

HTM Phase 4 Reopening

Last updated April 12, 2021

([en español](#))

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VALUES FOR REOPENING SCHOOLS SAFELY

Our school is a place where everyone feels loved, valued, and inspired to be their best selves. Together we accomplish things we did not think were possible and work towards a more just, antiracist, anti oppressive, equitable world. Everyone grows, learns, and laughs together.

As we re-open and transition towards full in-person learning, we are focusing on the following priorities:

- Safety & wellbeing of students and staff in keeping with California Department Of Public Health (Cdph) Guidelines And San Diego County Public Health Orders
- Joy and belonging
- Hands-on work and collaboration
- Meaningful project work that drives meaningful learning
- Reclamation to school and the learning we believe in
- Creatively using our resources to create the best experiences for all our kids.

TIMELINE

- **February - March:** HTM staff meet weekly to discuss/plan Phase 4 Reopening
- **February 13th** - Survey Sent to Families Inviting Feedback Re: Priorities and Concerns.
- **February 23rd:** Dr. Meadows shares organization-wide timeline
- **March 5th** - Staff Collaborative Design PD Meetings for Phase 4 Plans
- **March 8th:** HTM Hosted COVID Reopening Townhall to Share Plans and Elicit Feedback from Families
- **March 9th:** Share Plans and Video Link From Reopening Town Hall; Ask for Commitment from Families by March 12th via Form
- **March 9th:** School based plans drafted, sent to Dr. Meadows for Approval
- **March 9th:** County Tier Reassessment
- **March 11th:** Board Meeting - Review school-based stage 4 plans
- **Week of March 15:**
- March 22nd - April 2: Spring Break
- **Week of April 5:** Staff Return to Work From Building - Prep Week; Crew Meetings + Asynch for kids to allow space for staff to prep campus for Phase 4 (or provide Sync Instruction in the AM); Staff training in organization wide safety protocols; Students and Families Briefed on Phase 4 Norms (safety protocols, routines, expectations, etc.)
- **April 8th:** Grade levels hosted back to school nights over zoom. Provided details about safety protocols and provided space for QnA. Video and slides were sent to

families who could not attend.

- **Week of April 12th:** [conditions permitting] Bring back 50% of students (max) - continued thoughtful reintegration and introduction to our community.

HEALTH & SAFETY WHAT TO EXPECT WHEN RETURNING TO SCHOOL

AS WE REOPEN... The health and safety of our students, staff, and families is of the utmost importance. Due to new health and safety measures set forth by the County of San Diego and the California Department of Public Health, the 2020-21 school year will look much different than in years previous. HTM plans to focus on academic instruction as well as the programs that are crucial for the mental, social emotional, and physical well-being of students.

SCREENING AT HOME:

- Students and staff are asked to self-screen for symptoms such as cough, shortness of breath, runny nose and fever at home before coming to school or getting on a bus.
- Anyone with a fever of 100°F or more should not go to a school. Those experiencing symptoms including persistent cough, shortness of breath, or runny nose should not attend school.
- Staff members are required to self-screen and complete a daily temperature check prior to coming to a HTM.

ARRIVING AT SCHOOL:

- Students will continue to arrive as they have in typical years (driven by car, public transit, etc.). Arrival/departure times and campus entry points will be managed to allow for appropriate physical distancing.
- Students who arrive before the start of the Academic Day (at 9a) will not be supervised unless they sign in to our no-cost before care program, The Zone. Families may drop students off as early as 7a for The Zone before care.
- HTM will have signage throughout campus to encourage physical distancing and proper sanitation.

SYMPTOM SCREENING AT ARRIVAL:

- Students are required to utilize established entry points onto campus and participate in temperature screening at each entry point. After temperature screening, each student will be asked the following

questions:

- 1. Do you have a new cough, nasal congestion, or runny nose?
- 2. Are you experiencing shortness of breath or difficulty breathing?
- 3. Are you having new muscle pain or fatigue?
- 4. Do you have a headache (that is not normal for you)?
- 5. Do you have a sore throat?
- 6. Are you experiencing a new loss of taste or smell?
- 7. Are you experiencing nausea, vomiting, abdominal pain, or diarrhea?
- 8. Do you have a new rash?
- 9. Have you been exposed to anyone who has been tested positive for COVID-19 in the last two weeks?
- A temperature of 100 F or greater or a "yes" answer to any of the questions above identifies the student as potentially positive for COVID-19. Students will be asked to return home and recommended for follow-up testing.
- Exclusion from school Students who present any of the following symptoms associated with COVID-19 will be excluded from school:
 - Fever of 100 F or more
 - Chills
 - New cough, nasal congestion, or runny nose
 - Shortness of breath or difficulty breathing
 - New muscle or body aches, or fatigue
 - Headache (if abnormal for you)
 - New loss of taste or smell
 - Sore throat
 - Nausea, vomiting, abdominal pain
 - Diarrhea
 - New rash (for students)
- HTH is working with the County and private providers to provide on-site testing opportunities for school staff.

ESTABLISHED PROTOCOLS IF A TEMPERATURE OF 100°F+ IS DETECTED:

- Students with a temperature of 100°F or higher will not be admitted and shall be sent home.
- Individuals should then contact a health care provider for further instructions.
- Please notify the school administration of any positive COVID-19 test results.
- School will notify health officials, staff and families of any positive cases
- If a student develops a fever while at school, they will be isolated from other students, provided a face covering if they do not have one, and their parent/guardian will be contacted to pick them up.

- Sick staff and students will be advised to isolate according to CDC guidelines. The individual may return after 10 days since symptoms first appeared and no fever for the last 24 hours, or 3 days after all symptoms are fully resolved with proof of negative COVID test.

PERSONAL PROTECTIVE EQUIPMENT AND PROTOCOLS

HAND HYGIENE:

- Staff and students will be trained on proper hand hygiene, including hand washing and use of hand sanitizer (CDC: Handwashing: Clean Hands Save Lives).
- Students will be instructed to wash or sanitize their hands upon arrival into the campus, using the restroom, and lunch.
- Handwashing and hand sanitizing for students will be reinforced daily with time allotted to wash hands regularly.
- Hand sanitizer stations will be available in all classrooms and public areas in the school.
- Students and staff will be instructed on protocols for coughing, sneezing, etc. while protecting others.
- Schools will limit sharing of supplies: belongings separated in individually labeled storage containers, cubbies or areas.
- Visual reminders will be provided and posted for staff and students.

PHYSICAL DISTANCING:

- HTM will implement plans to ensure physical distancing, such reducing the number of students in classrooms at 50% capacity.
- HTM will design spaces with physical distancing in mind, which may include instruction outdoors or in larger areas and one-way traffic flow in hallways.
- Student work spaces will be arranged with consideration for maximum physical distancing, following public health recommendations.
- Teacher and other staff desks will be distanced at least six feet away from student desks.
- Group activities will be significantly limited.
- Visual reminders will be provided and posted around campus.

