



# Chula Vista Elementary School District

## *Thurgood Marshall Elementary School*

2020/2021

# Student/Parent Handbook

## *Distance Learning (DL) Addendum to the Handbook*



Principal  
Monica Loyce, Ed.D.

Superintendent  
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Board of Education  
Laurie K. Humphrey - Leslie Ray Bunker - Eduardo Reyes, Ed.D.  
Francisco Tamayo - Armando Farías

<http://www.cvesd.org>

All students and staff of public primary, elementary, junior high, and senior high schools have the inalienable right to attend campuses that are safe, secure, and peaceful.

California Constitution  
Article I, § 28 (c)

EQUAL OPPORTUNITY EMPLOYER

The Chula Vista Elementary School District is committed to providing equal educational, contracting, and employment opportunity to all in strict compliance with all applicable state and federal laws and regulations. The District office that monitors compliance is the Human Resources Services and Support Office, 84 East J Street, Chula Vista, CA 91910, phone 619-425-9600, ext. 1340. Any individual who believes s/he has been a victim of unlawful discrimination in employment, contracting, or in an educational program may file a formal complaint with the District's Human Resources Office.

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### School Starts Daily at 8:45 a.m.

Individual class schedules may vary depending on required instructional minutes, Visual and Performing Arts (VAPA) schedules, and Lunch/Break times. The school instructional hours are Monday – Thursday 8:45 am - 3:15 p.m. grades 1-6 and 8:45 am - 3:00 pm Kindergarten. Fridays and any other designated minimum days end at 1:30 p.m. for Kindergarten and 1:45 pm for grades 1-6. Teachers will provide the daily class schedule to the parents/guardians.

For the 2020–21 school year, the minimum school day for a local educational agency is as follows E.C. **43501**:

- Kindergarten: 180 instructional minutes (3 hours)
- Grades 1-3: 230 instructional minutes (3 hours and 50 minutes)
- Grades 4-6: 240 instructional minutes (4 hours)

### **Distance learning is defined in *Education Code* Section 43500(a).**

Distance learning means instruction in which the pupil and teacher are in different locations and students are under the general supervision of a teacher. Distance learning may include, but is not limited to, all of the following:

- Interaction, instructions, and check-ins between teachers and pupils through the use of a computer or other communications technology.
- Video or audio instruction in which the primary mode of communication between the pupil and certified employee is online interaction, instructional television, video, tele courses, or other instruction that relies on computer or communications technology.
- The use of print, video, and audio materials incorporating assignments that are the subject of written or oral feedback.

For the purposes of guidance for parents and students, Distance Learning means instruction in which the student and instructor are in different locations. This may include interacting through the use of a computer and communications technology, as well as delivering instruction and check-in time with the teacher. Distance learning may include video or audio or instruction in which the primary mode of communication between the student and instructor is online interaction, instructional television, video, tele courses, or other instruction that relies on computer or communications technology. It may also include the use of print materials incorporating assignments that are the subject of written and oral feedback.

- **Daily Live Interaction:** Defined as interaction with certificated employees and students (opportunities for student to student connections) for purposes of instruction, progress monitoring, and maintaining school connectedness. This interaction may take the form of internet or telephonic communication, or by other means permissible under public health orders. Instruction is standards-aligned and students are expected to complete the assigned work. Teachers and administration monitor student progress and communicate concerns with parents/guardians in a timely manner.
- **Synchronous Learning:** Defined as online instruction that takes place in real time (live) with the classroom teacher and a student or students, including direct and live instruction to students through video conferencing, telecommunications, live interactive chats and discussion forums, whole or small-group instruction, 1:1 conferring, assessing and/or instruction, daily live interaction, and interactive class meetings/restorative circles.
- **Asynchronous Learning:** Defined as instruction or learning that does not occur in real time (live), including self-guided instructional lessons/activities/modules, pre-recorded lessons, discussion forums and online collaboration/chats that do not happen live, other independent work.

In order to deliver distance learning, CVESD teachers and staff may utilize web/video conferencing communication platforms to engage students in the learning process. Distance learning activities that occur via web conferencing platforms may resemble activities that have already occurred in a teacher’s physical classroom, such as lessons, resource sharing, and discussion between teachers and students.

