

# SAC EXCLUSIVE

The official newsletter of Sacramento City Unified School District's (SCUSD) Student Advisory Council (SAC)

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## SETTING UP ZOOM

BY SARA FARAJ  
JOHN F. KENNEDY HIGH SCHOOL

Let's be real: It is nearly impossible to survive distance learning without knowing how to use Zoom. Whether you're a tech enthusiast or technically illiterate, this guide will help you get Zoom ready to go so it can serve you in all your distance learning needs.

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# SETTING UP ZOOM

BY SARA FARAJ  
JOHN F. KENNEDY HIGH SCHOOL

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To set up a Zoom account:

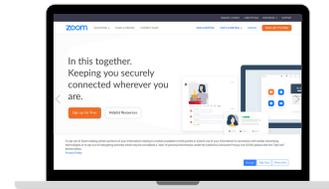
- In your web browser, visit [zoom.us](https://zoom.us)
- Click "Sign up, it's free" in the top right corner
- After entering your birthday, click "Sign in with Google"
- Log on to your district email address. Using this address eliminates the 40-minute time limit on meetings

After following these instructions, your account should be good to go. Download the Zoom desktop application in the App Store for higher-quality Zoom function.

Click the "Profile" tab to edit your name and information.

To set up a meeting:

- Click "Schedule a meeting" on the top of the screen
- Set the topic in the "Topic" section
- Edit the scheduled time in the "When" and "Duration" sections
- Edit the meeting password in the "Security" section
- Click "Save"
- Don't forget to share the meeting link to your invitees



Best of luck in your distance learning experiences!



# ZOOM SPECIAL FEATURES

BY LILY RUSK  
JOHN F. KENNEDY HIGH SCHOOL

Zoom is a great way to connect with friends, family, and teachers, but there are many aspects of Zoom that a lot of people are unaware of. Zoom has a variety of features that can make conversations and meetings more interesting including virtual backgrounds, appearance touch ups, personal meeting rooms, screen share, and on-screen emoji reactions.

With **virtual backgrounds** you can put any image you want behind you by clicking the upward arrow (^) next to "Start/Stop Video" then clicking "Choose Virtual Background."

**Appearance touch ups** allow you to smooth out your image. To turn it on, go to "Settings" > "Video" > "Touch-up my appearance."

**Personal meeting rooms** allow you to use one link for all your meetings. To access this feature:

- Click "Profile"
- Click "Edit" next to Personal Meeting ID
- Check "Use this ID for instant meetings"
- Click "Save Changes."

To **share your screen** to all:

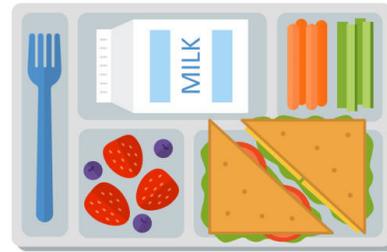
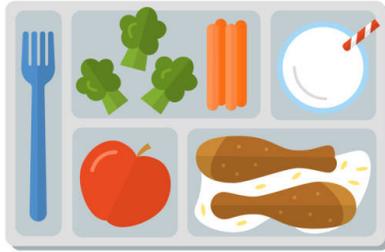
- Click the upward arrow to the right of Share Screen
- Select "Multiple participants can share simultaneously."

Uncomfortable talking? Click the "Reactions" tab at the bottom of the meeting screen to access **emojis**.

Zoom is not entirely problem free. Two major issues on Zoom are audio and video malfunctions. When joining make sure to hit the "join with audio and video." There are also icons in the bottom left corner to enable audio and video. In addition, make sure to allow Zoom access to camera and microphone in your computer settings.