FACE COVERINGS:

- Face coverings are required for ALL students Preschool-12th (unless exempt), in order to provide additional protection for students and staff and prevent the spread of COVID-19. Students without masks will be provided with a disposable one to wear while at school.
- Students who refuse to wear face coverings and do not have an exemption will be excluded from on-campus learning. They will be required to participate in fully virtual learning.
- Students with medical/sensory/cognitive/behavioral exemptions (with a doctor's note) will not be required to wear a mask, but are strongly encouraged to utilize a face shield if possible.
- Students will be instructed on proper face covering protocol. Parents are asked to familiarize their children with the use of cloth face coverings, including the importance of being careful not to touch their mask or areas of their face.
- Students will be asked to wear face coverings upon arrival to the school site, throughout the day in their classrooms, as they transition between classes, as they travel around campus, when they have less than 6 feet of distance between themselves and another student or staff member, and when they are dismissed.
- Students will be allowed to remove their masks to eat, or for any mask breaks designated by staff.
- All staff will be provided with face coverings and are required to wear face coverings unless prevented due to health conditions or instructional/communication needs. In those instances, staff will be provided with a clear face shield.
- Visual reminders regarding face covering protocols will be posted for staff and students

MAINTENANCE AND OPERATIONS

SAFETY EQUIPMENT

HTM is committed to providing safety equipment to maintain the cleanliness of our campus, including but not limited to:

- **HAND SANITIZING STATIONS** - Hand sanitizing stations will be located in common areas such as lunch areas, front offices, and priority locations identified by the director.
- **PERSONAL PROTECTIVE EQUIPMENT FOR STAFF** - HTH will provide face masks for staff. All staff are required to wear fabric face coverings unless

prevented due to health conditions or instructional/communication needs. In those instances, staff will be provided with a clear face shield.

Additional disposable masks and gloves are also available, as needed.

- TOUCHLESS THERMOMETERS - HTH has provided HTM with touchless forehead thermometers so staff may screen each student, and themselves, as they enter campus.
- ELECTROSTATIC CLEANERS - HTH has provided electrostatic sprayers for every campus. The sprayers will enable custodial staff to more efficiently disinfect our campuses. The units spray a fine mist of disinfectant solution that is statically charged and then adheres to the surfaces in the room ensuring coverage. Detailed attention will be given to high-touch areas such as door handles, desktops, sink handles, handrails and restrooms throughout the day.

OTHER SAFETY CONSIDERATIONS:

- HTM will follow guidelines developed by the CDPH for cleaning, disinfection, and ventilation of school sites as practicable.
- Drinking fountains will be disabled.
- Students should bring their own water bottles and may refill their bottles at touchless water bottle filling stations available for staff and student use.
- Disinfecting wipes and/or disinfecting sprays will be provided in every classroom.
- HVAC systems have been serviced and inspected across the District to ensure proper operation and circulation of outside air.
- HTM has upgraded from a 3-ply to MERV 13 filter, exceeding current requirements.

FOOD AND NUTRITION

STUDENT MEALS FOR ON-CAMPUS AND VIRTUAL LEARNING

AS WE REOPEN...

The HTH Food and Nutrition Department is committed to meeting the nutritional needs of each and every student during the 2020-21 school year. The department has developed, and will adhere to, the following measures to ensure the overall health and safety of students who rely on HTM's meal service. Food and Nutrition staff will follow safety guidelines set forth by the California Department of Public Health for handwashing, proper sanitation of work stations, physical distancing,

and face coverings

ON-CAMPUS MEALS:

- Provide contact-free meal service to protect students and employees.
- All school meals are free until further notice.
- Eliminate self-service stations and use individually packaged foods.
- Stagger meal times as feasible to allow for distribution and as much physical distancing as possible.

GRAB & GO MEALS:

- HTM will continue to provide meal services for distance learning students via grab-and-go meals for consumption at home.
- Grab & Go breakfast/lunch will continue to be served at the HTM cafeteria on Mondays at 11a.
- Meal service providers will reinforce health and safety protocols, including hand hygiene, physical distancing, wearing face coverings, gloves, and aprons.

OTHER SAFETY PROTOCOLS FOR MEAL DISTRIBUTION ON CAMPUS:

- HTM has determined additional spaces for lunch as needed to ensure physical distancing in outdoor lunch areas.
- Staff will encourage students to maintain physical distancing, as possible.
- Hand sanitizing dispensers will be located in lunch areas.
- Students will be allowed the option of washing their hands with soap and water for 20 seconds or using hand sanitizers.
- Students will be required to sanitize their hands prior to entering nutrition centers.
- Students will be required to sanitize their hands prior to entering classrooms

COVID-19 PROTOCOL & NOTIFICATION

What measures should be taken when a student, teacher, or staff member has symptoms, is in contact with someone infected, or is diagnosed with COVID-19? The following steps have been provided by the San Diego County Office of Education:

COVID-19 EXPOSURE ACTION & COMMUNICATION STEPS*:

	Student or Staff with:	Action	Communication
1.	<p>COVID-19 Symptoms (e.g., fever, cough, loss of taste or smell, difficulty breathing)</p> <p>Symptom Screening: Per CA School Sector Specific Guidelines</p>	<ul style="list-style-type: none"> Send home Recommend testing (If positive, see #3, if negative, see #4) School/classroom remain open 	<ul style="list-style-type: none"> No Action needed
2.	Close contact (†) with a confirmed COVID-19 case	<ul style="list-style-type: none"> Send home Quarantine for 14 days from last exposure Recommend testing (but will not shorten 14-day quarantine) School/classroom remain open 	<ul style="list-style-type: none"> Consider school community notification of a known contact
3.	Confirmed COVID-19 case infection	<ul style="list-style-type: none"> Notify the local public health department Isolate case and exclude from school for 10 days from symptom onset or test date Identify contacts (†), quarantine & exclude exposed contacts (likely entire cohort (††)) for 14 days after the last date the case was present at school while infectious Recommend testing of contacts, prioritize symptomatic contacts (but will not shorten 14-day quarantine) Disinfection and cleaning of classroom and primary spaces where case spent significant time School remains open 	<ul style="list-style-type: none"> School community notification of a known case
4.	Tests negative after symptoms	<ul style="list-style-type: none"> May return to school 3 days after symptoms resolve School/classroom remain open 	<ul style="list-style-type: none"> Consider school community notification if prior awareness of testing

(†) A Close Contact is defined by the CDC as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.” (††) A cohort is a stable group with fixed membership that stays together for all courses and activities (e.g., lunch, recess, etc.) and avoids contact with other persons or cohorts.

*NOTE: Please ensure to provide school site manager, Veronica Martinez, with the most up-to-date contact information.

Additionally, [HTH is maintaining a COVID-19 Dashboard on our website](#), listing all confirmed cases related to HTH school sites and offices

CONSIDERATIONS FOR PARTIAL OR TOTAL CLOSURE:

Once schools reopen, schools are not required to close again if the county sees an increase in case rates or positive testing percentages. However, individual school closure is recommended based on the number of cases, the percentage of the teacher/students/staff that are positive for COVID-19, and following consultation with the local health officer. Individual school closure may occur when there are multiple cases in multiple cohorts at a school or when at least 5% of the total number of teachers/student/ staff are cases within a 14-day period. A superintendent should close a school district if 25% or more of schools in a district have closed due to COVID-19 within 14 days, and in consultation with the local public health officer.

