

## CURIOUS | CREATIVE | COURAGEOUS | CAPABLE

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22 September 2021

Dear Parents, Guardians & Community members,

I'm pleased to share that in two weeks at the community meeting, Child and Adolescent Psychiatrist and Folsom parent Rob Althoff, MD, PhD will be available to discuss the stressors of resuming school in a continued pandemic on children, parents, and teachers. Questions will be welcome. You'll recall that in the spring, Dr. Althoff presented Emotional Health Effects of the Last Year and Beyond. Dr. Althoff talked about the effects of the pandemic on the emotional health of youth and the adults who care for them. He also talked about what kinds of supports our communities may need in the summer, and what additional care may need to be taken as we re-enter school in the fall. Dr. Althoff's presentation from the spring is about 30 minutes long and is available here if you would like to view it. The GISU thanks Dr. Althoff for his generous gift of time and expertise talking about this important topic. We hope you will join us for this important presentation on October 6, 2021 at 6:00 p.m.

## Covid-19 Cases in the Islands and what you you do to help stop/slow the spread

In the last five days we have had two confirmed positive cases and one presumed positive case in GISU Schools. This brings our total number of cases in the Islands this year to five. Please see the six most important things you can do to help stop or slow the spread of COVID-19 below.

- If you are eligible and can get vaccinated ASAP. This helps protect our youngest students who are not yet eligible to be vaccinated.
- 2. Stay Home and Keep your Children Home if they are sick or have symptoms of COVID-19 infection.
- 3. Wear a mask when in public. The viral load is high all around us masks help slow the spread.
- 4. Practice social distancing when possible
- 5. Use good hand hygiene strategies. Wash and sanitize frequently.
- 6. If you are concerned you might be infected, get a test. They are free.

## **Community Meeting**

Tonight's Community Meeting will recap the cases we have had so far this year and talk about what the community can do to help stop/slow the spread of COVID 19. As usual, there will be a time for community members to ask questions and share their experiences. The access to the Superintendent's weekly Community Meeting is available below.

Wednesday, September 22, 2021, 6:00 p.m

Join with Google Meet meet.google.com/yzd-szwo-tqi

Join by phone (US) +1 573-349-3062 PIN: 810 989 343#

Thank you for helping to ensure that all members of the GISU learning community are curious, creative, courageous, and capable of pursuing their aspirations in a diverse and ever changing world.

Sincerely,

Michael J. Clark

Superintendent