

# Oak Run Warriors



## Dates to Remember:

**\*MONDAY'S ARE MINIMUM DAYS – DISMISSAL AT 1:45 PM\***

**April 6<sup>th</sup> through April 13<sup>th</sup> NO SCHOOL – SPRING BREAK**  
Tuesdays' @ 10:00 am – Meal and Resource pickup/drop off

**Every Friday is SPIRIT DAY! Wear school teal and grey or Oak Run T-Shirts**



## Oak Run Elementary School

*~ A Public Montessori School*

27635 Oak Run to Fern Road • Oak Run • CA 96069  
(530) 472-3241

**Superintendent/Principal**  
**Lynn Wilen**

### School Board Members

Kansas Simonis  
LeeAnn Mollath • Stan Statham  
Philomene Swenson • Tom Diskin

**April 3, 2020**

**Issue 29**

## MESSAGE FROM THE PRINCIPAL

Here we are in April already and we are still under the umbrella of “Stay home, Stay Safe” which forced us to close the school. Our teachers are working very hard to give your children a solid learning experience.

### Here is the plan for continued learning:

We will begin having weekly learning packets on Tuesdays – pick up will be in the Cafeteria

We will be offering distribution of a week’s worth of breakfasts and lunches on Tuesdays at 10:00 am sharp. Tuesday, April 7<sup>th</sup> at 10:00 will be our next meal distribution at Oak Run School.

The office will be open only on Tuesday until at least May 4th.

Next week is Spring Break so enjoy your children without studies. I want the teachers to have a break as well.

Distance learning will be included in the instruction after Spring Break. We need to know who does not have Internet (Wifi) access. We have Chrome Books available to most of our students to use at home. Contact your child’s teacher for info concerning the loaning of a Chrome Book.

We will reevaluate the learning program the last week of April when the Governor and State Superintendent make any changes to the current directives.

We will continue to publish a newsletter each Friday

I want to continue thanking all of the staff for helping to keep learning foremost on our minds. Teachers, Tiffany, Alicia, Dianna, Hope our board members, Becky, and our aides.

Parents – We need your help. Leah would like to have parents take pictures of their children working/learning at home during the school closure. We want to use them in the yearbook which we plan to publish before the official last day of school in June. You may send them to Leah at [klein@oakarunschool.org](mailto:klein@oakarunschool.org).

Oak Run Community Newsletter - (formally known as the Acorn) is seeking business owners to purchase advertisement space. Please contact Cindy Shaw for more info or to place an ad! [Poohshaw57@yahoo.com](mailto:Poohshaw57@yahoo.com)

If you have any questions, you may check in with me on Tuesdays or email me at:

Lynn  
Superintendent/Principal  
(530) 472-3241  
[lwilen@oakrunschool.org](mailto:lwilen@oakrunschool.org)



Week of April 3, 2020

Dear Preschool families;

I hope you are doing well and finding time to enjoy simple pleasures such as reading and playing games together. Although we do not know how long our school will remain closed, I will continue to send emails to you each week with ideas for preschool learning and enrichment activities, as well as helpful articles for parents to read. Please email me with any questions or comments. Take care!

**Cooking together can be a fun (and delicious!) activity for families with young children. It can also be an opportunity to explore important early math concepts. Whether counting the number of strawberries for a fruit smoothie or guessing the number of pancakes on a plate, time spent cooking together can go a long way to promoting children's math learning.**

### **Tips for Talking About Math While Cooking with Young Children**

There are easy ways that families can practice talking about math while cooking any meal together. Families can use this smoothie recipe or their own favorites—the tips for talking about math work across any meal or recipe.

**Count ingredients one by one.** Start with a small number (three or four) and ask children to count the number of pieces of food, using a finger to point to each piece. Children often don't realize that each piece only gets counted once, or they try to count too quickly and skip numbers. Help them to keep track by moving the already counted pieces into a new pile.

**Count the total number of ingredients.** Ask children to count two, three, or four pieces of food and then say how many pieces there are all together. After they finish counting, ask, "How many do we have altogether?" Or simply, "How many?" Move up to larger numbers as the child grows more comfortable with counting.

