhd.k12.ca.us and follow us on [Facebook](#).

Thank you for your patience as we adjust to the World Health Organization Pandemic declaration, the National, State and County Declaration of Emergency.

Sincerely,
Ron Carruth, Ed.D.
Superintendent
El Dorado Union High School District
(530) 622-5081

