

LOWELL JOINT SCHOOL DISTRICT

“Built on the Rock- Tradition of Excellence”

“The storms will come, but Lowell Joint will stand strong”

Healthy Schools Newsletter: Community Update #9

May 1, 2020

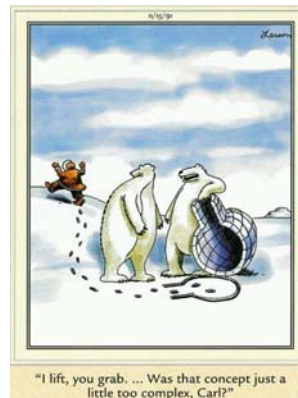


Wow, how our world is constantly changing. Every couple of days there is a new guideline, recommendation, etc and we each have to keep taking a pause to breath and realize that “change” and flexibility is simply how we will operate. We **continue** to stand in Faith knowing that we will come out stronger at the other end; we know that we are not given anything more than we can handle☺. We also know that there is power in words; the ones we speak to each other and to ourselves. There is strong evidence that the tide is turning and things are getting better. Just about a week ago there was public comments that we might not reopen schools until January 2021 and then just this past Tuesday (4/28/20) the public comments adjusted to said July 2020; in less than 7 days things changed dramatically. Therefore, we keep **pausing to take a breath**; 😊 we will overcome and succeed. This will be Lowell Joint’s finest hour as we serve together to best support our students, families, staff, and community.

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| <p>HEALTHY FAMILIES NEWSLETTER</p> | <p style="text-align: center;">This will be our finest hour Inspired by Winston Churchill</p> |
| <p>General Information:</p> | <p>➤ Closing of the 2019-2020 School Year - we have been planning for the return of student’s belongings from their desk, while arranging for families to return Chromebooks, chargers, library books, etc.; The Great Materials Exchange. Each school will function slightly different due to size, enrollment, facility layout, yet these are the general basic procedures:</p> <ul style="list-style-type: none"> • We will begin scheduling a drive through “Great Exchange” May 21-29, 2020. Families would be able to drive-up drop-off those things that belong to the school and receive their students in-class belongings, which will have been put together by their teacher. • Each principal will be sending out a unique schedule for their school, which helps to spread out families, prevent overcrowding of cars and maintain the expected social distance and safety. • During the summer our staff will be sanitizing, repairing and reassembly the instructional technology carts so that they are ready for the 2020-21 school year when our students and families return. • This means that formal online-distant instruction will come to a close on May 20, 2020. • We have a revised grading policy for this very unique situation: <ul style="list-style-type: none"> ○ Our primary goal is to support students and promote students. ○ Our elementary teachers will continue issuing standards based grades, but with slightly different areas: <u>Meet Standard</u>, <u>Standard Need Review</u>, or <u>Unable to Assess</u>. There will probably be more summary comments to help and encourage. ○ Our intermediate teachers will be issuing grades, but slightly different areas: A, B, C, or Unable to Assess. <p>You are able to read the actual grading policy: https://www.ljisd.org/apps/pages/index.jsp?uREC_ID=1519277&type=d&pREC_ID=1660527</p> |

- **Opening of the 2020/21 School Year** – Everyone is more than anxious and excited to get back to school; ok most students are; 😊 certainly parents are ready. Please know that nothing is even close to finalized, because truly every two days something changes. Here are some very preliminary things to consider and think about:
 - We will be taking our lead/que from the public health department regarding any final decisions related to opening school for the 2020-21 school year; **student/staff/family safety is #1 priority**. At this point, based on what we are told, we fully anticipate opening school for the 2020-21 school. BUT again, Public Health Department is still developing their recommended guidelines.
 - We truly have to wait a little longer to honestly know what guidelines, recommendations, and directions will actually guide how we will open.
 - We know that we will be implementing enhanced health protocols for students, staff, and schools in accordance with Public Health guidelines.
 - We will also be launching enhanced cleaning protocols for our campuses in accordance with Public Health guidelines.
 - We believe and know that the best instruction is in-person instruction and that our students need the academic, social, and emotional connection and stability of school.
 - We will continue to update everyone weekly over the next 4-6 weeks as each of these aspects come into clearer view.
 - At this point we continue to **pause, breath, and peacefully walk** each step forward with students/staff/families safety as our #1 priority.
- The District **Office continues to be open 8 am-12 noon by appointment**; phones will remain open during all normal business hours.
- We continue to be proud of our entire staff who are doing an incredible heart felt service to our students and community.
- Grab-n-Go meals times have adjusted to 11 am -1pm. Remember that this is for **anyone (1-18yrs)** and is available at each campus.
- Please pass this information along to everyone through your connections and social media in case they are not connected.