These platforms may include MS Teams and other teacher assigned platforms. District approved web/video conferencing platforms. While the features of these platforms may vary, they include the following general features: webcam viewing by participants; audio participation; screen sharing of instructional materials; chat room comments, questions, and answers; engaging students in student Q & A and peer discussion; and sharing of student work.

### Guidelines for Student Participation in Online Instruction

The following guidelines are intended to promote a safe and secure learning environment for all students.

- Students should not share their login information, meeting links, or passwords with others.
- To the extent possible, students should participate in virtual instruction from a quiet and neutral area that is free of distractions.
- School and classroom rules apply to the virtual instruction environment.
- It is recommended that students review the District Technology Acceptable/Responsible Use Policy regarding expectations for behavior while conducting themselves online and on CVESD devices.
- Students should dress appropriately for virtual instruction sessions.
- Students who use inappropriate language, share inappropriate images, or in any way behave inappropriately on a video conference may be subject to appropriate discipline.
- Students should not conduct audio or video recordings or take screen shots of virtual class meetings or activities unless they have received prior permission to do so from a teacher or authorized CVESD official.
- To the extent possible, parents should allow the student to work with the instructor or provider in a quiet, private space.
- Once the virtual instruction session or meeting is over, students should be sure to close out of the meeting platform entirely.
- Students should also ensure that cameras are covered and that microphones are turned off to avoid inadvertent transmission following the meeting.

CVESD will continue to comply with the Family Educational Rights and Privacy Act (“FERPA”) and all applicable federal and state student data privacy laws during the period of distance learning. Students participating in classes or group services at schools typically work together. The same will occur when students receive instruction virtually, i.e., they typically will be able to view the other students participating in group instruction/services. We ask parents to respect confidentiality as they would during the in-person school instruction.

Distance learning instruction is provided exclusively for educational purposes for District students. Parents, students, and/or others are not authorized to audio or video record, stream, or share in any way, distance learning instruction or services without the express consent of all participants. This includes instruction or services provided via telephone or a video conferencing platform.

### Visitor and Volunteer

During the Distance Learning model and while under state and local orders to “stay at home” visitors and volunteers will not be permitted on campus. In addition, until such time as the CVESD provides updated guidance on the removal from the “stay at home” order, visitors and volunteers will not be allowed beyond the front office. Due to physical distancing guidelines expected to be in place through 2021, visitors in the front office will be kept to a minimum. TMES front offices will only allow 1 – 2 visitors in the office at a time, with physical distancing, signage will be available at the door.

In the event of an emergency, parents/guardians or emergency must contact the front office/administration immediately. Parents/guardians must state the nature of the emergency. Staff will contact the teacher and the child will be sent to the health office upon arrival of the parent or guardian. The removal from school will be notated in the student’s attendance as excused or unexcused depending on the nature of the event. Then, parents/guardians will be asked to wait outside the front office for their child. Due to the health and safety of staff and students, parents/guardians will not be allowed to walk on campus to retrieve their child.

Once visitors and volunteers are permitted to return to the campus, the guidelines in the regular Parent/Student Handbook must be adhered to.

### Instructional Supplies

Students are issued books and materials for their studies. Students will be responsible for all books and materials entrusted to them. The cost of lost or damaged textbooks will be billed to the student’s family, in accordance with CVESD procedures. We encourage all families to keep supplies in a safe area and separate supplies for home and supplies for school. Students will be requested to bring supplies back to school with them, when it is safe to return.

### Attendance

It is our belief that regular and punctual attendance at school is an absolute requirement for a successful education. Studies show that there is a direct correlation between good school attendance and student achievement, therefore, we encourage parents/guardians to reinforce the importance of good school attendance and to make every effort to encourage on time distance learning participation.

During DL, the start time is based on the grade level start schedule. If your child is not signed online in class at their designated start time, they will be marked absent or tardy. Should you have technology difficulties, please make sure to email your child’s teacher, e-mail attendance, and/or reach out to IT help desk at (619) 409-6638.