COVID-19 SCHOOL DECISION TREE

HTM will refer to information from the CDC regarding COVID-19 transmission rates, spread, and treatment. Any actions will be determined in close partnership with local health officials on a case by case basis. For additional guidance, HTM will refer to this decision tree from San Diego County regarding decisions made at the site-level when assessing risk: in the event of COVID-19 exposure or; if a student or staff member develops any one of the following signs or symptoms:

COVID-19 Symptom Decision Tree*

(Revised: 2/22/2021)

*See page 2 for quarantine guidelines based on recently acquired immunity status



At school, student or staff member develops any one of the following signs or symptoms:

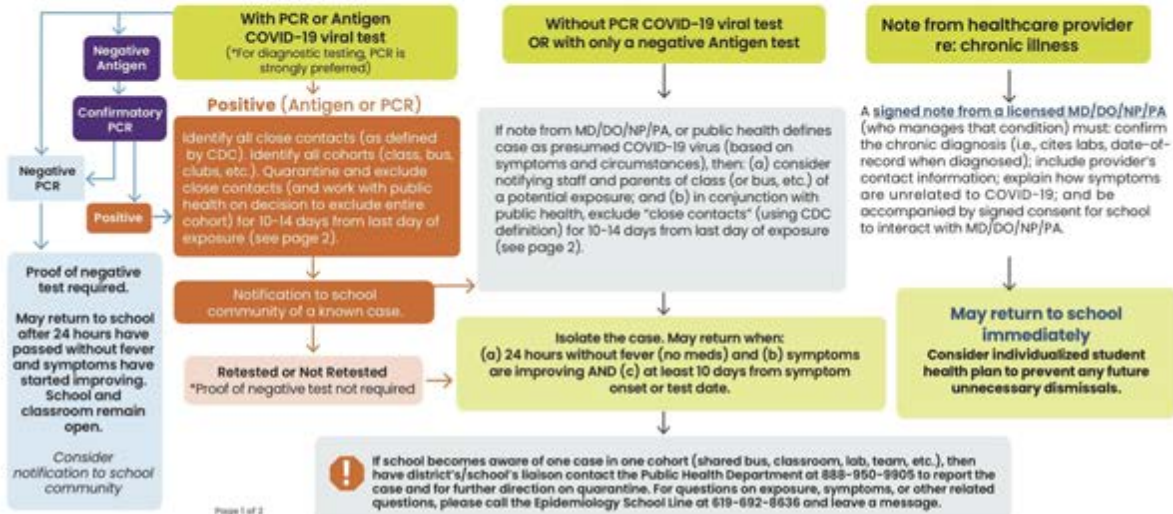
- Fever with or without chills/rigors (fever defined as $T > 100.0$ that does not resolve within 30 min. without medication)
- Cough* Shortness of breath Nasal congestion/rhinorrhea (runny nose)* Sore throat
- Nausea, vomiting, or diarrhea* Fatigue* New loss of taste/smell Headache*
- Muscle or body aches* Poor feeding or poor appetite*

* Disregard this symptom if school personnel already aware of a chronic, pre-existing condition that causes the symptom. The nature of the presenting symptom (e.g., duration, intensity) must be consistent with the underlying chronic condition.

ACTION: Apply appropriate PPE; isolate student/staff member until sent home; recommend they reach health care provider for instructions. Note: Other infections can cause some symptoms (e.g., flu, strep, etc.) but these do not rule out COVID-19 as co-occurring



STUDENT / STAFF TO STAY HOME UNTIL...



Quarantine of Persons Exposed to COVID-19

A "close contact" is a contact with a COVID-19 patient that occurs anywhere between 48 hours before the COVID-19 patient's symptoms began (or, for asymptomatic patients, two days prior to test specimen collection), and until the COVID-19 patient is no longer required to be isolated, and the contact:

- 1 Were within 6-feet of a COVID-19 patient for a cumulative total of 15 minutes or more over a 24-hour period; or
- 2 Had unprotected contact with the body fluids and/or secretions (including, but not limited to, being coughed on or sneezed on, sharing utensils, or drinking out of the same container) of a COVID-19 patient.


All persons without COVID-19 symptoms who have had close contact with a COVID-19 patient must immediately take quarantine themselves in their home or another residence. They may end quarantine and return to school/work after:

- **10 days** (e.g., on the 11th day) after the last contact with a COVID-19 patient **as long** as they can self-monitor for **COVID-19 symptoms** and **consistently use face covering and distance at least 6 feet** from all others through Day 14.
- **14 days** (e.g., on the 15th day) after the date of last exposure if they **cannot** self-monitor for **COVID-19 symptoms** nor consistently use face covering and distance at least 6 feet from all others after a 10-day quarantine or work with severely immunosuppressed persons (e.g., bone marrow or solid organ transplants, chemotherapy).
- Negative COVID-19 test results will not shorten the time for these individuals.
- **If symptoms occur during quarantine**, individuals should immediately self-isolate and contact their healthcare provider or San Diego County Public Health Services and seek testing.

Quarantine Guidelines Based on Recently Acquired Immunity Status

According to the CDC, quarantine is not required for people who have been in close contact with someone who has COVID-19 under the following scenarios:

- People who have tested positive for COVID-19 within the past three months and recovered and are not now experiencing another onset of any COVID-19 symptom.
- People who have been fully vaccinated (i.e., two weeks past final dose of a COVID-19 vaccine) within the last three months and are not now experiencing an onset of any COVID-19 symptom.

 NOTE: 7-day quarantine rarely applies in the K-12 school setting and only applies to healthcare workers; for further guidance see this [memo](#).



WHAT HAPPENS TO LEARNING IF A CLASSROOM CLOSES?

If a classroom cohort or school needs to close for quarantine, the students move to online learning with their existing teacher until they can return back to campus. When cleared to return, the students and teacher resume their on campus learning in person.

HYBRID SCHEDULES

IN-CLASS INSTRUCTION:

- School schedules were developed to reduce numbers of students in common areas during breaks, lunches, and passing periods as feasible
 - Designated times and areas for students have been adjusted to limit large groups from gathering.
 - Classroom routines, such as those for turning in assignments, have been designed to minimize contact.
 - Initially, no visitors will be allowed on to campuses, including classroom volunteers and parents, and all off-site field trips are postponed. This will be reevaluated as health conditions change.

Families who choose the hybrid model will be offered a placement in either "Monday/Wednesday Track" or a "Tuesday/Thursday Track" - we will make efforts to accommodate which days students are on campus so as to support the family in organizing the school schedules of siblings.

The hybrid schedules shown below follow the daily routine of a sample student who attends school **"in person and on campus" on Mondays and Wednesdays**, and attends **"online-over-distance" on Tuesdays and Thursdays**. All students will attend online-over-distance on Friday.

6TH GRADE- Hybrid: Alternating 2 Days On-Campus (Mon/Weds) w/ 3 Days At-Home

6th Grade Hybrid: Alternating On-Campus/At-Home (following 1 group)					
15 minute int.	M on campus	T at home	W on campus	H at home	F at home
7:00 - 9:00a	The Zone: Before Care				
9:00 - 9:15	Crew	Crew	Crew	Crew	Crew
9:15 - 9:30					
9:30 - 9:45	In Person Art	Async Math	Study Hall	Async Math	Team Meeting
9:45 - 10:00					
10:00 - 10:15					
10:15 - 10:30	Break				
10:30 - 10:45	Live/Zoom Math	Zoom Math	Live/Zoom Humanities	Zoom Humanities	Weekly Wrap Up
10:45 - 11:00					
11:00 - 11:15					
11:15 - 11:30	Eat (seated, unmasked and distanced)				
11:30 - 11:45					
11:45 - 12:00	Play (grass field)				
12:00 - 12:15					
12:15 - 12:30	Independent Reading Block				
12:30 - 12:45	In Person Math	Worktime/Enrichment	In Person Humanities	Worktime/Enrichment	Family Email
12:45 - 1:00					
1:00 - 1:15					
1:15 - 1:30					
1:30 - 1:45	Fitness	Self Guided Fitness	Fitness	Self Guided Fitness	Self Guided Fitness
1:45 - 2:00					
2:00 - 2:15					
2:15 - 2:30					
2:30 - 2:45	Sanitize and Close		Sanitize and Close		
2:45 - 3:00					






























Students are released at 3:00p (we ask that students are picked up, or that they sign in to aftercare).

