

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 #6

April 2, 2020



I really don't know how to truly thank every family enough for your incredible patience, understanding, mercy and grace as we walk through this unprecedented challenge together. This is also such an amazing time to witness the immense courage, care, creativity, and love that our teachers, staff, and families are providing to students, families, and each other. 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. 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.

**HEALTHY FAMILIES
NEWSLETTER**

This will be our finest hour

Inspired by Winston Churchill

General Information:

➤ It is with a **very sad heart** that out of an abundance of caution, and in compliance with Governor Newsom, State Superintendent Thurmond, both LA & Orange County Superintendents, that Lowell Joint School District **will be closing all LJSD schools and extending our school closure through May 29, 2020**. This is in order to curb the potential transmission of the coronavirus (COVID-19) and to ensure the safety of our students, families and staff. Although this was not what we had hoped for, we are confident that our staff, students, and families will continue to demonstrate what it means to truly be a member of the Lowell Joint Family.

“Due to the current safety concerns and needs for ongoing social distancing it currently appears that our students will not be able to return to school campuses before the end of the school year. This is in no way to suggest that school is over for the year, but rather we should put all efforts into strengthening our delivery of education through distance learning.” Tony Thurmand, State Superintendent

- Each School's front office **will be closed**. Please connect with the school office via phone calls and/or email, which can be found on the school's webpage. School site staff will continue to retrieve phone messages and answer emails throughout each day.
- The District **Office will be open to the public from 8 am-12 noon**, yet the phones will remain open during all normal business hours.
- Our **instructional staff continues to do an incredible job**. Considering that the entire instructional system has been completely converted to online/distance learning in such a short period of time. There are regional districts that are not even providing any instruction and/or very limited instruction to students. We are so proud of our entire staff: teachers, support staff, nutrition services, office staff, principals, district maintenance staff, principals, district leaders, and the School Board. We have received a lot of

- quick emails and notes, which I make sure to pass along, so please keep emailing me and I will continue to do so.
- Grab-n-Go meals will continue to be available for **anyone (1-18yrs)** at each campus between 10 a.m. – 12 noon (Monday-Friday).
 - We would be honored if you would **please continue** to share photos/short videos of you and our students completing their online learning by emailing them to our Help Desk (helpdesk@ljsd.org). We would love to share these with our Lowell Joint Families so that we encourage each other. ☺
 - Please pass this information along to everyone through your connections and social media in case they are not connected.



We are investing in this toilet paper farm...

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

Family Resources & Links:

- The Lowell Joint “Help Center” is available to families for questions related to technical support. (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.

	<ul style="list-style-type: none"> ➤ Slow down the pace of life. Intentionally change your pace and create margins — 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).
<p>Educational Resources and Links:</p>	<ul style="list-style-type: none"> ➤ Lowell Joint Technology Newsletter (host of instructional and curricular links) https://docs.google.com/presentation/d/1UdqZ2zDuuWIqbulzjY8VKk2InlXmyX52ktlmNSA32-k/present?usp=sharing ➤ LJSD computer usage at home Q&A link. https://www.ljsd.org/apps/pages/index.jsp?uREC_ID=921109&type=d&pREC_ID=1859400 ➤ Charter/Spectrum free internet link. (Direct link to Charter – PLEASE NOTE that this is a free 60 day use and if you do not cancel before the end of 60 days they will start charging you) https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more ➤ Lowell Joint Technology Newsletter (host of instructional and curricular links) https://docs.google.com/presentation/d/1UdqZ2zDuuWIqbulzjY8VKk2InlXmyX52ktlmNSA32-k/present?usp=sharing ➤ Educational Resources from Orange County Department of Educations (OCDE): https://ocde.instructure.com/courses/224
<p>Informational Resources:</p>	<p>Department of Public Health’s website:</p> <ul style="list-style-type: none"> ➤ 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 <p>and</p> <p>OCDE Newsroom Link:</p> <ul style="list-style-type: none"> ➤ https://mail.google.com/mail/u/0/#inbox/FMfcgxwHMGLRZNBqNHHtbHzRFCCztGSK ➤ https://newsroom.ocde.us/coronavirus-update/

General Reminders and our Vision Forward

Bring on the smile...



- ✓ 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 ☺.