**Guess which pile has more ingredients.** Create two small piles of food and ask children to guess which one has more in it. Then have them count the number of pieces in each pile to see if they are correct. Try asking them which pile has fewer pieces—something that many children find more challenging than estimating which pile has more.

**Smoothie recipe:** • 1 cup fruit juice. • 1 cup milk or non-dairy milk alternatives. • 1 cup frozen blueberries. • 1 cup frozen strawberries. • 2 tablespoons honey. Mix them in a blender for one minute, or until smooth. Enjoy!

**See the next page for personal pizza recipe, and have fun with the math tips!**

## Personal Pizzas

### Ingredients

- Enough English muffins or sub rolls for your family.
- Pizza or spaghetti sauce.
- Shredded mozzarella cheese.
- Your favorite pizza toppings, such as pepperoni, black olives, Canadian bacon, canned pineapple, bell pepper, and/or mushrooms.

### Materials

- Baking sheet.
- Spoon.
- Butter knife.

### Directions

1. Preheat oven or toaster oven to **375° F**.
2. Use butter knife to cut **English muffin** (or sub rolls) in half and place the muffins cut side up on a baking sheet.
3. Spread **two** spoonfuls of **pizza or spaghetti sauce** onto each of the muffins.
4. Top each muffin with cheese and your favorite **pizza toppings**.
5. Bake for **10** minutes in preheated oven or until the cheese is melted and browned on the edge.



### Math Tips

- ★ "How many English muffins do we need so everyone in our family can have **one**?"
- ★ Have your child count as they add **two** spoonfuls of sauce to each of the muffins.
- ★ "How many pieces of pepperoni are on this pizza? If we add **one** more pepperoni, how many will we have?"
- ★ Ask your child to point at each object as they count.
- ★ **Extra Challenge:** A matching game! Add toppings to one of the muffins and then ask your child to put the same number of toppings on a different muffin. For example, maybe you added **two** pepperonis and **five** black olives to one muffin. Support your child in putting the same number of pepperonis and black olives on a different muffin.

Adapted from:  
<http://allrecipes.com/recipe/86649/fast-english-muffin-pizzas/>

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Mr. Adam's TK- 2<sup>nd</sup> Grade Class

MONTESSORI  
FOR ALL

Hello families! I hope you are all hanging in there and hopefully settling into a routine. I found some great advice about home schooling from NPR:

1. Be realistic. Don't worry about home schooling if it's causing emotional trauma.
2. Be forgiving. Determine how involved you can really be, work within your capabilities. Ask teachers for help.
3. Online doesn't mean better. The number of online resources can be overwhelming. Start with the resources available from school.
4. Know your kids. Some kids work well independently. Some need more guidance. Structure your at home learning based on your child's learning style.
5. Do passion projects. Let your child choose what they learn. Gardening, cooking, a new instrument, a makers day. Whatever. If they choose the work, they are more likely to engage.
6. Set up a space. It helps to have a dedicated work space, and to make a habit of tidying it up when work is finished.
7. Set up your schedule. And let your child help. Include chores and screen time. Realistically, 2 to 3 hours a day of academics is plenty.

And my favorite .....

8. Shake your sillies out. Relax and have downtime too. It's healthier for everyone!

Be safe and stay healthy!

~Mr. Adam



Ms. Anne's 3<sup>rd</sup>-5<sup>th</sup> Grade Class

## Upper Elementary



### Work is Life

Hi, Parents and Guardians,

Remember last week when I shared “Elementary Catnip,” listing things that (almost) all elementary children love? This week, let's add one more thing to that list: efficiency.

Parents are sometimes shocked when their adorable, careful, thoughtful child turns about six and suddenly starts rushing around and messing stuff up. It's not that they don't care anymore; it's that they've discovered a new and irrepressible momentum to do what's next—and what's next after that! And they stop having patience with work that they see as pointless.

Why make the bed when you're just going to sleep in it again?

Why do the dishes unless you're out of dishes to eat from?

Why do 50 math problems when you got the answer right on one?

Why, indeed. This is when adults have to invoke their other loves to get them to work.