7TH GRADE- Hybrid: Alternating 2 Days On-Campus (Mon/Weds) w/ 3 Days At-Home

7th Grade Hybrid: Alternating On-Campus/At-Home (following 1 group)					
15 minute int.	M on campus	T at home	W on campus	H at home	F at home
7:00 - 9:00a	The Zone: Before Care				
9:00 - 9:15	Crew	Crew	Crew	Crew	Crew
9:15 - 9:30	Crew	Crew	Crew	Crew	Crew
9:30 - 9:45	Zoom Math	Zoom Math	Zoom Math	Zoom Math	Zoom Team Meeting
9:45 - 10:00					
10:00 - 10:15					
10:15- 10:30	Break				
10:30 - 10:45	Zoom Humanities	Zoom Humanities	Zoom Humanities	Zoom Humanities	Async Worktime
10:45 - 11:00					
11:00 - 11:15					
11:15 - 11:30	Eat (seated, unmasked and distanced)	Lunch	Eat (seated, unmasked and distanced)	Lunch	Lunch
11:30 - 11:45					
11:45 - 12:00	Play (grass field)		Play (grass field)		
12:00 - 12:15	Play (grass field)		Play (grass field)		
12:15 - 12:30	Flex (social games, instruction, support)	Math Worktime + Office hours	Flex (social games, instruction, support)	Math Worktime + Office hours	Async Worktime
12:30 - 12:45	Flex (social games, instruction, support)		Flex (social games, instruction, support)		
12:45 - 1:00	In Person Math		In Person Math		
1:00 - 1:15					
1:15 - 1:30					
1:30 - 1:45	Person Humanities	Break	Person Humanities	Break	
1:45 - 2:00		Break		Break	
2:00 - 2:15		Break		Break	
2:15 - 2:30	Zoom Exploratory		Zoom Exploratory		
2:30 - 2:45					
2:45 - 3:00					

Students are released at 3:00p (we ask that students are picked up, or that they sign in to aftercare.)















8TH GRADE - Hybrid: Alternating 2 Days On-Campus (Mon/Weds) w/ 3 Days At-Home

8th Grade Hybrid: Alternating On-Campus/At-Home (following 1 group)					
15 minute int.	M on campus	T at home	W on campus	H at home	F at home
9:00 - 9:15	Crew	Crew	Crew	Crew	Crew
9:15 - 9:30	Zoom Math	Zoom Math	Zoom Math	Zoom Math	Async Math
9:30 - 9:45					
9:45 - 10:00					
10:00 - 10:15					
10:15 - 10:30	Zoom Humanities	Zoom Humanities	Zoom Humanities	Zoom Humanities	Async Humanities
10:30 - 10:45					
10:45 - 11:00					
11:00 - 11:15					
11:15 - 11:30	Play (grass field)	Play	Play (grass field)	Play	Play/Active
11:30 - 11:45					
11:45 - 12:00	In Person Humanities	Math Office Hours/Work Time	In Person Humanities	Math Office Hours/Work Time	Math Office Hours/Work Time
12:00 - 12:15					
12:15 - 12:30	Eat (seated, unmasked and distanced)	Lunch	Eat (seated, unmasked and distanced)	Lunch	Lunch
12:30 - 12:45					
12:45 - 1:00	Zoom Drama	Humanities Async	Zoom Drama	Humanities Async	Drama Async
1:00 - 1:15					
1:15 - 1:30	Walk	Zoom Drama	Walk	Zoom Drama	Humanities Async
1:30 - 1:45					
1:45 - 2:00	Break	Break	Break	Break	Choice Time
2:00 - 2:15					
2:15 - 2:30	Arts/Crafts/Games/Science	Science Async	Arts/Crafts/Games/Science	Science Async	Science Async
2:30 - 2:45					
2:45 - 3:00					












Students are released at 3:00p (we ask that students are picked up, or that they sign in to aftercare.)

100% DISTANCE LEARNING SCHEDULES










6TH GRADE - 100% Online: Students Work from Home 5 Days/Week

6th Grade 100% Distance (following 1 group)					
15 minute int.	M at home	T at home	W at home	H at home	F at home
7:00 - 9:00a	The Zone: Before Care				
9:00 - 9:15	Crew	Crew	Crew	Crew	Crew
9:15 - 9:30					
9:30 - 9:45	Async Worktime	Async Math	Zoom Support	Async Humanities	Team Meeting
9:45 - 10:00					
10:00 - 10:15					
10:15 - 10:30	Break				
10:30 - 10:45	Zoom Math	Zoom Math	Zoom Humanities	Zoom Humanities	Weekly Wrap Up
10:45 - 11:00					
11:00 - 11:15					
11:15 - 11:30	Lunch				
11:30 - 11:45					
11:45 - 12:00					
12:00 - 12:15					
12:15 - 12:30					
12:15 - 12:30	Independent Reading Block				
12:30 - 12:45	Zoom Art	Worktime/Enrichment			Family Email
12:45 - 1:00					
1:00 - 1:15					
1:15 - 1:30					
1:30 - 1:45	Self Guided Fitness				
1:45 - 2:00					
2:00 - 2:15					
2:15 - 2:30					
2:30 - 2:45	Work Time				
2:45 - 3:00					

7TH GRADE - 100% Online: Students Work from Home 5 Days/Week

7th Grade 100% Distance (following 1 group)					
15 minute int.	M at home	T at home	W at home	H at home	F at home
7:00 - 9:00a	The Zone: Before Care				
9:00 - 9:15	Crew	Crew	Crew	Crew	Crew
9:15 - 9:30					
9:30 - 9:45	Zoom Math 			Zoom Team Meeting 	
9:45 - 10:00					
10:00 - 10:15					
10:15 - 10:30	Break				
10:30 - 10:45	Zoom Humanities 			Async Worktime 	
10:45 - 11:00					
11:00 - 11:15					
11:15 - 11:30	Lunch				
11:30 - 11:45					
11:45 - 12:00					
12:00 - 12:15					
12:15 - 12:30	Async Math Worktime & Office Hours 				
12:30 - 12:45					
12:45 - 1:00					
1:00 - 1:15	Async Humanities Worktime & Office Hours 				
1:15 - 1:30					
1:30 - 1:45					
1:45 - 2:00	Break				
2:00 - 2:15					
2:15 - 2:30	Zoom Exploratory 	Async Worktime 	Zoom Exploratory 	Async Worktime 	Async Worktime 
2:30 - 2:45					
2:45 - 3:00					

8TH GRADE - 100% Online: Students Work from Home 5 Days/Week

8th Grade 100% Distance (following 1 group)					
15 minute int.	M at home	T at home	W at home	H at home	F at home
9:00 - 9:15	Crew	Crew	Crew	Crew	Crew
9:15 - 9:30	Zoom Math				Async Math
9:30 - 9:45					
9:45 - 10:00					
10:00 - 10:15					
10:15 - 10:30	Zoom Humanities				Async Humanities
10:30 - 10:45					
10:45 - 11:00					
11:00 - 11:15					
11:15 - 11:30	Play/Active				Play/Active
11:30 - 11:45					
11:45 - 12:00					
12:00 - 12:15					
12:15 - 12:30	Lunch				
12:30 - 12:45	Lunch				
12:45 - 1:00	Zoom Drama	Zoom Drama	Zoom Drama	Zoom Drama	Drama Async
1:00 - 1:15					
1:15 - 1:30					
1:30 - 1:45					
1:45 - 2:00	Humanities Async	Humanities Async	Humanities Async	Humanities Async	Humanities Async
2:00 - 2:15	Break				
2:15 - 2:30	Science Async				
2:30 - 2:45					
2:45 - 3:00					

NOTES FOR PHASE 4 LEARNING

SAFETY PROTOCOLS IN PLACE:

