



VALLEY PARK  
SCHOOL DISTRICT

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for tomorrow*

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September 9, 2020

Good morning.

We are encouraged by today's announcement from the St. Louis County Public Health Department that data continues to support that younger children are not only less likely to contract Covid-19 but also appear less likely to be the primary spreaders of the virus.

Our district remains committed to reopening our schools and welcoming back students in the fall and are continually planning for such. We are profoundly aware and motivated by the knowledge that in-person learning is the preference of many of our school families. It is also the preference of our educators. We are continually exploring all of our options, and if we can pivot our approach and safely and effectively shift from virtual learning (Phase 3) to a hybrid or 5-day model sooner than the end of the 1st quarter, we will do so. Any transition from virtual to in-person learning before October 23rd will be done intentionally and deliberately in a controlled environment that ensures we can adhere to increased safety protocols that will allow us to not only return to school but stay in school. We will communicate any transition back to in-person learning at least a week in advance to give our families and staff adequate time to make necessary arrangements.

While the recent data from St. Louis County has been more favorable for younger children, it has been less encouraging for older students (middle and high school). Any transition from Phase 3 learning (Virtual) to in-person learning before the end of the quarter will likely include a staggered approach to re-entry. We would transition our youngest learners first with hopes of middle school and high school students resuming on October 26th if conditions improve in their age band.

As we prepare to reopen our schools and welcome back students later in the fall, we are doing everything possible to ensure all school community members' health and safety while also providing the best academic experience possible for students.

We look forward to welcoming students back soon and appreciate your continued patience and support as we prioritize our community's health.

*Dr. Tim Dilg*

Superintendent

Valley Park School District

**Important information included below.**

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## ATHLETICS UPDATE

Dr. Page announced this morning that new youth sports guidelines will go into effect on September 11th. The details may be found by [clicking here](#).

Some key points from the new guidelines include:

- Sports have been reclassified to low, moderate, and high frequency of contact. (Previously it was only low or high).
- All of our fall sports with the exception of Cross Country are in the moderate category. Basketball (winter sport) is high contact.
- For anyone over the age of 14 the following rules apply for moderate and high contact sports:
  - NO games or scrimmages are permitted.
  - NO tournaments, performances, competitions, or showcases are permitted.
  - NO spectators.
  - NO chanting or stunting is allowed for cheerleaders.
  - NO dates have been provided for when the county would move out of this phase (Phase 3).

On August 21st the Valley Park School District elected to postpone all fall athletic activities and notified the Missouri State High School Activities Association (MSHSAA) that we would elect to participate in the [alternate fall season \(March 12-May 1\)](#).

## VIRTUAL STRENGTH & CONDITIONING SESSIONS

In an effort to help our students get active during distance learning, we will be offering virtual strength & conditioning sessions twice each week to high school students. Each session will be limited to 24 students and focuses on teaching 5 movement patterns that form the foundation of all exercise and athletics: Upper Body Push, Upper Body Pull, Hip Hinge, Squat, & Isometric Core. These sessions are designed to help everyone from those new to strength training to those who have previously done it before. We'll emphasize bodyweight exercises and core work that can be done without going to a gym. These sessions will take place live but virtually via Zoom with Coach Hamilton every Tuesday & Thursday from 3:45 pm to 4:15 pm starting on September 15, 2020. If you are interested in joining these sessions, [please click on this link](#) and fill out the form.