They love extremes, so if they balk at several short problems, raise the challenge: “Do you think you can multiply a 40-digit number? How much paper/time will that take?”

They love being imaginative, and they love animals and nature, so you can tell them a story about an ecosystem, and how every animal does its work—for example: Bees pollinate grasses; cows eat grasses, chew their cud and digest them through their complicated stomachs; their poop fertilizes the grasses for the bees to pollinate; their milk feeds the farmer; the farmer milks the cow and harvests the honey; the farmer has dessert made of milk, honey, and grain, thanks to hard work! The cow's work is eating—lucky cow. The bees' work is multifaceted: pollinating, producing honey, managing the complicated politics of its hive, about which there's more to learn...incidentally, learning is your work! You're almost as lucky as that cow! You just get to taste and try and experience things, and that's your work!”

Every thing has work. Every act is work. Even leisure activity is usually work of some kind. Are you going fishing? You're working on fishing well...which is also learning. Are you playing a sport? You mean you're learning the sport? Yes. Are you just sitting there? Oh! Then you're letting your human body parts catch up on their work: circulation, respiration, digestion, etc.

“Work” is not a four-letter word. It's not something that adults do just for money, or that kids do just because teachers or parents make them do it, or because they're promised a treat. It's something you're doing all the time just by being alive in this world.

Learning, meanwhile, is a choice that makes work more rewarding. If you learn to fish better, you'll catch more fish, and you'll be more...e-FISH-ient!!!! Hahahahaha. (Elementary children also love puns.)

Let's help children re-think what work is, and stop trying to get out of it. Let's talk mindfully about work, and expand its definition. In these times when conventional jobs are under more peril than ever, it's comforting to know that we've still got work to do, and hence life purpose.

Work is life,

MAKE  
EDUCATION  
GO THE  
DISTANCE



Ms. Zollars' 6<sup>th</sup>-8<sup>th</sup> Grade Class



# Middle School CLASSROOM NEWS



Dear Families,

"Always desire to learn something useful."-Sophocles (497-406BC)

What useful thing can you share with your child this month? How to repair or build? Carpentry? Oil change? Change a tire? Cook? Bake? Sew or knit? Music or art? First aid? Garden? Care for animals? The list is endless. :-)

Other suggestions: read a book together and discuss; practical math, such as double or halve a recipe, balance a checkbook, count back change, manage a budget, and compare loans. Think of all the adult skills that you've had to acquire that would make your child more confident in the future. Confidence, in large part, is gained by experience and skill.

Book Report #4, a letter to the author or publisher of a book they've read, is not due now until **April 28**. I've pushed the due date up to give you all more time. I have improved the directions, which are linked here:

[https://docs.google.com/document/d/13Z9caiLv2\\_C3Sb3ii\\_HljKq67t-y-8go7QVvOn5rLBg/edit?usp=sharing](https://docs.google.com/document/d/13Z9caiLv2_C3Sb3ii_HljKq67t-y-8go7QVvOn5rLBg/edit?usp=sharing)

Again, the office will be open April 14, 21, and 28.

PLEASE **bring in** your child's finished work and **pick up** Language Arts work for the last half of April. There are worksheets on literary terms that we are learning, and I'd like 1 written report. Directions are linked here:

[https://docs.google.com/document/d/1BAIlevUBzq80Osj\\_OzOHNdu\\_cegt0wgy-LnRWPC7BPA/edit?usp=sharing](https://docs.google.com/document/d/1BAIlevUBzq80Osj_OzOHNdu_cegt0wgy-LnRWPC7BPA/edit?usp=sharing)

There are a few students who still need to get their SCIENTIST LETTER to me! Take a photo, if need be. Please communicate.

Students continue to need math, reading, and writing skills throughout their school years and beyond.

Know that I'm thinking of each of you fondly and wishing you well.

Text, call, or email with questions.