**We all need a little laugh;
it helps to bring joy.**



Family Resources & Links:

- The Lowell Joint “Help Center” is available (helpdesk@ljsd.org) or 562-902-4286 or through our webpage.
- Helpful Links:**
- [Tips on How to De-Stress With Your Families](#)
 - <https://www.healthline.com/health/stress-and-family#takeaway>

- <https://psychcentral.com/lib/7-tips-for-helping-your-child-manage-stress/>
- [How to Talk to Children about COVID-19: A Parent Resource](#)
- [COVID-19 Explained: NPR Comic for Kids](#)
- [How to Talk with Kids about the Coronavirus](#)

Coping with Stress

- [Tools for Self-Care : Self-care Toolkit at Gritx.org](#)
- [Tips for Managing Anxiety and Stress](#)
- [Coping with Stress During Infectious Disease Outbreaks](#)
- [Coping Strategies](#)
- [30 Activities to Support Emotional Health](#)

Emergency Resources:

- OC Links: 855-625-4657
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Assessment Team (mobile county team): 866-830-6011
- California Youth Crisis Line: 1-800-843-5200
- Crisis Text Line: text HOME to 741714
- Didi Hirsch Mental Health 24-hour Crisis Line: 1-877-727-4747

Healthy ways to deal with stress: Here are some ideas that will help you to take great care of your heart in the midst of stressful events:

- **Express your feelings.** Don't stuff or ignore your emotions. Feelings give your heart a voice. If you don't articulate your feelings, resentment will build and the situation will likely remain the same.
- **Slow down the pace of life.** Intentionally change your pace and create margin — time that is not committed to something specific. You must ruthlessly eliminate hurry from your life!
- **Get plenty of sleep.** As adults, we need eight to nine hours of sleep each night.
- **Rest and relax.** Try to keep at least one day a week free from obligations; make it a day of rest to recharge your batteries.
- **Get regular exercise.** Physical activity is a great way to release pent-up energy, stress and tension. Try to engage in at least 30 minutes of exercise, three times per week.
- **Keep your sense of humor.** Laughing helps your body combat stress. "A cheerful heart is good medicine".
- **Learn how to set boundaries and say no.** Whether at work or at home, know your limits. When you're close to reaching them, refuse to accept additional responsibilities.
- **Pray** (Jim's recommendation).

Educational Resources and Links:

- Lowell Joint Technology Newsletter (host of instructional and curricular links)
<https://docs.google.com/presentation/d/1UdqZ2zDuuWlqbuIzjY8VKk2InlXmyX52ktlmNSA32-k/present?usp=sharing>
- LJSD computer usage at home Q&A link.
https://www.ljso.org/apps/pages/index.jsp?uREC_ID=921109&type=d&pREC_ID=1859400
- Educational Resources from Orange County Department of Education (OCDE): <https://ocde.instructure.com/courses/224>

Informational Resources:

Department of Public Health's website:

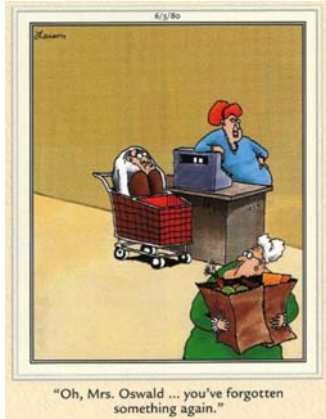
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- <https://www.cdph.ca.gov/Programs/OPA/Pages/NR20-014.aspx>
- <https://www.youtube.com/watch?v=eZw4Ga3jg3E&feature=youtu.be>

and

OCDE Newsroom Link:

- <https://mail.google.com/mail/u/0/#inbox/FMfcgxwHMGLRZNBqNHHtbHzRFCCztGSK>
- <https://newsroom.ocde.us/coronavirus-update/>

General Reminders and our Vision Forward



- ✓ We stand in Faith as we serve together; we will get through this challenging time and come out stronger at the other end; we know that we are not given anything more than we can handle☺.
- ✓ This will be our finest hour as we serve together to best support our students, families, and fellow citizens.
- ✓ We know that we will be adjusting each day to our ever changing circumstances; this is our first rodeo.
- ✓ Continue to take a deep breath. We walk by Faith and not by sight. Lowell Joint will carefully and lovingly walk through this challenge together with patience, mercy, and grace; it will be ok☺.

Keep breathing, smiling and finding joy.