Every parent/guardian or other person having the responsibility of a student between the ages of six and eighteen, unless graduated or excluded, is required to send such student to school. School attendance is mandated by statute and by laws and regulations of the State. **E.C. 48200**

What if my child is absent? If a student is absent a parent should notify the school on the first day of the absence by phone during school hours or send an e-mail to [Christine.Garcia@CVESD.org](mailto:Christine.Garcia@CVESD.org). The maximum amount of time allowed to clear an absence is 72 hours. Medical and dental appointments should be scheduled after school hours, when possible.

*Education Code 43504(f)* requires TMES to engage families for all students who are absent from distance learning for more than three school days or 60 percent of the instructional days in a school week. TMES will take immediate steps to engage families by phone call, e-mail, letter, home visit (if allowable under county orders), verification of student enrollment, daily notification to parents or guardians of absences, contact from the Attendance Health Secretary, School Nurse, Principal, Teacher, school staff, or CVESD SARB team member.

### **Excused Absence E.C. 48205.**

A student shall be excused from school when the absence is:

- (1) Due to the pupil’s illness.
  - (2) Due to quarantine under the direction of a county or city health officer.
  - (3) For the purpose of having medical, dental, optometrical, or chiropractic services rendered.
  - (4) For the purpose of attending the funeral services of a member of the pupil’s immediate family, so long as the absence is not more than one day if the service is conducted in California and not more than three days if the service is conducted outside California.
  - (5) For the purpose of jury duty in the manner provided for by law.
  - (6) Due to the illness or medical appointment during school hours of a child of whom the pupil is the custodial parent, including absences to care for a sick child for which the school shall not require a note from a doctor.
  - (7) For justifiable personal reasons, including, but not limited to, an appearance in court, attendance at a funeral service, observance of a holiday or ceremony of the pupil’s religion, attendance at religious retreats, attendance at an employment conference, or attendance at an educational conference on the legislative or judicial process offered by a nonprofit organization when the pupil’s absence is requested in writing by the parent or guardian and approved by the principal or a designated representative pursuant to uniform standards established by the governing board.
  - (8) For the purpose of serving as a member of a precinct board for an election pursuant to Section 12302 of the Elections Code.
  - (9) For the purpose of spending time with a member of the pupil’s immediate family who is an active duty member of the uniformed services, as defined in Section 49701, and has been called to duty for, is on leave from, or has immediately returned from, deployment to a combat zone or combat support position. Absences granted pursuant to this paragraph shall be granted for a period of time to be determined at the discretion of the superintendent of the school district.
  - (10) For the purpose of attending the pupil’s naturalization ceremony to become a United States citizen.
  - (11) Authorized at the discretion of a school administrator, as described in subdivision (c) of Section 48260.
- (b) A pupil absent from school under this section shall be allowed to complete all assignments and tests missed during the absence that can be reasonably provided and, upon satisfactory completion within a reasonable period of time, shall be given full credit therefor. The teacher of the class from which a pupil is absent shall determine which tests and assignments shall be reasonably equivalent to, but not necessarily identical to, the tests and assignments that the pupil missed during the absence.
- (c) For purposes of this section, attendance at religious retreats shall not exceed four hours per semester.
- (d) Absences pursuant to this section are deemed to be absences in computing average daily attendance and shall not generate state apportionment payments.
- (e) “Immediate family,” as used in this section, means the parent or guardian, brother or sister, grandparent, or any other relative living in the household of the pupil.

Unexcused: Absences other than those listed above are **unexcused**.

Questions regarding attendance, please call Christine Garcia at [Christine.Garcia@cvesd.org](mailto:Christine.Garcia@cvesd.org)

### Independent Study (IS) Contracts for Extended Absences

If your child will be absent five or more consecutive days (up to 14 days), please notify the health attendance clerk and classroom teacher at least one week prior to the absence. Students can only miss up to 14 days during one school year on an IS Contract. Independent study as a short-term voluntary instructional strategy to assist students in reaching curriculum objectives. Independent study entails a commitment by both the parent/guardian and the student. A principal or designee may or may not approve the independent study. Independent study shall be offered only to students who can be successful working independently and who do not have excessive unexcused absences. Assignments are due upon the student's return to school. The required work will be verified either by the classroom teacher or the designated resource person.