Michele Zollars

[mzollars@oakrunschool.org](mailto:mzollars@oakrunschool.org)

530-691-8390







# After-school programs

**Academic Tutoring - Ms. Zollars in Room # 5 and Ms. Lisa in Room #4**

Wednesdays 2:45 -3:15 and Thursdays 2:45 -3:15

**Garden Club - Mr. Adam Room in Oak Run School Garden or Room # 1**

Wednesdays 2:45 -4:00 and Thursdays 2:45 -4:00

**Music Lessons - Ms. Becky in Room # 3**

Tuesdays - Keyboard 2:30 -3:00 or Ukulele 3:00 -3:30, 3:30 -4:00

Fridays - Ukulele 2:30 -3:00 or Keyboard 3:00 -3:30, 3:30 -4:00

**Theatre Club – Ms. Anne in Room # 6**

Thursdays 2:45-4:00

Permission slips are available in the main office or by the activity instructor.

Please feel free contact the instructors with any questions or concerns.

Ms. Zollars	<a href="mailto:mzollars@oakrunschool.org">mzollars@oakrunschool.org</a>	(530) 472-3241 ext 105
Ms . Lisa	<a href="mailto:lcunningham@oakrunschool.org">lcunningham@oakrunschool.org</a>	(530) 472-3241 ext.104
Mr. Adam	<a href="mailto:amankoski@oakrunschool.org">amankoski@oakrunschool.org</a>	(530) 472-3241 ext 109
Ms. Becky	<a href="mailto:bcarr@oakrunschool.org">bcarr@oakrunschool.org</a>	(530) 472-3241 ext 103
Ms. Anne	<a href="mailto:aadams@oakrunschool.org">aadams@oakrunschool.org</a>	(530) 472-3241 ext 106



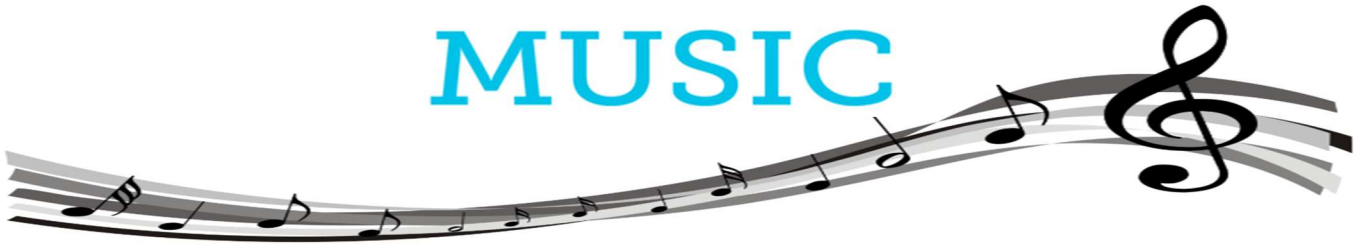
Library in Progress!

Work continues in improving our library for student use. Each student who attended school last Monday was given two books to bring home to keep out of our duplicate or outdated library books. So far, all of our chapter books have been added into the online catalogue and work begins this week to add in all of our picture books and early reader collection. For interested families, you may go to <https://oakrun.follettdestiny.com> to search for and view the books that have been added so far.

~Hope Zollars



# MUSIC



Hello Music Students,

I hope that you're listening and singing to Music while the school is closed. I am putting together a **Music packet** for you **every week** that has the songs that we started to learn before school closed and some other fun Music pages to do. So be sure to pick yours up if you haven't already done so. I will also be contacting your family by email where I can email a file with some of the pages if this works better for you.

Stay safe and keep those hands washed.

Ms. Becky

**"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." —  
Plato**



# OAK RUN ELEMENTARY



Starting this coming Monday, March 23, radio station KFOI 90.9 FM will be airing a Children's Hour show from 11am-12noon Monday-Friday. This will be an ongoing feature of our programming, especially helpful during this time of home schooling during the school shutdown. KFOI can also be found online at [www.kfoiradio.org](http://www.kfoiradio.org).

We are also doing a daily news program at 1pm daily that will feature up to date news on the current situation in California including the latest information on the virus.

-Tom Diskin





**SPRING BREAK ONLY**  
**SHASTA COUNTY - APRIL 6-10, 2020**

# FREE DRIVE THROUGH MEALS

School Districts are pleased to offer free meals for pick-up to all **children 18 years and under** at the following locations. These meals are to help any family while school is out of session due to the COVID-19 pandemic. This program is made available in conjunction with the California Department of Education and the United State Department of Agriculture (USDA).