- Schools will follow the physical distancing guidelines per the most current health order, as most feasible:
 - Changes will be made to eliminate sharing of instructional materials (pencils, pens, markers, manipulatives, etc).
 - Physical distancing signs will be placed on the pavement, and posters will be placed on campus.
 - Physical distancing guidelines will be enforced during arrival and departure.
 - It is strongly encouraged that parents talk to their younger children about the importance of physical distancing prior to returning to on-campus learning.
- [Daily screenings](#) for staff and students will be implemented:
 - Families, students, and staff will be asked to self-screen for symptoms at home before coming to school or getting on a bus.
 - Temperature-taking will be required before entry via touchless thermometers.
 - Health screening questions will be asked at predetermined entry points.
- Schools will follow established protocols if a temperature of 100+ degrees is detected
 - A full explanation of these protocols can be found in the 'Health and Safety' section of this guidebook, [linked here](#).
- Face coverings and PPE (all PPE should be student friendly, school appropriate)
 - Pursuant to the San Diego County public health order, members of the public are required to wear masks on HTM property.
 - HTM will be providing masks to staff. Presently, all staff are required to wear fabric face coverings unless prevented due to health conditions or instructional/ communication needs. In those instances, staff will be provided with a clear face shield from the District.
 - HTH will require all students in Preschool through 12th grade to wear masks at school, unless exempt.
 - Students with medical/sensory/cognitive/behavioral exemptions (approved by school education specialist(s) and

school psychologist) will not be required to wear a mask, but are strongly encouraged to utilize a face shield if possible.

- Students who are not exempt and refuse to wear a mask on campus will learn virtually instead.

ACCESS TO SUPPORTS, ENRICHMENT, AND INTERVENTION:

- Referral and intervention services will be available for students.
 - Staff will continue to identify students in need of additional support, and provide services as needed.

MAINTAIN CONNECTIONS WITH STUDENTS AND STAFF

- Learning options will prioritize social and emotional wellness
 - Teachers and support staff build positive relationships and rapport with students based on trust and showing students that they are listening and interested.
 - Both learning options may include mindful moments, student check-ins, personal connections, social emotional lessons, and differentiated support so students feel connected and engaged.
- Schools will foster a positive school environment
 - Staff will be responsive to students' needs and check in with them on a regular basis in both learning models.
 - Teachers will build classroom environments that are collaborative, with expectations for treating one another with mutual respect.
 - Students are valued and have assets such as their lived experiences, language, culture, and identity that is honored.
- Schools will ensure students feel supported in physical health
 - Outdoor learning spaces will be utilized as reasonably as possible to support health and safety.
 - Both learning models will include opportunities to exercise and engage in play.
 - Staff will implement reasonable, practical and preventative safety procedures when students are outdoors

CONTINUE TO FOSTER RIGOR AND INNOVATIVE LEARNING

- Build upon the learning experiences utilized during distance learning
 - Teachers and students will be intentional about incorporating useful technology into the classroom.
 - Teachers will continue to personalize experiences for students.

- Student progress will be measured through assessments, feedback, and scores reported in PowerSchool or Google Classroom Gradebook in both models of learning.
- Targeted instruction will be provided to support English learners, students with special needs, and students in need of additional support.

LEARNING OPTIONS WILL SUPPORT SOCIAL AND EMOTIONAL WELLNESS

- Teachers and support staff will continue to build positive relationships and rapport with students based on trust and showing students that they are listening and interested.
- Both learning options may include mindful moments, student check-ins, personal connections, social emotional lessons, and small group support so students feel connected and engaged.

SCHOOLS WILL FOSTER A POSITIVE SCHOOL ENVIRONMENT

- Teachers will build classroom environments that are collaborative, with expectations for treating one another with mutual respect.
- Students are valued and have assets such as their lived experiences, language, culture, and identity that is honored.

ACCESS TO SUPPORTS, ENRICHMENT, AND INTERVENTION

DIFFERENTIATED LEARNING SUPPORT FOR STUDENTS WITH DIVERSE LEARNING NEEDS

- Staff will ensure our students with additional learning needs (504s, English Learners, Special Education) are provided with targeted instruction and supports.
- Teachers and counselors will continue to make regular contact with students who have additional needs.

REFERRAL AND INTERVENTION SERVICES WILL BE AVAILABLE FOR STUDENTS

- Staff will continue to identify all students in need of additional support (regardless of educational program), and provide services as needed.

ACADEMIC & SOCIAL EMOTIONAL HEALTH

WHEN WE RETURN TO SCHOOL, AS WE PROVIDE SPACE FOR STUDENTS TO GROW ACADEMICALLY WE WILL ALSO CONTINUE TO PROVIDE FOR THE SOCIAL EMOTIONAL WELL-BEING OF OUR STUDENTS.

- HTM staff are committed to supporting the social emotional wellness of each and every student, each and every day. We will continue to offer resources to ensure the transition back to school is as smooth as possible.
- Now more than ever, we appreciate the partnership of families in helping create healthy environments for students during these challenging and unprecedented times. We are asking that schools and families work together to remain flexible and collaborative in assessing students' individual needs.

HTM WELLNESS OFFICE HOURS

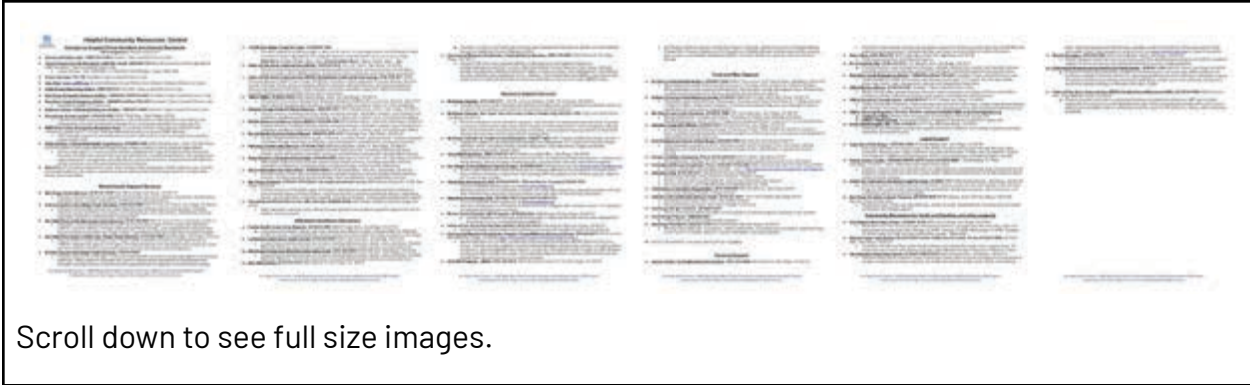
The Wellness Center is a virtual place where students can go and check in with someone about their personal well-being. Students may be provided with support, tips, tools, and/or resources to help help. Some examples of things students may check in about include--conflicts with friends, stress about school or family, feel sad/down, relationship advice, or life advice. This is not an exhaustive list, these are just some examples, but if you feel your child needs support, encourage them to reach out to the Wellness Center.

- Monday: <https://calendly.com/jmorris-hth/wellness-center-student-check-in-mon-days>
- Tuesday: <https://calendly.com/lcervantes/tuesday-wellness>
- Friday: <https://calendly.com/hhuntschoolpsych/friday-wellness>

And, specially for Parents/Families/Guardians: Our school psychologist is offering evening office hours- drop in for support, resources, or questions, Tuesday evenings from 6-8 PM (sign up with the link below)

Tuesday: <https://calendly.com/hhuntschoolpsych/family-connect>

HELPFUL COMMUNITY RESOURCES ([link to PDF for images below](#))



Scroll down to see full size images.



