Good evening Falcon Families!

One week into the distance learning practice, we are seeing the hard work and dedication necessary for our staff to hold “school” together. All of our teachers are doing the best they can balancing their personal and professional responsibilities—trying to maintain contact with their students, making sense of how to provide rigorous and relevant coursework, and figuring out how to assess what students learned. Having had the opportunity to visit students and teachers when they were meeting online, my heart was warmed to see the positive energy exchanged between students and teachers. I found teachers to be very responsive and excited to interact with their students while generally exhausted and overwhelmed with this new teaching and learning environment. The upcoming Spring Break beginning April 6 will be a welcome window of time for students and teachers to take a deep breath and reassess the circumstances now that we know our time with distance learning has been extended.

If we are permitted to return to school sometime in May, I think the reunion of our school community will be overflowing with emotion. Here’s to hoping May 1 is our last day of school closure for the 2019-2020 school year!

This past week, our community responded to the need for medical supplies and began to make masks for Good Samaritan Hospital. The full article from Sheeba Garg is below.

Next week, our Rally Commission is inviting all students and staff to participate in distance learning Spirit Days!! Read below for more details and plan to participate!!

I know that this period of time is challenging for everyone. I really appreciate your patience and support as we work to make the best of the opportunity. Thank you, and I hope you and your family remain healthy!

**IN OTHER NEWS...**

**Dress Up Days “Distance Learning Spirit”**
Kicking off our second week of online school with a week-long spirit contest! Send your most creative and funny self timer pics relating to each day’s theme to Toga Spirit and we will post the top 3 submissions at 6pm every day! Send your pictures to Natalie Tarbox (natclaire07@gmail.com) or Kaitlyn Thompson (kaitlynathompson02@gmail.com)

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<th>Monday</th>
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<td>Pajamas Day</td>
<td>Pet Day</td>
<td>Art Day</td>
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<td>Nature Day</td>
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**Guidance FAQ**
Guidance counselors are regularly updating an FAQ during this school closure period. You can see it [here](#).

**Public Library Cards**
The Saratoga public library is now offering parents and teachers who don’t have a public library card a chance to get an instant e-card. Anyone without a Santa Clara County library card, who would like to get access to their online library, can [sign up for an instant e-card](#).
AP Exams: Online from Home
In response to COVID-19, College Board is changing how to give AP exams. Traditional face to face exam administration will not take place.

“For the 2019–20 exam administration only, students can take a 45-minute online exam at home. Educator-led development committees are currently selecting the exam questions that will be administered.” Full exam schedule and specific free response question types that will be on each exam and additional testing details will be available by April 3rd.

Also, as of March 25, students and teachers can attend free, live AP review courses, delivered by AP teachers from across the country.”

We will keep you informed of changes as we learn of them. Contact Rick Ellis (rellis@lgsuhsd.org) or Kathy Sheridan (ksheridan@lgsuhsd.org) with questions or concerns.

SBAC/CAST/PFT Testing has been Cancelled
The California Department of Education (CDE) provided an update in the Assessment Spotlight distributed on March 20, 2020, “If your school is closed due to the unprecedented circumstances surrounding coronavirus disease 2019 (COVID-19), you should not worry about any statewide testing this school year.” This applies to Smarter Balanced (SBAC) California Science Test (CAST) and California Physical Fitness Testing (PFT).

Leadership Class Applications
Want to be a part of the leadership class? We are accepting applications for commissions. The commissions you can apply to include Spirit (includes homecoming), Rally, Outreach, and Dance.
Leadership Class Application form
Leadership Class Commission descriptions

Applications are due by midnight on April 5th and can be electronically turned in by sharing to saratogaasb20@gmail.com. Teacher recommendations will not be required. After you submit your application, ASB will contact you to schedule an interview. If you decide to apply for the Rally commission, Rally Head Commissioners will contact you for a separate interview.

Feel free to message any of the ASB officers (Cynthia Zhang, Erica Lee, Katie Chen, Derek Hsu, Arnav Mangal.)

Link Crew Applications
Looking for a way to get more involved with your school? Join Link Crew for a fun way to become a part of the SHS community! You can apply online today through April 17. Application can be found here or at SaratogaHigh.org (Student Life -> Student Leadership Opportunities). Want to know more about Link Crew? Learn what Link Crew is all about here and check out these Link Crew Roles, Responsibilities, & Qualifications. Please email Mrs. Ginestet-Araki (ginestetaraki@lgsuhsd.org) if you have any questions about the program or the application process!
Synopsys Science Fair Success!
Congratulations to our students who participated in the Synopsys Science Fair. The following students received awards in their respective categories:

9th grade
Qualified for State Science Fair, California Science and Engineering Fair:
- Nidhi Mathihalli: “An Application to help the Visually Impaired read Money using AI/Machine Learning”

Honorable Mention:
- Ishan Kar: “A new method to compute Hadamard product of two rational functions”

ASEI Silicon Valley Emerging Technology Membership to American Society of Engineers of Indian Origin, American Society of Engineers of Indian Origin Award:
- Nidhi Mathihalli: “An Application to help the Visually Impaired read Money using AI/Machine Learning”