Please follow these guidelines:

- Electronically request the IS contract and instructions from the attendance office. Contact [Christine.Garcia@cvesd.org](mailto:Christine.Garcia@cvesd.org) via e-mail.
- Contracts must have specific dates and be signed by all parties in advance.
- Beginning and ending dates are firm (no extensions).
- The assigned work cannot be done before or after the contract days.
- Assigned work will only be provided the day before leaving.
- All work must be returned to the teacher on the first day the student returns to school.
- IS will not be retro activated after absences are completed without proper approval.

#### **Technology Information and Support**

- Devices are provided and parents/guardians must complete and sign the Distance Learning Device Release Form. Borrower agrees to return the equipment in the same condition as loaned and further agrees to reimburse the District for any lost or damaged equipment beyond normal wear and tear. The device is to be used for education and school-related purposes only.
- The district common platform is Microsoft Office 365 Suite. School sites and teachers may also use additional learning applications and platforms to meet the needs of students and families.
- The District technology help line will be available to provide support and assistance for hardware issues as well as Microsoft Office 365 Suite and district single sign-on applications contained within. The parent helpline number is (619) 409-6638.

#### **Parent Helpline**

Our District has established a Parent Helpline to provide technical support with Microsoft Office 365 and Teams, as well as assistance for District-adopted online programs (i.e. Achieve 3000). Office hours are Monday – Friday from 8 a.m. – 5 p.m. Parents may call if they need support with these tools and an IT team member will assist them. You may need to leave a message during peak times but please be reassured that someone will contact you as soon as possible. The parent helpline number is (619) 409-6638.

#### **Student Internet Safety**

CVESD students practice cyber citizenship! All of our students have been given an internet safety lesson, using Common Sense Media Curriculum (link below). We invite parents/guardians to continue the conversation about internet safety and explore internet safety resources below.

- [Common Sense Media](#)
- [Net Smartz Parents](#)
- [Net Smartz Kids](#)
- [Stay Safe Online!](#)

#### **Student Internet Use Guidelines/Agreement**

In order for students to access the internet, all students are required to have a signed copy of the Student Internet Use Guidelines/Agreement on file with their home school. The agreement provides guidance on the appropriate use of computers and internet services while in school. To download a copy, click on a link below.

- [English](#)
- [Spanish](#)

We encourage all families to actively monitor the usage of student communication. Students are able to message/chat other students and teachers on Microsoft Teams and other online platforms. During distance learning, students are expected to act in a manner consistent with school, district, and legal guidelines. It is the joint responsibility of school personnel and the parent or guardian of each student to educate the student about his/her responsibilities and to establish expectations when using technology.

#### **Cell Phones**

CVESD BP5131 Students/Conduct - Prohibited student conduct includes, but is not limited to: (#6) Except with prior consent for health reasons, possession or use of electronic signaling devices (Education Code 48901.5). Electronic signaling devices may include, but not be limited to, pagers, beepers, and cellular/digital telephones, iPods, cameras. If cell phones are brought to school, they must remain turned off and kept in backpacks during the instructional day, including recess time. Students caught using cell phones or any other electronic devices will have the device/s taken by either the teacher or administrators. Devices will only be returned to the parent.

#### **Behavior Standards Online**

The students and staff at TMES believe that a safe and positive online environment is important to a child's learning in the digital classroom. Our school-wide expectations are Be Safe, Be Respectful, and Be Responsible. We have a set of school-wide expectations that shape the culture of our school. The three expectations are taught, modeled, and practiced throughout all grade levels. The expected behavior is encouraged with positive feedback and earned privileges. At times, there is a need for behavioral re-direction due to an incident. In an effort to promote positive disciplinary approach, we implement PBIS and Restorative Discipline Practices.

Students and parents expected to refer to page 27 thru 30 in the 2020/2021 handbook for a detail description of our mustang expectations.

To provide such an environment, TMES strongly encourages the following online norms:

- Set-up a quiet DL space at home with supplies and resources available.
- Frequently check all school/teacher modes of communication.
- Create a home schedule that all family members are involved in creating and agreeing to.
- Take brain and physical breaks as needed.