Helpful Community Resources: Central

Emergency Support Phone Numbers and General Resources

All Emergencies: Please contact 911

- **Access and Crisis Line:** 1(888)724-7240 Available 7 days a week/24 hours a day
- **Trevor Project Suicide Hotline for LGBTIQ+ Youth:** (866)488-7386 Suicide prevention hotline specific for LGBT Available 7 days a week/24 hours a day
 - Trevor text line: Text "TREVOR" to 1(202)304-1200 Monday- Friday 12pm-7pm
- **Crisis Text Line:** 741-741 Available 7 days a week/24 hours a day
- **Live Chat:** www.up2SD.org Available Monday through Friday from 4:00pm-10:00pm (Online Live Chat).
- **Child Abuse Reporting Hotline:** (800)344-6000 Available 7 days a week/24 hours a day
- **San Diego Domestic Violence Hotline:** 1(888)DVLINKS/385-4657 Available 7 days a week/24 hours a day
- **Storefront Youth Emergency Shelter:** 1(866)Place2Stay/752-2327 Available 7 days a week/24 hours a day
 - Available to youth 12-17 years old
- **National Human Trafficking Resource Hotline:** 1(888)373-7888 Available 7 days a week/24 hours a day
- **Emergency Screening Unit:** (619)876-4502 4309 Third Ave., San Diego, 92103
 - Provides emergency psychiatric evaluations, crisis intervention, brief outpatient counseling, case management and urgent medication management to individuals with Medi-Cal under age 18.
- **PERT-Psychiatric Emergency Response Team:** If you know someone experiencing a mental health emergency, please call 911 or your local law enforcement agency to access PERT services.
 - PERT provides support to law enforcement and the community for calls involving persons having a mental health crisis.
- **Rady Children's Behavioral Health Urgent Care:** (858)966-5485 4305 University Ave., Suite 150 San Diego, CA 92105 Walk-in Clinic open Monday through Friday 4:00pm-8:00pm or call to schedule appointment
 - Serves youth ages 5-17 years and their families struggling with urgent emotional and/or behavioral concerns. Provides risk assessment and crisis intervention, hospital transportation, case management, urgent medication management, and referrals for community resources. Accepts those with Medi-Cal, private insurance, and uninsured/undocumented individual.
- **Dial 2-1-1:** 211 provides resources for crisis, food, housing, legal, emergency, health, veterans, jobs, re-entry, and human trafficking. Re-entry is assistance to those leaving a alcohol and drug treatment, mental health facility, and incarceration.

Mental Health Support Services

- **San Diego Youth Services:** (619) 221-8600 3255 Wing Street, San Diego, CA 92110
 - Provides a broad continuum of outpatient mental health services to address child abuse, mental illness, substance abuse, juvenile delinquency, homelessness and school failure.
- **Counseling Cove-San Diego Youth Services:** (619) 525-9903 3427 4th Ave. (2nd Floor), San Diego, CA 92103
 - Provides mental health services for youth experiencing homelessness or running away, including individual, group and family counseling, case management, crisis intervention, rehabilitative services, psychiatric evaluation, and medication management.
- **Our Safe Place Clinic-San Diego Youth Services:** (619) 525-9903 3427 4th Ave. (2nd Floor), San Diego, CA 92103
 - Outpatient, community-based mental health services for youth ages of 12-21 years that identify as LGBTQ+ and their families. Provides individual and family therapy, case management and psychiatry. Serves all those living within San Diego County. Open Monday through Friday from 9:00am to 6:00pm.
- **Our Safe Place Drop-In Center-San Diego Youth Services:** (619) 525-9903 2220 Broadway, San Diego, CA 92102
 - Drop-In Center is open 24 hours a day 7 days a week and offers services to youth that identify as LGBTQ+ between the ages of 12-21 years. Provides therapeutic and psychoeducation groups for youth and their families as well as rehab and support services and clinical case management.
- **STARS Program-San Diego Youth Services:** 619-521-2250
 - Provides services for youth ages 12-24 years involved with commercial sexual exploitation and domestic trafficking. Offers support to empower the youth to escape sexual exploitation by developing inner strengths, building a sense of community and supporting their reintegration into mainstream society.

San Diego Youth Services – HERE Now School Based Suicide Prevention and Early Intervention (PEI) Program
Funded by County of San Diego, County of San Diego Behavioral Health Services

- **LCARE-San Diego Youth Services: 1(202)304-1200**
 - Provides support to youth up to age 21 who are at risk for or have experienced sex trafficking or other commercial sexual exploitation. The program provides a mental health clinic and drop-in center.
Clinic Hours Monday-Friday, 9am – 6pm. **Drop-in Center Hours** 7 Days a Week, 12pm – 8pm
- **Union of Pan Asian Communities (UPAC): (619)232-6454** 1031 25th Street, San Diego, CA 92102
 - Provides community and school-based mental health and recovery services to under-served Asian, Pacific Islander, Latino, Middle Eastern, East African, African American and other ethnic populations.
- **Union of Pan Asian Communities (UPAC) Multicultural Community Counseling: (619) 578-2211** 5296 University Avenue Suite# F2, San Diego, CA 92105. Provides a holistic approach to service delivery. Services include: individual, family, group counseling, Medical evaluation and management, and Case management. Services are focused on the Asian, Pacific Islander, and Latino population, ages 5-20. Medi-Cal insurance accepted. Sliding scale is provided to those with no insurance.
- **YMCA-TIDES: (619)543-9850** 4080 Centre Street, Suite 104, San Diego, CA 92103
 - Therapeutic Interventions Designed to Empower Students (TIDES) offer services to students, ages 5-21 years, who are struggling with emotional or behavior problems at school, home, or in the community.
- **Douglas Young Youth & Family Services: (858)300-8282** 7907 Ostrow Street, Suite F, San Diego, CA 92111
 - Provide services, including individual, family, and group therapy, medication support, case management, substance use/abuse treatment to individuals, up to 21 years old, in school, clinic, and community setting.
- **Mobile Adolescent Service Team (MAST): (619)398-3261** 1202 Morena Blvd., Suite 300, San Diego, CA 92110
 - Provide services, including individual, family, and group therapy, medication support, case management, substance use/abuse treatment to individuals, up to 21 years old, in school, clinic, and community setting.
- **Mental Health Systems-School Based: (858)278-3292** 4660 Viewridge Ave., San Diego, CA 92123
 - Provide mental health services to youth, 5-18 years, in school, home, and community. Includes individual and family therapy, medication monitoring, case management, and referrals to community resources.
- **Pathways Community Services: (619)640-3266** 6244 El Cajon Blvd., Suite 14, San Diego, CA 92115
 - Provides school and clinic based outpatient mental health services, including individual and family therapy, group skill-building, psychiatric services, and medication management. Accepts Medi-Cal only.
- **Rady Children's Outpatient Psychiatry: (858)966-5832** 3665 Kearny Villa Rd., Suite 101, San Diego, CA 92123
 - Offers wide range of school and clinic based mental health services, including psychiatric services, medication management, individual, group, and family therapy, and full service partnership.
- **Social Advocates for Youth (SAY): (619)283-9624** 4275 El Cajon Blvd., Suite 101, San Diego, CA 92105
 - Provides school, home, and community based outpatient diagnosis and brief mental health treatment services, including individual and group therapy, case management, and rehabilitative services.
- **San Diego Kickstart: (619)481-3790 (Does not accept private insurance).** 6160 Mission Gorge Rd., #100, San Diego, CA 92120
 - Provide services to individuals, ages 10-25 years, developing or experiencing psychosis related to a serious mental illness and their families. Include assessment, individual and family therapy, multi-family groups, psychoeducation, medication support, occupational therapy, and education/employment support.
- **Prevention and Early Intervention (PEI) Service: (619)362-4330** 4487 Oregon St #CC5-CC2 San Diego, CA 92116
 - Early Intervention services using a family focused approach and evidence based for support not only for children, but also parents.