<https://zoom.us/features>

<https://blog.zoom.us/5-collaboration-features-from-zoom/>



# MEAL SERVICES

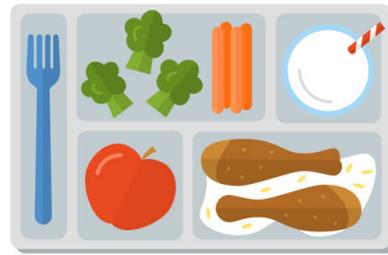
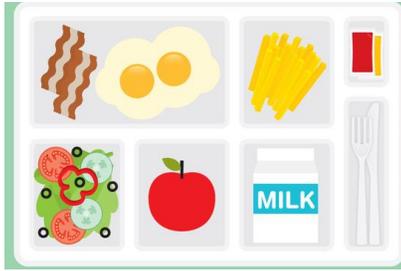
BY NATALIE NIELSEN  
ROSEMONT HIGH SCHOOL

As students go back to school, we acknowledge that students are still in need of meal support, so here is the most recent update for nutrition services. Nutrition Services received updated guidance from USDA on August 31, which allows Nutrition Services to feed free meals to all children, 0-18 years old; no paperwork, no proof of enrollment necessary. Children do not need to be present to receive meals, and do not need to be enrolled in SCUSD to receive meals. Starting September 3rd, SCUSD will be distributing multiple meals worth of food items for each child. They are also greatly expanding the number of schools available to pick up food at and reducing the pickup days.

Every Monday, Wednesday, and Friday from 11am until 12:30pm, there will be faculty at 44 different schools across the district that will distribute meals to children. Meals will contain various different shelf stable items, frozen items, and fresh produce. This service will also be available on the first day of school, Thursday, September 3, 2020.

Students and families **do** need to wear masks when picking up meals. See below for schools where meals will be distributed and other meal resources.

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# MEAL SERVICES

BY NATALIE NIELSEN  
ROSEMONT HIGH SCHOOL

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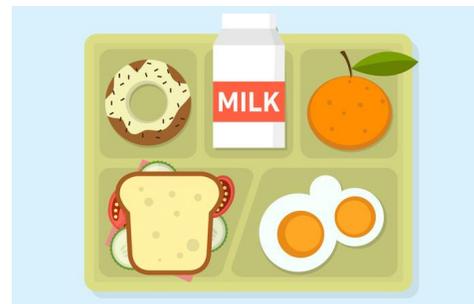
These locations are open for meal distribution:

Abraham Lincoln, Albert Einstein, Bowling Green, Bret Harte, California Middle, Caroline Wenzel, Earl Warren, Edward Kemble, Elder Creek, Ethel I. Baker, Ethel Phillips, Father Keith B. Kenny, Fern Bacon, Golden Empire, H.W. Harkness, Hiram Johnson, Hollywood Park, Isador Cohen, James Marshall, John Bidwell, John Sloat, John Still Elementary, Kit Carson, Language Academy, Leataata Floyd, Luther Burbank, Mark Twain, Martin Luther King, Nicholas, Oak Ridge, Pacific, Parkway, Peter Burnett, Rosa Parks, Rosemont, Sam Brannan, Sequoia, Susan B. Anthony, Tahoe, Washington, Will C Wood, William Land, Woodbine, Yav Pem Suab Academy

To learn more, see the curbside meal site(2) or call SCUSD Nutrition Services at (916)395-5600.

1: <https://thecentralkitchen.org/resources/applyformeals/>

2: <https://thecentralkitchen.org/curbside/>





# INTERNET SERVICES

BY SARA FARAJ  
JOHN F. KENNEDY HIGH SCHOOL

Having strong and reliable internet is crucial during distance learning. SCUSD understands that, and is prepared to provide students with these services. Sac City Kids Connect is a partnership with Comcast's Internet Essentials program to provide students with free internet for six months. For more information, or to request this service, visit this website(1). The only information you need is your name, contact, and Student ID Number. To access your Student ID Number, log into the Infinite Campus Portal(2) and view your profile.

Unfortunately, not all students are eligible for Comcast's services. For students who cannot access Comcast internet services, there are other options. Students can request a wifi hotspot from Xfinity, AT&T, or Consolidated Communications. This service is absolutely free and perfect for students who might be travelling between homes or locations during the school day. For more information, visit this website(3) [translations available].

For families interesting in purchasing reduced-price and ongoing internet services, visit this website(4).

1: <https://www.scusd.edu/kids-connect>

2: [https://campus.scusd.edu/campus/portal/sacramento\\_city.jsp?status=login](https://campus.scusd.edu/campus/portal/sacramento_city.jsp?status=login)

3: <https://learn.scusd.edu/internet-support>

4: <https://www.highspeedinternet.com/resources/are-there-government-programs-to-help-me-get-internet-service>



# COVID-19 ETIQUETTE

BY ISA SHEIKH  
THE MET SACRAMENTO

Is distance learning difficult? Do you want to return back to in-person classes?

