



Delivering Extraordinary Value to Families

Steel Valley School District

District Administrative Offices

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Edward Wehrer
Superintendent

December 18, 2020

Dear Steel Valley Families,

In order to help bring a little more cheer to the upcoming holiday season, I am designating Wednesday, December 23, as an early dismissal. Your children's teachers will share more information on Google Classroom next week about what the schedule will look like for your children on that day. I cannot predict whether or not we still will have snow in our yards, but I bet everyone will have something they need to do that afternoon, maybe baking more cookies (or quality-checking them!) or wrapping more gifts.

The uncertainty with which each of us is dealing is a significant stressor, and all of us- adults and children alike- need to make sure that we are mindful of our health. I urge everyone to make exercise a part of your daily routine; establishing (or perhaps continuing) the habit of regular exercise to improve our physical and mental health is a good use of the holiday break. However, exercise alone cannot address all of our individual challenges. If you or your children need assistance, whether financially or emotionally, resources are available to help you. The Department of Pediatrics at the University of Pittsburgh's School of Medicine has a valuable webpage: <https://www.pediatrics.pitt.edu/centers-institutes/pittsburgh-study/resources>. Resources on that website include COVID-19 information, food and utility assistance, and mental, emotional and physical wellness. Additionally, the Ronald McDonald Care Mobile from UPMC Children's Hospital will be in the High School parking lot on Wednesday, December 30, from 10:00 AM – 2:00 PM. The services provided by the Care Mobile, all of which are at no out-of-pocket expense to families, are described in greater detail on the flyer that accompanies this letter.

Please take care of yourself and your loved ones, not just during the holidays, but also throughout the coming year. Reach out to your neighbors to make sure they are well. Even within the current constraint of physical distancing, a stronger sense of community togetherness should be a collective goal for us, and the Steel Valley School District is working to make that happen.

Wishing you a restful, healthy holiday season,

Edward Wehrer

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Superintendent



THE RONALD MCDONALD CARE MOBILE

As a collaboration between UPMC Children's Hospital of Pittsburgh, and Ronald McDonald House Charities of Pittsburgh and Morgantown, Inc., the Care Mobile offers no out-of-pocket cost medical care to children throughout Pittsburgh and the surrounding areas.

**Have questions or need more information?
Contact the Care Mobile at 412-352-1059.**

SERVICES PROVIDED:

- ▶ Well-child visits and infant care
- ▶ Sick child visits
- ▶ Immunizations
- ▶ Routine physical exams
- ▶ Adolescent and young adult health care
- ▶ Referrals for specialty care
- ▶ WIC (Women, Infants & Children) form assistance

SERVICES ARE COMING YOUR WAY! LOOK FOR THE CARE MOBILE ON:

LOCATION: Steel Valley Middle/High - 3113 Main St, Munhall, PA 15120

DATE: December 30th, 2020 **TIME:** 10AM - 2PM

**UPMC | CHILDREN'S
HOSPITAL OF PITTSBURGH**