**CHILDREN MUST BE PRESENT TO PICK UP A MEAL.**

### **Hidden Valley Market**

22009 Hidden Valley Dr, Jones Valley  
3/30/20-TBA • 12:00pm-12:30pm  
Breakfast & Lunch (Mon-Fri)  
Fred (530) 245-2628

### **Igo Ono Elementary**

6429 Placer Rd. Igo  
3/17/20-TBA • 11:00am-12:00pm  
3 Breakfast & 3 Lunch (Mon & Thurs)  
Tawny (530) 225-0011

### **Juniper School**

375 Ellis St, Redding  
3/17/20-TBA • 12:00pm-12:30pm  
3 Breakfast & 3 Lunch (Mon & Thurs)  
Tawny (530) 225-0011

### **Lake Shore Villa Market-Gateway Bus Stop**

20750 Lakeshore Dr., Lakehead  
3/26/20-TBA • 11:30am-12:00pm  
Breakfast & Lunch (Mon-Fri)  
Sean (530) 245-7917

### **Manzanita School**

1240 Manzanita Hills, Ave, Redding  
3/17/20-TBA • 11:00am-12:00pm  
3 Breakfast & 3 Lunch (Mon & Thurs)  
Tawny (530) 225-0011

### **Millville Elementary School**

8570 Brookdale Rd., Millville  
3/23/20-TBA • 12:00pm-12:30pm  
Breakfast & Lunch (Mon-Fri)  
Fred (530) 245-2628

### **MLK Center**

1815 Sheridan St, Redding, CA 96001  
3/23/20-TBA • 11:00am-12:00pm  
3 Breakfast & 3 Lunch (Mon & Thurs)  
Tawny (530) 225-0011

### **Montgomery Creek School**

30365 Highway 299 East,  
Montgomery Creek  
3/20/20-TBA • 11:00am-12:00pm  
Breakfast & Lunch (Mon-Fri)  
Fallon (530) 337-6214

### **Mt. View High School**

20375 Tamarack Ave. Burney  
3/23/20-TBA • 10:00am-12:00pm  
Breakfast & Lunch (Mon-Thurs)  
Patty (530) 335-4556

### **Redding STEM Academy**

3711 Oasis Road, Redding  
3/17/20-TBA • 11:30am-12:30pm  
Breakfast & Lunch (Mon-Fri)  
Fred (530) 245-2628

### **Safeway**

2601 Balls Ferry Rd, Anderson  
3/17/20-TBA • 11:40am-12:10pm  
Breakfast & Lunch (Mon-Fri)  
Susan (530) 378-0568

### **Shasta Elementary School**

10446 Red Bluff Rd. Shasta  
3/17/20-TBA • 11:00am-12:00pm  
3 Breakfast & 3 Lunch (Mon & Thurs)  
Tawny (530) 225-0011

### **Shasta High School**

2500 Eureka Way, Redding  
3/17/20-TBA • 11:30am-12:30pm  
Breakfast & Lunch (Mon-Fri)  
Fred (530) 245-2628

**SCAN ME!**



*with your smart phone for a list of  
ALL Shasta County locations.*

**\*Meals are subject to change. Please call number listed if you have questions.**

**This institution is an equal opportunity provider.**





**SPRING BREAK ONLY**  
**SHASTA COUNTY - APRIL 6-10, 2020**

# FREE DRIVE THROUGH MEALS

School Districts are pleased to offer free meals for pick-up to all **children 18 years and under** at the following locations. These meals are to help any family while school is out of session due to the COVID-19 pandemic. This program is made available in conjunction with the California Department of Education and the United State Department of Agriculture (USDA).

