

# WEEKLY UPDATE



COTATI-ROHNERT PARK  
UNIFIED SCHOOL DISTRICT

**November 14 - November 18**

## Covid Testing

The following message was sent out to all of our CRPUSD families regarding COVID testing:

*Prior to leaving for Thanksgiving break, your child will receive a COVID-19 Antigen Rapid Test. We are asking that you use the test to determine whether your student tests negative or positive for COVID-19 prior to returning to school on Monday, November 28th. This will help us to slow the spread at school.*

*If your child does test positive for COVID-19, please contact your school office. Here is a list of testing sites at throughout the county if you or someone you know develops COVID symptoms.*

Staff members will also have tests available and we are asking that you use them before returning to school on Monday, November 28th. If you did not receive a test, please reach out to your site administrator.

## Trustee Area 4 Vacancy

On November 1, 2022, the Board of Education held a Special Board Meeting to interview candidates for the Trustee Area 4 vacancy. There was no appointment at that time and the the board decided to proceed with the 60 day appointment process. Please *Click [HERE](#)* for the process.

## Resignation

As you may already know, the Board of Education accepted Assistant Superintendent, LuzElena Perez' resignation on November 15th.

Although this may be a change we were not expecting at this time, we are certain we will all work together to continue to focus on our students. We wish her the best of luck in all her future endeavors.



# Principal for the Day

Meet Ms. Abby, principal for the day at Hahn Elementary. She encouraged the teachers by bringing them donuts, made important deliveries to the District Office, and most importantly shadowed Mrs. Hankerson to learn what it is like to be a principal.

Principal for the Day was a prize option for those that collected \$50.00 for the Walk-A-Thon. They received a ticket and were put in the drawing for this spectacular grand prize. And who knows? Maybe. Just maybe...she will be a principal one day!





**November 28 – December 19**

**Learning you have diabetes can feel overwhelming. To help ease any stress or anxiety you may be feeling about a diagnosis, we've put together a four-week campaign on ways to manage your diabetes by improving your overall health and lifestyle through diet, exercise, support groups and other resources.**

**[REGISTER HERE!](#)**

**Registration deadline is Sunday, November 27.**

**You will receive your first email on Monday, November 28.**

### **Quick Peek at Each Week**

**Week 1: You're not alone – According to the CDC, more than 27 million Americans (about 1 in 10) have diabetes. Because diabetes is so common, there are many resources to help you manage this disease. This week, we'll take a look at the bigger picture and help you turn fear into motivation, while also enlisting your doctor's support.**

**Week 2: Take charge of your care – While your doctor may prescribe medications that can help, the ball's squarely in your court when it comes to treating and managing your diabetes. Learn the five biggest things you can do for yourself, as well as the #1 tip to avoid complications.**

**Week 3: Make friends with your body – Diabetes is a combination of genetic preprogramming and your body's reaction to not being treated quite right. This week, we'll look at how you can listen to and make friends with your body by feeding it what it needs to perform well.**

**Week 4: Finding your groove by getting a move on – Exercise is good for everyone, but it's even more important for people with diabetes. This week, you'll find tips on how to start and maintain a regular exercise routine. We'll also discuss ways to avoid "diabetes burnout".**

Fall Break  
November 21-25

*Happy  
Thanksgiving*