10th grade
1st Award:

Honorable Mention:
- Ethan Zuo: “Two-Phase Jet Impingement Cooling for Data Center High Power-Density Processors”

11th grade
$100, IBM Award:
- Karen Lei: “Characteristics and Identification of an Unknown 21 cm HI emission”

1st Place: Paperweight, Patch, Certificate and Office Tour, SETI Institute
- Karen Lei: “Characteristics and Identification of an Unknown 21 cm HI emission”

12th grade
Honorable Mention:
- Aileen Liao: “Microscopic orientation of early stage post-traumatic osteoarthritic articular cartilage”

Click here for more information about the results for the Project Awards 2019 Synopsys Silicon Valley Science and Technology Championship.

Saratoga Community Makes Face Shields from Sheeba Garg
How did it start: It all started on Sunday morning when Dr. Nguyen (SHS parent & MSET mentor) posted a question for a few of us on SLACK - “Do any of you have 0.005 inch transparent plastic (i.e. polycarbonate)?”

We knew what he was thinking because we had either seen it on the news or read online - 3D Printed Face Shields for Hospital Workers.

Four families (Nguyen, France, Lichtenberg and Garg) started searching and we found a lot of resources online. Makers with 3D printers across the country were sharing design ideas for face shields that health workers could use since they were facing a shortage of PPEs. We printed two kinds and Dr. Nguyen took samples over to Good Samaritan Hospital. The staff there were very appreciative of our desire to help. They give us feedback on which one they preferred. We started printing one of those designs on all our
printers and by Monday evening we had 28 printed and assembled face shields (Budmen design) ready to go to Good Samaritan. For this batch we used report covers for the face shields and rubber bands to hold them in place around the head.

In the meantime, we prototyped another model (PRUSA design) that is also being widely distributed across the country. With a few modifications, this design was very well received by the staff at Good Sam. Each print takes 3 hours (6 hours if your printer is large enough to print two at a time). So our printers are really running round the clock. They get a few hours off between a print finishing in the middle of the night and us waking up to start printing again. The biggest hurdle for us has been getting access to the right kind of supplies. While report covers are a good alternative, we need plastic. After contacting a few suppliers, we were able to find a plastic supplier in San Jose who had a few plastic sheets. We bought most of their stock on Wednesday. We also upgraded from rubber bands to elastic and velcro to hold the shields in place around the head.

During this process, we came across a group in Sunnyvale at Maker Nexus who are doing the same thing as us. Only they are making these PRUSA shields for Valley Med. They are a little ahead in the process than we are. We requested a few laser cut plastic shields from them and in exchange we gave them a couple sheets of uncut plastic that we just purchased. This helped us get another batch of 32 face shields out to Good Samaritan today.

As of now our 3D printers are running non-stop. We will have another batch of about 70 going to Good Samaritan soon. Administrators at El Camino Hospital are testing a few of the PRUSA face shields that we assembled and we will probably get a request from them as well.

With the four families mentioned above, we meet all requests from Good Samaritan Hospital. We have sent out a call out to all our MSET families who have the ability to 3D print at home to start printing. They are currently delivering their prints to Maker Nexus in Sunnyvale. That group of makers is trying to fulfill a request for 1500 of these face shields.

This is truly a community effort across the Bay Area and we are grateful to be able to do our part. We are also grateful to our SHS staff, especially Paul Weir who took our big sheets of plastic and cut them down to a manageable size that would fit on the laser cutters our mentors (Mitch and Bob) have at home.

Here is a link with photos of what we have been able to accomplish in four days (there are two very happy GoodSam staff members in these photos).

Here is also a link to the Maker Nexus website. I am sure there are other SHS families (beyond MSET) who have 3D printers and would be willing to help. (They have a form to fill out and all the instructions needed for everyone to follow.)

Lastly, while we have placed orders for elastic and velcro, those are a bit delayed at this time (like everything else deemed non-essential). If any of our parents have 1” buttonhole or braided elastic or 1” velcro rolls, those would be very useful until our orders come in. They can contact me at shebagarg@gmail.com.
Wellness Center Happenings from Ms. Barnes

As we navigate this unprecedented time of online schooling, CASSY continues to provide services for on-going students through Telehealth services. The Wellness Center has taken our offerings online as well:

Wednesday’s:  Online Yoga GHO with Angela Lui from 10:00am to 10:30am  
Daily Mindfulness Meditation GHO:  12:15pm to 12:30pm  
Daily “office hours” to talk about what’s on your mind GHO:  2:15pm to 3:00pm

You can also learn more on the SHS Online Wellness page of our website.

This can also be a time where we may be extremely hard on ourselves. Perhaps we are not as efficient at our jobs as before Shelter-in-Place took place; or taking care of our kids the way we would really like; or being overwhelmed by our own strong feelings, which makes life even more challenging. Instead of beating ourselves up for not meeting our own expectations, can we turn to ourselves with kindness and compassion? Here are 10 Self-Compassion Practices for COVID-19 from the Center for Mindful Self Compassion.