**CHILDREN MUST BE PRESENT TO PICK UP A MEAL.**

### **Anderson Heights Elementary**

1530 Spruce St., Anderson  
3/19/20-TBA • 11:00am-12:00pm  
Breakfast & Lunch (Mon-Fri)  
Debby (530) 378-7000 x7104

### **Bonny View School**

5080 Bidwell, Redding  
3/17/20-TBA • 11:00am-12:00pm  
3 Breakfast & 3 Lunch (Mon & Thurs)  
Tawny (530) 225-0011

### **Columbia Elementary School**

10142 Old Oregon Trail, Redding  
3/23/20-TBA • 11:00am-12:00pm  
Breakfast & Lunch (Mon -Fri)  
Morgan (530) 223-4070 x307

### **Fall River Elementary**

24977 Curve Street, Fall River Mills  
3/23/20-TBA • 10:00am-12:00pm  
Breakfast & Lunch (Mon-Thurs)  
Patty (530) 355-4556

### **Foothill High School**

9733 Deschutes Rd., Palo Cedro  
3/17/20-TBA • 11:30am-12:30pm  
Breakfast & Lunch (Mon-Fri)  
Fred (530) 245-2628

### **Anderson Union High School**

1471 Ferry St., at PAC, Anderson  
3/17/20-TBA • 11:00am-11:30am  
Breakfast & Lunch (Mon-Fri)  
Susan (530) 378-0568

### **Buckeye School of the Arts**

3407 Hiatt Dr., Redding  
3/18/20-TBA (Mon-Fri)  
7:30am-8:00m Breakfast  
11:30am-12:00pm Lunch  
Sean (530) 245-7917

### **Cypress School**

2150 Civic Center Dr, Redding  
3/17/20-TBA • 11:00am-12:00pm  
3 Breakfast & 3 Lunch (Mon & Thurs)  
Tawny (530) 225-0011

### **Fall River High School**

44215 Walnut Street, McArthur  
3/23/20-TBA • 10:00am-12:00pm  
Breakfast & Lunch (Mon-Thurs)  
Patty (530) 355-4556

### **French Gulch-Whiskeytown**

11442 Cline Gulch Rd, French Gulch  
3/17/20-TBA • 11:30am-12:00pm  
Lunch (Mon-Wed)  
Call for meal. (530) 359-2151

### **Bella Vista School**

22661 Old Alturas Rd, Bella Vista  
3/23/20-TBA • 11:00am-11:30am  
Breakfast & Lunch (Mon-Fri)  
Fred (530) 245-2628

### **Burney Elementary**

37403 Toronto St., Burney  
3/23/20-TBA • 10:00am-12:00pm  
Breakfast & Lunch (Mon-Thurs)  
Patty (530) 335-4556

### **Enterprise High School**

3411 Churn Creek, Redding  
3/17/20-TBA • 11:30am-12:30pm  
Breakfast & Lunch (Mon-Fri)  
Fred (530) 245-2628

### **SCAN ME!**



*with your smart phone for a list of  
ALL Shasta County locations.*

**\*Meals are subject to change. Please call number listed if you have questions.**

**This institution is an equal opportunity provider.**





# OAK RUN ELEMENTARY

A Public Montessori School

*Our preschool is under Title V regulations with the state preschool program code of education*

*Oak Seed Preschool*

*Currently - must be 3 on or before September, 2018*

*Next year - must be 3 on or before December 2, 2019*

*Is now accepting*

*Private pay - must fill out paperwork, but not income eligibility info - can start as soon as age 3-*

*Enrollment applications*

*Title 22 - sliding scale/Full pay Student must be 3 to start/can start any time during the school year as long as they are 3 and potty independent*

*for the 2019-2020*

*school year!*

*Apply online at*

*www.shastacoe.org*

*or*

*43 Hilltop Dr, Redding*

*(530) 225-2999*

PreK-8th Grade

Come Join Us!



OAK RUN  
ELEMENTARY  
A Public Montessori School

OAK SEED PRESCHOOL FOR AGES 3-5

Our students appreciate the traditions and pride of the community. Come and visit our school where students are safe, respectful, responsible and productive. We always have room for you!

Our new preschool director's years of experience combined with Mr Adam's expertise in designing an AMI primary Montessori environment have created an outstanding program for children aged 3-6.