Affordable Healthcare Resources

- **Family Health Center (City Heights): (619)515-2400** 5454 El Cajon Blvd., San Diego, CA 92115
 - Comprehensive medical, dental, and vision services provided to all ages. Accepts Medi-Cal, Medicare, private insurance; uninsured patients receive services at a discounted cost; many locations in San Diego.
- **La Maestra Community Health Center: (619) 255-9155** 4060 Fairmount Ave., San Diego, CA 92105
 - Comprehensive medical services for all ages including family practice, dental, vision, pharmacy. Accepts Medi-Cal, Medicare, and private insurance; uninsured patients receive services at discounted cost.
- **San Diego Family Care Mid-City Community Clinic: (619) 563-0250** 4290 Polk Ave., San Diego, CA 92105
 - Comprehensive medical services for all ages including family practice, dental, vision, pharmacy. Accepts Medi-Cal, Medicare, and private insurance; uninsured patients receive services at discounted cost.
- **New Alternatives: (619) 591-5740** 3425 Kenyon St. San Diego, CA. 92210

- o Provides in-home mental health and intensive case management services for children and their families throughout San Diego County. Referred by ESU
- **Community Research Foundation: Youth & Family Services: (858) 300-8282** 7909 Ostrow St, St. 4 San Diego, CA. 92111
 - o Provides FSP enhanced outpatient Mental Health diagnostic and treatment services to children/adolescents and their families in the Central/North Central Regions of San Diego. Services include dual diagnosis enhanced individual, family and group therapy, case management, rehabilitative services, Intensive care coordination (ICC), Intensive, Home Based Services (IHBS), crisis intervention, medication management, & substance use/abuse and tobacco use services and is MHSA funded.

Recovery Support Services

- **McAlister Institute: (619) 442-0277** 1400 N. Johnson Avenue, Suite 101, El Cajon, CA 92020
 - o Provides services to both individuals and families at multiple sites, which represent a complete continuum of care for the prevention and treatment of alcoholism and drug addiction.
- **McAlister Institute- New Hope Teen Recovery Center (Female Only) 619-263-1790** 1212 South 43rd Street San Diego, CA 92113
 - o Provides substance abuse treatment, recovery, and education for adolescents who are using, misusing, or abusing alcohol and/or other drugs. Each program accommodates teens' school schedules, offering after-school treatment, individual and group counseling, and structured recovery activities to help teens develop the tools they need to stay alcohol- and drug-free.
- **McAlister Institute for Treatment and Education: (858)277-4633** 7867 Convoy Ct #302 San Diego, CA 92111
 - o Outpatient substance use treatment and education for adolescents 12-17 years old. Services include: individual, family, and group therapy, random drug tests, crisis intervention, relapse prevention, employment preparation, and life skills.
- **Vista Hill Foundation: (858) 514-5100** 8910 Clairemont Mesa Blvd., San Diego, CA 92123
 - o Provides individuals and families with array of services, including drug treatment programs, individual and family therapy, special education student services, and prevention and early intervention programs.
- **San Diego Al-Anon/Alateen Family Groups: (619)296-2666** Find meeting near you at www.alanonsandiego.org
 - o Al-anon and Alateen offer hope and recovery to all people affected by the alcoholism of a loved one or friend. Alateen members conduct their own meetings with the guidance of an Al-Anon sponsor. Need to be 12 year of age or older.
- **Alcoholics Anonymous (AA): (619)265-8762 - Oficina Central Hispana (619)280-7224**
 - o Find a confidential meeting near you at www.aasandiego.org
 - o Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.
- **Narcotics Anonymous (NA): (619)584-1007 (Español 619-546-0776)**
 - o Find a confidential meeting near you at www.sandiegona.org
 - o Narcotics Anonymous is a fellowship of people who have struggled with substance abuse. It is a program of complete abstinence from all drugs.
- **Mental Health Systems (SIP Program): (619)523-8121** 3340 Kemper St San Diego, CA 92110
 - o 6 month treatment and recovery outpatient program. Additional services include case management, transitional housing, and alternatives to detention.
- **Union of Pan Asian Communities (UPAC): (858-268-4933** 8745 Aero Dr #330 San Diego, CA 92123
 - o Outpatient mental health rehabilitation and recovery services to transitional youth 16-25 years old.
- **Community Research Foundation Douglas Young Wellness Recovery Center: 858-695-2211** 10717 Camino Ruiz #207 San Diego, CA 92126 www.comresearch.org/serviceDetails.php?id=NQ==
 - o Short-Doyle Medi-Cal (SD/MC) certified Bio-Psychosocial Rehabilitation (BPSR) Wellness Recovery Center. Contract provides outpatient mental health rehabilitation and recovery services, an urgent walk-in component, case management; and long-term vocational. Participants can be 18 years or older. Program is located in North Central San Diego. Clients must be diagnosed with a serious mental illness and can include those who may have a co-occurring substance.
- **SUD DUI Program – SDSU: (858) 467-6810.** 9425 Sky Ranch Court, ST 101 San Diego, CA. 92123

- o DUI Program Referral required. COSD DUI Program Referrals, California Court DUI Program referrals, Probation DUI Program referrals and CA Department of Motor Vehicles referrals due to a DUI arrest(s). Also accept any out-of-state Department of Motor Vehicles referral for a driving under the influence arrest(s).

Food and Meal Support

- **St. Paul's Cathedral Distribution:** (858)637-3356 2728 6th Ave.(corner of 6th Ave & Olive), San Diego, CA 92103
 - o Open to anyone in need of food assistance every 3rd Thursday of the month from 1:00pm to 3:00pm. Items distributed include canned and boxed food, fresh produce, bread, and hygiene items. Please bring a picture ID and be prepared to fill out a short form the first time you attend.
- **Catholic Charities Food Resource Center:** (619)286-1100 6360 El Cajon Blvd, San Diego, CA 92115
 - o Food bank is open every Monday, Wednesday, Thursday and Friday from 9:00am to 11:45am and from 1:00pm to 3:30pm; closed every Tuesday. To receive food please bring your own bags and a form of identification for every person collecting items.
- **Mid-City Church of the Nazarene:** (619)516-1000 4101 University Ave., San Diego, CA 92105
 - o Weekly Distributions: Tuesdays at 3:00pm, Thursdays at 9:00am, and Saturday at 9:00am. Monthly Distributions: Occur on the 1st Friday of the month at 9:00am. Corner of 41st St. & University Ave.
- **Salvation Army (HOT MEAL):** (619)699-2217 825 Seventh Ave., San Diego, CA 92101
 - o Hot meal dinners served Monday through Thursday at 5:00pm. These meals are served to anyone in need. In addition to addressing the immediate symptoms of food insecurity, our programs are designed to help identify and treat its root cause.
- **First Presbyterian Church of San Diego:** (619)232-7513 320 Date St, San Diego CA 92101
 - o Food distribution provided on the 2nd Saturday of each month from 9am-11am. Hot meals, clothing distribution, and medical services provided on Sunday at 2pm. Identification is required to receive services.
- **Horizon Christian Fellowship:** Phone (619) 236-8150 590 Fir Street, San Diego 92101
 - o Food distribution: Sundays 12 noon • See <http://www.horizonparkchapel.org> for more information
- **International Rescue Committee:** Phone (619) 641-7510 x263 5348 University Ave Ste 115, San Diego 92105
 - o Groceries distribution: Wednesdays 9:00am – noon • <http://www.rescue.org/us-program/us-san-diego-ca>
- **Salvation Army:** (619) 699-2217 825 Seventh Ave San Diego 92101
 - o Grocery bags Monday-Friday 9:00am-12:00noon, 1:00pm-4:00pm
 - o An ID, a rent receipt or current utility bill, and income information are required.
 - o For more locations, call (619) 699-2216 or (619) 699-2200 ext. 2300.
- **Third Avenue Charitable Organization:** (619) 235-9445 1420 3rd Avenue, San Diego 92101
 - o Free meals: Mondays 4:00pm, Fridays 9:00am
- **Uptown Faith Community Service Center:** (619) 281-8411. 4101 30TH Street, San Diego 92101
 - o Canned groceries bags: Mon, Tue, Thur 9:00am-9:45am
 - o Non-canned fresh groceries: Mon-Thur 11:00am-12:00 noon.
- **San Diego Hunger Coalition:** (619)427-6527
 - o Call to inquire about before and after school programs as well as programs available in the summer.
- **Food Stamp Program:** (800)262-9881
 - o Please call to see if you qualify for this program.
- **San Diego Food Bank:** (858)527-1419 9850 Distribution Ave San Diego, CA 92121
 - o Monday-Friday 8am-5pm. Food boxes, children and infants, emergency food assistance, and brown bag lunch. Dial 211 or number above for updated information and sites available.
- Call 2-1-1 for further resources and CalFresh eligibility.

