

HENRY D. SHELDON HIGH SCHOOL

2455 Willakenzie Road
Eugene, Oregon 97401
(541) 790-6600
Fax: (541) 790-6605



Eugene Public Schools, District 4J
Mike Ingman, Principal
Assistant Principals:
Wes Flinn
Heather Stein
Mark Watson

Dear Sheldon Families,

As you know, Oregon Governor Kate Brown announced that schools will be closed for students for six weeks. This means that Sheldon will be closed until [April 28](#), unless it is extended or lifted by the Governor. This news was something that our district has been preparing for since before the initial closure order last week. District-level teams are working to develop plans to enable our teachers to provide educational instruction to all students in a way that is both equitable and accessible. This situation, however, is unprecedented and so many details are still being determined.

For now, Sheldon is closed. We are fortunate that we were able to get grade reports sent on Tuesday, and so we are hopeful that they will be arriving at your home soon, but at this point, we are closed for business, which means that we are unable to do the typical functions of a high school building. We know that this is a trying time and that the closure of our schools is a tremendous challenge for your family. I want to assure all of you that your student's safety and well-being is the top priority for all of us. In order to support your children and your families the District has offering the resources through both 4J and local support organizations. You will find those resources listed below.

Please take care of yourself and those around you in these extraordinary times. Please protect both your physical and emotional health for your family. Helpful suggestions for [talking to children and youth about coronavirus COVID-19](#) have been provided by the National Association of School Psychologists and National Association of School Nurses.

Respectfully,

Mike Ingman
Principal
Sheldon High School

School Meals Available During Spring Break

Free grab-and-go meals will continue to be provided during the extended closure, including next week, during the scheduled spring break. Breakfast and lunch are available to-go for all students

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and all youth 18 and younger at several sites across the district. Families are invited to choose the location that is most convenient for you, regardless of where you live or attend school.

When: Monday–Friday, 11 a.m.–12 p.m.

Where:

- Arts & Technology Academy, 1650 West 22nd Ave.
- Awbrey Park Elementary School, 158 Spring Creek Dr.
- ECCO, 200 N. Monroe St.
- Holt Elementary School, 770 Calvin St.
- Howard Elementary School, 700 Howard Ave.
- South Eugene High School, 400 East 19th Ave. (in back, by cafeteria)
- Sheldon High School

Mental Health & Social Services

[HOOTS \(Helping Out Our Teens in Schools\)](#), a community partner that provides mobile crisis response support to 4J and other high schools, will offer mental health support by phone for high school students, families and staff while schools are closed. Staff are able to provide short-term counseling, resource referrals and [Oregon Health Plan](#) signup. Available weekdays 9 a.m.–4 p.m. at [541-246-2342](tel:541-246-2342).

For 4J students experiencing mental health concerns and needing support, mental health services are available at [4J school-based health centers](#), [541-790-5227](tel:541-790-5227) (closed during spring break) or [Lane County Behavioral Health](#), [541-682-7253](tel:541-682-7253).

For students in immediate crisis, resources available 24/7 include:

- [Looking Glass Youth and Family Crisis Line](#): [541-689-3111](tel:541-689-3111)

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- [White Bird Clinic Crisis Line: 541-687-4000](tel:541-687-4000)
- [Mental Health Crisis Response Program: 888-989-9990](tel:888-989-9990)
(for parents of children up to 18)

[15th Night](#) is also offering support and resources for unhoused youth and those working with them via phone and text at [541-246-4046](tel:541-246-4046). Many other social services in the area are also providing phone or virtual services.

Student Healthcare

[School-based health centers](#) at Churchill and North Eugene high schools are open through [Friday](#) to provide healthcare to 4J students. (They will be closed for spring break.) The clinics can bill private insurance and the Oregon Health Plan, and will also provide treatment for those unable to afford medical care. Please call the clinics to schedule appointments.
Churchill: [541-790-5227](tel:541-790-5227) • North Eugene: [541-790-4445](tel:541-790-4445)

Other Resources

Coronavirus COVID-19 information:

- [Eugene School District 4J \(4J\)](#)
- [Lane County Public Health \(LCPH\)](#)
- [Oregon Health Authority \(OHA\)](#)
- [U.S. Centers for Disease Control \(CDC\)](#)

Coronavirus COVID-19 questions:

- [Lane County Call Center](#) — call [541-682-1380](tel:541-682-1380)
- [Oregon 211](#) — call 211 or text 898211

Resources for financially impacted families:

- [Unemployment Benefits and COVID-19](#)
- [EWEB Customer Care](#)
- [NW Natural Customer Care](#)
- [Comcast Internet Essentials](#) (free or low-cost internet access)

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- [Supplemental Nutrition Assistance Program](#)
- [Food for Lane County](#) (food pantry sites and information)

Managing stress and talking with children about coronavirus:

- [Talking to Children About Coronavirus COVID-19 \(NASP/NASN\)](#)
- [Talking With Children About Infectious Disease Outbreaks \(SAMHSA\)](#)
- [Coping With Stress During Infectious Disease Outbreaks \(SAMHSA\)](#)