Application information:  
43 Hilltop Drive, Redding  
530-225-2999 • shastacoe.org

27635 Oak Run to Fern Rd., Oak Run  
(530) 472-3241 • www.oakrunschool.org





WORRIED ABOUT FLU OR CORONAVIRUS?

**HELP FIGHT  
THE  
SPREAD OF ILLNESS**



## **WASH HANDS OFTEN**

WITH WARM WATER AND SOAP FOR AT LEAST 20 SECONDS.  
HAND SANITIZER IS GOOD IN A PINCH.

## **KEEP HANDS AWAY**

FROM MOUTH, NOSE OR EYES TO AVOID  
TRANSFERRING GERMS.

## **CLEAN AND DISINFECT**

FREQUENTLY USED SURFACES LIKE COUNTERS, LIGHT  
SWITCHES, DOORKNOBS, AND REMOTES.

## **COVER COUGHS & SNEEZES**

WITH A TISSUE, THEN THROW  
TISSUE AWAY AND WASH YOUR HANDS.

## **IF YOU FEEL SICK, STAY HOME**

FROM WORK, SCHOOL, OR OTHER ACTIVITIES AND AVOID  
CLOSE CONTACT WITH OTHERS.

FOR MORE INFORMATION OR RESOURCES VISIT: [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)





## 2019 Novel Coronavirus Guidance for Schools and School Districts



### **THE 2019 NOVEL CORONAVIRUS**

The 2019 novel coronavirus is a virus that was recently identified in Wuhan, Hubei Province, China, and is now being spread widely in other parts of mainland China. More cases are being detected worldwide, and while new cases were initially linked to Hubei Province, China, at this time public health considers being anywhere in China in the past 14 days a risk factor for novel coronavirus infection.

The virus causes respiratory illness. For up-to-date information regarding the novel coronavirus, see:

- the California Department of Public Health website at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>; or
- Centers for Disease Control (CDC) website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

At this time, the health risk to the general public in California from novel coronavirus remains low, but schools can take common-sense precautions to prevent the spread of all infectious diseases. These precautions will be helpful to also prevent the spread of other common illnesses such as influenza and gastroenteritis.

### **GUIDANCE FOR SCHOOLS AND SCHOOL DISTRICTS**

The risk of exposure to this new coronavirus in China is increasing over time. Consistent with CDC guidance on returning travelers from China, local health departments are communicating with travelers returning from mainland China to provide guidance about limiting public interactions for 14 days.

Travelers from mainland China arriving in the United States since February 3, 2020 should be excluded from school for 14 days, beginning the day after they left China.

CDC guidance on returning travelers is available here: <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>.

Please note that there have been reports of students and others being stigmatized. We urge schools to ensure students' and staffs' privacy to help prevent discrimination.

In the unusual event that a student or staff member is identified who:

- has symptoms of respiratory illness, such as fever and cough, AND
- traveled from mainland China in the prior 14 days,

Please take the following steps:

- separate the individual from others as much as possible and make arrangements for the individual to go home, and
- contact your local health department immediately.



California Department of Public Health – February 7, 2020



## 2019 Novel Coronavirus Guidance for Schools and School Districts

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Encourage all students, parents, and staff to take everyday preventive actions:

- Stay home when sick.
  - Remain at home until fever has been gone for at least 24 hours without the use of fever-reducing medicines.
  - Seek immediate medical care if symptoms become more severe, e.g., high fever or difficulty breathing.
- Use “respiratory etiquette”.
  - Cover cough with a tissue or sleeve. See [CDC’s Cover Your Cough page \(https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm\)](https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm) for multilingual posters and flyers, posted at the bottom of webpage.
  - Provide adequate supplies within easy reach, including tissues and no-touch trash cans.
- Wash hands frequently.
  - Encourage hand washing by students and staff through education, scheduled time for handwashing, and the provision of adequate supplies.
- Routinely clean frequently touched surfaces.
- Separate sick students and staff from others until they can go home. When feasible, identify a “sick room” through which others do not regularly pass.
- Encourage flu vaccine for those who haven’t had it this season to reduce illnesses and absences on campus (but won’t prevent coronavirus illnesses).