Housing Support

- **Jacobs Center For Neighborhood Innovation:** (619) 229-3660 404 Euclid Ave. San Diego, CA 92114

- o Short term rental subsidy and housing navigation program for families currently receiving CalWORKS and experiencing homelessness. Interested families can reach out to the office for further information.
- **Home Start: (619) 692-0727** 5005 Texas Street Suite 203, San Diego, CA 92108
 - o Child abuse prevention, and treatment agency
- **St. Vincent de Paul: (619) 233-8500** 1501 Imperial Ave., San Diego, CA 92101
 - o Provides housing, case management, therapy, childcare, medical clinic, career and education training, parenting classes and community lunch line for individuals and families experiencing homelessness.
- **Storefront Youth Emergency Shelter: 1(866)Place2Stay/752-2327** Available 7 days a week/24 hours a day
 - o Youth emergency shelter for homeless and runaway youth ages 12-17 years. Provide night shelter, drop-in day center, case management, referrals and independent living skills.
- **YWCA Becky's House: (619)234-3164** Available 7 days a week/24 hours a day
 - o Becky's House offers gender-inclusive domestic violence programs including a 24-hour crisis hotline, emergency shelter, transitional housing, legal support, and supportive family services.
- **YWCA Cortez Hill Family Center: (619)239-0355** 1012 C Street, San Diego, CA 92101
 - o Cortez Hill provides short-term, interim housing and services for low-income, single or dual parent families with children, focusing on stabilizing the family unit, increasing income, and securing permanent housing.
- **YMCA- Housing Programs- Contact Desiree Johnson (619)285-5008 or djohnson@ymca.org**
 - o **Tommie's Place-** Women who are pregnant or parenting a child under 5 years old.
 - o **YMCA- Turning Point-** Transitional Housing Program for homeless youth (16-21 years old)
- **Urban Street Angels, INC: (619) 415-6616** 311 4th Ave #405 San Diego, CA 92101
 - o Short term and immediate housing and support services to homeless and mentally ill youth by providing short term transitional housing.

Legal Support

- **Legal Aid of San Diego: 1(877)534-2524** 1764 San Diego Ave., San Diego, CA 92110
 - o Free legal assistance for people living in San Diego County including legal help with Housing, Debt Collection, Repossession, Sales Contracts, Housing Discrimination, Family Law, Immigration, Federal Tax Problems, CalWorks/CalFresh/General Relief, Conservatorships, Restraining Orders, and SSI.
- **Family Justice Center: 1(866)933-HOPE (4673) Local (619)533-6000** 1122 Broadway, 2nd Floor San Diego, CA 92101. Hours: 8am-5pm (new clients before 4pm).
 - o Domestic violence resources are provided via comprehensive, trauma informed, wrap around services for domestic violence survivors. We are a public safety initiative launched by the City of San Diego to assist victims of family violence.
- **Center for Community Solutions-Legal Services: (619)697-7477** 4508 Mission Bay Dr., San Diego, CA 92109
 - o Provides services to victims/survivors of domestic violence, sexual assault, and stalking. Legal Services Program offers support with restraining order preparation, family law processes, victim advocacy, and confidential address enrollment program.
- **San Diego Volunteer Lawyer Program: (619)235-5656** 707 Broadway, Suite 1400 San Diego, CA 92101
Monday-Friday 8:30am-5pm
 - o Restraining order, family law, HIV/AIDS law, children & youth, landlord/tenant, microbusiness/non-profit, immigration and refugee support.

Community Recreation for Youth and Families and other supports

- **City Heights Recreation Center: (619)641-6125** 4380 Landis Street, San Diego, CA 92105
 - o Recreation and Teen Center provides homework assistance, computer lab, arts and crafts, video and table games and sport activities. Monday 12-9PM, Tuesday 12-9PM, Wednesday 12-9PM, Thursday 12-9PM, Friday 12-8PM, Saturday 9AM-5PM, Sunday 9AM-5PM
- **Pauline Foster Teen Center: (Closed Until Further Notice due to Covid). Phone (619)236-5800** 330 Park Blvd., San Diego, CA 92101
 - o Located on the Second Floor of the Central Library and includes two study rooms, a game room, 14 computers and a snack area all free of charge. Open Monday through Friday from 9:00am to 7:00pm.
- **The Salvation Army Kroc Center: (619)287-KROC/5762** 6845 University Ave., San Diego, CA 92115
 - o Salvation Army Ray & Joan Kroc Corps Community Center offers a variety of programs for individuals of all ages including an ice arena, playcare, the health and wellness center, pools, library, and climbing

tower. Scholarships/reduced memberships available as well as emergency family resources for those who qualify. Open 7 days a week for varying hours; visit www.sd.kroccenter.org for hours of operation.

- **Reality Changers: (619)516-2222** 3910 University Ave., #300, San Diego, CA 92105
 - o Reality Changers transforms lives by providing youth from disadvantaged backgrounds with the academic support, financial assistance, and leadership training to become college graduates.
- **Community Wraparound by Fred Finch Youth Center: (619)281-3706** 3060 54th Street, San Diego CA 92105
 - o Program provides gang prevention, positive youth development, and community safety initiatives that leverages strategic community alliances to support gang-affiliated youth by offering an alternative to gang life and promoting success through involvement with family, school, work, and community. Everyone is welcome to weekly meetings on Mondays from 6pm-7:30pm.
- **Union of Pan Asian Communities (UPAC) Neighborhood Enterprise (NEC): (619)708-4256** 5296 University Ave., Suite A&B San Diego, CA 92105
 - o Program provides youth with vocational skill building and leadership workshops. NEC also provides opportunity for employment at the Neighborhood café. UPAC recognizes the diverse ethnic and cultural identities and strengths of these communities and their need for self-sufficiency. Please call for workshop availability.

Snack/Recess/Break/Lunch

Meal Distribution

1. Menu options will be limited to pre-plated/boxed items.
2. If possible, meals will be delivered to classrooms
 - a. If classroom delivery is not feasible, distribution points will be located near classrooms and classes will be scheduled to visit by cohort
 - b. physical distancing maintained

Meal Periods

1. To limit student mixing, meals will be consumed in classrooms or in outdoor areas that are segregated by class cohort.
2. Physical distancing will be maintained in either setting
3. Students will be prompted to wash their hands or use hand sanitizer before eating
4. Keeping students in classroom groups during meal periods and recess will require extra staff to relieve classroom teachers or you may require that teachers remain with their students during these times.

Recess/Lunch – Play Areas

1. Students should be kept in classroom stable groups during recess and lunch periods
2. Designate specific areas for each classroom group
3. Maintain physical distancing during play
4. If possible, balls and play equipment should not be shared.
 - a. If sharing is necessary, disinfect the equipment before use by the next group