- Encourage physical activity and wellness.
- Frequently monitor your child's progress and activities.
- Ensure your child is dressed appropriately.

**Parent Code of Conduct**

Parents/guardians shall have the opportunity to work with schools in a mutually supportive and respectful partnership to help their children succeed in school. Volunteers and visitors must remember to conduct themselves appropriately on a school campus and in online learning platforms with students.

Distance Learning is our current model of instruction. With this in mind, we ask that parents and other members of a household conduct themselves in a respectful manner during all virtual learning opportunities. Distance Learning and virtual meetings are our classroom instructional time. Parents, guardians, and other household members are expected to conduct themselves in ways that uphold the same expectations as our onsite classroom and school policies in accordance with CVESD Board Policy and California Education Code. We ask that parents adhere to the following to the extent possible:

- Limit background noise
- Allow teachers to provide instruction, direction, re-direction, and correction
- Be mindful of appropriate clothing, language, and backgrounds (i.e. situate device toward blank wall)
- Respect student instructional time. Plan communication with teachers during office hours.

TMES teachers will provide all redirection and instruction to students. Please do not contact/discipline/correct student behavior for anyone, at any time, except your own child (privately). If you see something that occurs involving another student, communicate concerns to your child's teacher.

Volunteering is on hold for the time being. As our health and safety guidelines change, we will communicate regarding our volunteer policies.

**California Education and Penal Codes:**

**Education Code:**

- 32210 Willful disturbances of public school or meeting – Misdemeanor
- 32211 Threatened disruption or interference with classes – Misdemeanor
- 49334 Injurious objects – notice to law enforcement agency
- 51101 Monitoring attendance and tardiness of your child/children

**Penal Code:**

- 243.5 Assault or battery on school property
- 415.5 Disturbance of peace of school
- 626.4 Unlawful entry upon campus or facility
- 626.8 Disruptive presence at school
- 658 Loitering about schools or public places

**Dress Code While In Distance Learning**

The CVESD Dress Code Policy will be adhered to during all three potential phases of learning models during the 2020-21 school-year. Distance learning, hybrid and in-person instruction. Just a reminder, during online instruction, if you can see us, we can see you. This includes not only the student, but also family members in the background at home. Students must come to virtual class fully clothed. Please keep this in mind as students are in their virtual classrooms. We expect that students to get ready for school (refrain from wearing pajamas, unless it is a school spirit day) as though they were attending on campus, as it will help support the transition back to campus. View dress code details in the handbook.

The school staff reserves the right to make judgments on any article of clothing, mode of dress, hair style or device which poses the potential for the disruption of learning and/or compromises a safe and orderly learning environment.

**Library and Books**

TMES library provides an excellent collection of books from which your child may borrow. Contact Sharon Risetto the school librarian to check out books.

Please help your child remember the following things:

- Find a safe place they can keep their library book so it will not get lost or damaged.
- Use clean hands when reading library books.
- Do not eat or drink while reading library books.
- Use a bookmark to save your place in the book.
- Do not loan your library books to friends, siblings or classmates.
- Do not bend or fold pages.
- Do not write or color in books.
- Return all library books to the school library on time.

We encourage students to be responsible for books they borrow. Please help us by reinforcing this message at home. Be aware that you are expected to pay for all lost and damaged materials.

The standardized book replacement fee as established by the school district is below. (Note: these are approximate prices, the actual price may vary depending on the book.)

Paperback books - \$10.00 &

Hardback books -

- Primary \$20.00
- Fiction \$20.00
- Non-fiction \$25.00
- Reference \$50.00

Outstanding balances will follow your child to each school he/she attends within the Chula Vista district and he/she will not be allowed to check out books until the matter is resolved.

**Child Nutrition Services**

Each school in CVESD has been assigned one day, within the week, when Child Nutrition Services (CNS) will distribute 5-days' worth of meals (breakfast and lunch) on Monday's between the hours of 12:00 p.m. to 2:00 p.m.

Meals will be FREE to eligible students under the free and reduced-priced meals program. To learn more about the National School Lunch Program, and how to apply, visit [HERE](#). To apply for free and reduced-price meals, please click [HERE](#).