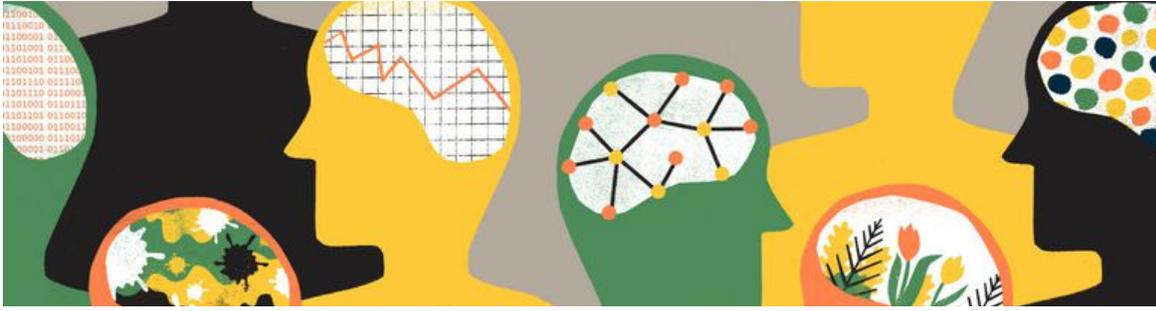
## **Here's what that will take:**

First and foremost, don't put yourself and others at harm. When you socialize or do business out of the house, please wear a mask and keep a physical distance. The recommended physical distance is a minimum of six feet.

It might not seem like that big of a deal when you haven't gotten anything yet, but taking extra precautions is the only way we'll be able to go back to in-person schooling.

On a larger scale, the offices in charge of making the decision to come back won't even consider it until Sacramento is off the state monitoring list for two whole weeks. That list, accessible [here](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID19CountyMonitoringOverview.aspx)(1), is based on a number of measures, some that this county has already met! We're almost there, so keep that in mind with how we can achieve in-person school.

1: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID19CountyMonitoringOverview.aspx>



# MENTAL HEALTH RESOURCES

BY SIERRA JACOBS  
GEORGE WASHINGTON CARVER HIGH SCHOOL

During this changing and difficult time, it is important to know what resources are available to you in a time of need. SCUSD has created a Virtual Calming Room where students *and families* can go to find healing tools and strategies to help manage emotions. This can be found on the SCUSD website under Student Mental Wellness Resources. The district-wide Connect Center can provide you with support as well as extra resources that cater to your needs. Below is a list of hotlines and websites that you can go to if you want someone to talk to, to listen to you, coping skills, etc. Remember that **you matter** and **you will get through this.**

Virtual Calming Room: [calmingroom.scusd.edu](http://calmingroom.scusd.edu)

916-SUPPORT(787-7678)/ [thesourcesacramento.com](http://thesourcesacramento.com) (24/7 hotline and resources for anyone 21 and under)

Suicide Prevention Hotline 24/7: (916)368-3111

Crisis Text: text HOME to 741741

The Trevor Project Lifeline: 1-866-488-7386/ [thetrevorproject.org](http://thetrevorproject.org) (24/7 hotline and resources)

California Youth Crisis Hotline: 800-843-5200 (text line also)

NAMI Sacramento: [namisacramento.org](http://namisacramento.org) (mental health resources and more)

# WANT TO BE FEATURED IN OUR NEXT EDITION?

Our next edition will feature anecdotes from SCUSD students on how their distance learning experience has gone so far.

## **Want to have your anecdote featured?**

Fill out this form: <http://tiny.cc/dist-learning-feedback>

Every month the SAC will name a Teacher of the Month. We're looking for teachers who have gone above and beyond to make your learning experience as enjoyable as possible.

## **Know a teacher who deserves it?**

Let us know why on this form: <http://tiny.cc/teacher-of-the-month>

**We hope you enjoyed reading the September edition of the SAC Exclusive, be sure to share with friends!**