A note about face masks: face masks are most useful for preventing disease spread when they are worn by people who have symptoms. This is why people are asked to wear a mask at doctors’ offices and hospitals if they are coughing or sneezing.

Develop policies to respond to outbreaks and communicable diseases:

- Establish relationships with your local public health department for ongoing communication.
- Update emergency plans to ensure they are in place before an outbreak occurs.

At this time, Hong Kong, Macau, and Taiwan do not have widespread transmission of the novel coronavirus and are not considered part of mainland China for this guidance. The California Department of Public Health will update this guidance if the outbreak spreads to other countries or regions.





# Home Internet

You may qualify for affordable, Home Internet if you are participating in one of the following programs:

Child Enrolled in the NSLP (National School Lunch Program)

CalFresh (food stamps) or Supplemental Nutrition Assistance Program (SNAP)

Supplemental Security Income (SSI)

Medi-Cal

Or Have a Household Income Under \$40,000/year

Only  
**\$10-\$23**  
a month

For a limited time  
some providers  
are offering  
2 months free.

To determine which of the Internet providers serves your area enter your zip code at this site: [www.everyoneon.org/cetf](http://www.everyoneon.org/cetf).

It will list your choices and you can call the companies in your area.



844-525-1574

\$23/mo

*For 2 months free ask for Spectrum Internet Assist at the beginning. If you qualify your bill will be \$23 after the free offer.*



888-519-4724

\$15/mo



855-220-5211

\$10/mo

*2 months free of Access for a limited time.*



855-970-1449

\$20/mo



855-846-8376

\$9.99/mo

*2 months free of Essential for a limited time.*



## ***Oak Run Elementary School Bus Schedule***

**2019-2020 School Year**

### **Redding and Palo Cedro**

<b><u>Stop</u></b>	<b><u>Morning</u></b>	<b><u>Afternoon</u></b>
#RR Redding @ Rare Air	6:55	3:45
#PC Palo Cedro @ Dahl Mortuary	7:05	3:35

### **Oak Run**

<b><u>Stop</u></b>	<b><u>Morning</u></b>	<b><u>Afternoon</u></b>
#1 Leave Oak Run School	7:35	2:30
#2 28225 Oak Run to Fern Rd.	7:38	2:33
#3 28757 Oak Run to Fern Rd.	7:41	2:36
#4 14825 Phillips Rd.	7:45	2:40
#5 Thomas Rd. @ Phillips Rd.	7:46	2:41
#6 Frontier Rd. @ Phillips Rd.	7:52	2:47
#7 Cool Creek Lane	7:54	2:52
#8 Arrowpoint Rd.	8:03	2:58
#9 Oak Run Quarry on Oak Run Rd.	8:60	3:01
#10 Volbrecht Rd.	8:14	3:09
#11 School	8:16	3:10

## Email Directory:

• Lynn Wilen	Superintendent/Principal	<a href="mailto:lwilen@oakrunschool.org">lwilen@oakrunschool.org</a>
• Tiffany Fulkerson	Administrative Asst.	<a href="mailto:tfulkerson@oakrunschool.org">tfulkerson@oakrunschool.org</a>
• Tina Pollycutt	Office Manager	<a href="mailto:tpollycutt@oakrunschool.org">tpollycutt@oakrunschool.org</a>
• Alicia Shaefer	Office Assistant	<a href="mailto:ashaefer@oakrunschool.org">ashaefer@oakrunschool.org</a>
• Lisa Cunningham	Preschool Director	<a href="mailto:lcunningham@oakrunschool.org">lcunningham@oakrunschool.org</a>
• Adam Mankoski	TK- 2 <sup>nd</sup> GradeTeacher	<a href="mailto:amankoski@oakrunschool.org">amankoski@oakrunschool.org</a>
• Anne Adams	3 <sup>rd</sup> -5 <sup>th</sup> Grade Teacher	<a href="mailto:aadams@oakrunschool.org">aadams@oakrunschool.org</a>
• Michele Zollars	6 <sup>th</sup> -8 <sup>th</sup> Grade Teacher	<a href="mailto:mzollars@oakrunschool.org">mzollars@oakrunschool.org</a>
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