### **School News and Communication**

Communication between the school and home is important to ensure that parents/guardians are well informed regarding their student's educational progress, all campus policies, calendar activities and parent involvement opportunities. For complete information regarding our school policies and procedures, visit or follow our school blog: <http://www.thurgoodmarshallmustangs.org/>

Weekly information is shared with families via school messenger and the blog. If your family is not receiving e-mail's check your settings to see if the communication is blocked or contact the office so that we can update your e-mail address.

During distance learning, our school office will solicit information and encourage families to complete as many forms/documents as reasonably possible via an electronic format. Parents that are unable to complete form can bring the necessary forms to the school office and place the document in the drop box. The drop box is available during office hours.

### **Student Activities During Distance Learning**

#### ***Field Trips***

For the safety and security of our students, all in-person field trips are on hold while our students are in the Distance Learning Model. Our students may be engaged in **virtual field trips** with their class through the guidance of their teachers. For virtual field trips, there is no need for permission slips. Please refer to your child's teacher for guidance.

#### ***School Sponsored Enrichment Clubs and Activities***

For the safety and security of our students, all in-person enrichment clubs and activities are on hold while our students are in a Distance Learning Model. Students may engage in meeting with the TMES assigned staff member for virtual student club meetings to engage our school community. Students/parents will be asked to share their engagement by sending in a picture to their teacher or staff. The picture will be previewed for appropriateness and will not be shared unless there is an approved media release on file from the parent or guardian.

However, we have many vendors who are modifying their after school offerings to a virtual model. These offerings will be posted via Peachjar. Please be on the lookout for these enrichment activities. If you would like to explore the program offerings further, please visit the program's website and apply.

#### ***6th Grade Camp***

For the safety and security of students, 6<sup>th</sup> Grade Camp is on hold while our students are in the Distance Learning Model. When it is safe to return to in person learning, Camp Marsten will offer a modified schedule for students in order to accommodate all 6<sup>th</sup> graders in San Diego County. A modified schedule may look like students attending camp for 2-3 days. For more up-to-date information for Camp Marsten, please visit the YMCA link to camp at: <https://www.ymcasd.org/camps/camp-marston/outdoor-education-marston>

### **Family Resources**

The following links provide information about different resources available to families. With information about the COVID-19 pandemic changing quickly, CVESD will do its best to keep our community informed as new details become available. Below you will find links to Community Services.

Visit [CVESD.org](http://CVESD.org) for up-to-date information regarding COVID-19. Click the following [link](#).

- San Diego County Resources, click [here](#).
- [Talking to children](#) about COVID-19
- Online [Social Story](#) for kids on COVID-19
- [Quarantine Tips](#)

#### **Mental Health Resources**

- [Helping Young Children Heal](#)
- [Managing Stress & Coping](#)
- [San Diego Access and Crisis](#): (888) 724-7240 (7 days a week/24 hrs. a day)
- [Online crisis counselors](#) to address mental health needs. Text "CONNECT" to 741741
- [Helping Children Cope with Emergencies](#)
- [Working and Learning from Home](#)
- Social Thinking at home [free](#) resources
- Social/Emotional [Resources](#) and Think Sheets
- [GoNoodle](#)
- [Co-parenting during COVID-19](#)

#### **Family Resource Centers**

Chula Vista Community Collaborative continues to serve the community through two Family Resource Centers. Hours are 9:00 a.m. to 3:00 p.m.

- Open Door Family Resource Center at Palomar High School (619) 407-4840
- Beacon Family Resource Center at Vista Square Elementary (619) 422-9208

#### **Food Resources**

- [Food Around San Diego](#)
- [SD Food Bank](#)
- [211 Food Resources](#)
- [South Bay Community Services](#)
- [Emergency food](#)
- [Utility, housing, and financial resources](#)

**TMES does not endorse any specific organization or website resources listed.**

[Parent Guide](#) for Summer Learning  
CVESD Independent Learning [Packets](#)

#### **Math**

- i-Ready [Family Central](#)
- Math at [Home](#)
- Help kids with [math at home](#)
- [Math Videos](#)
- [PBS Math](#)
- Parent [Roadmaps](#) on Math
- Hippo Campus [Free Videos](#) on Math

#### **Language Arts/Language Development**

- [CVESD](#)
- [CVESD LD](#)
- Chula Vista Library [Virtual](#) Events
- [Stories](#) read to kids by actors

- Write about something you [wonder](#)
- Achieve 3000 via Student Sign-in
- Smarty Ants via Student Sign-in
- Benchmark Advance Books by level via Student Sign-in
- [Scholastic](#) at home

#### **History/ Social Studies**

- Print Resources [Khan](#)
- PBS [Kids](#)
- [CVESD](#)
- [Brain Pop](#)
- San Diego [Museum](#) Virtual Experiences
- The [New Children's](#) Museum
- Google [Art and Culture](#)
- [Geocaching](#) for kids in San Diego
- National [Geographic](#) for Kids

#### **Science**

- Kid friendly [hikes](#) in San Diego
- San Diego [Zoo Kids](#) activities
- San Diego Zoo Science [Blog](#)
- PBS [Kids](#)
- [CVESD](#)
- [Innovation](#) CVESD
- [Coding](#)
- Hour of [Code](#)
- [Imagining](#) in a Box
- [Scavenger](#) Hunt
- Virtual [Field Trips](#)- Click Science

- [Waterfalls](#) in San Diego

- FREE [Tennis](#) at Home Activities
- [CVESD](#)
- San Diego [Padres](#) Summer Activities

#### **Physical Education**

Please Note: TMES does not endorse any specific organization or website resources listed.

#### **COVID-19 Best Practices**

- Wash hands frequently for at least 20 seconds with soap and water especially after you have been in a public place, after blowing your nose, coughing, or sneezing. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Use “respiratory etiquette”
  - Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of you elbow.
- Avoid touching eyes, nose or mouth with unwashed hands.
- Clean and disinfect frequently touched surfaces.
- Avoid contact with anyone if you become sick with respiratory symptoms.
- Wear a mask, practice self-isolation and social distancing even with members in your household.
- Seek immediate medical care if symptoms become more severe such as high fever, difficulty breathing, chest pain or pressure, bluish lips or face, loss of taste and smell, or new confusion.
- Avoid close contact with people who are sick.
- Do not visit the school site if you have any symptoms of fever and/or respiratory infection,
- Follow guidance from the public health officials.

#### **Additional Links and Information**

For additional information regarding the Chula Vista Elementary School District (CVESD) schools, programs, and support go to <https://www.cvesd.org>.  
Additional Important Links

- Additional Learning Resources: [https://www.cvesd.org/parents/my\\_childs\\_learning/independent\\_learning\\_at\\_home](https://www.cvesd.org/parents/my_childs_learning/independent_learning_at_home)
- Community Services: <https://www.cvesd.org/cms/One.aspx?portalId=412034&pageId=14389682>
- **COVID 19:** [https://www.cvesd.org/news/c o v i d-19 info\\_center](https://www.cvesd.org/news/c o v i d-19 info_center)
- Frequently Asked Questions: <https://www.cvesd.org/cms/One.aspx?portalId=412034&pageId=14380681>
- Important Links: <https://www.cvesd.org/cms/One.aspx?portalId=412034&pageId=14380775>
- Meal Services: <https://www.cvesd.org/cms/One.aspx?portalId=412034&pageId=14380792>
- Messages from the Superintendent: <https://www.cvesd.org/cms/One.aspx?portalId=412034&pageId=14380857>
- MTSS Channel: <https://www.youtube.com/channel/UCvvguChptdS67q3EN9sSf3w>
- Physical Education YouTube Channel: [https://www.youtube.com/channel/UCRcnPSITZ1wv68twiJ\\_eWRw](https://www.youtube.com/channel/UCRcnPSITZ1wv68twiJ_eWRw)
- VAPA YouTube Channel: <https://www.youtube.com/channel/UCxqAZ-CdmgpxqDB0QCCa9ag/featured>
- CA Department of Health [School](#) Guidance
- [Assembly Bill 77](#)

I have read and understand the [Distance Learning Addendum](#) to the 2020/2021 Parent/Teacher Handbook.

