

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 #8

April 17, 2020



Thank you for all of your incredible hard work, patience, and commitment to the students and the Lowell Joint Family. We are excited to see the results of our faith in action as we witness our State making progress towards bringing this crisis to a close. 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 has been an awesome time for our family to actually slow down, have dinner together, retell/relive family stories, but I do have to say that “cabin fever” is setting in and there might be one less Coombs boy in the near future. 😊 This will be Lowell Joint’s finest hour as we serve together to best support our students, families, staff, and community.

<p>HEALTHY FAMILIES NEWSLETTER</p>	<p style="text-align: center;">This will be our finest hour <i>Inspired by Winston Churchill</i></p>
<p>General Information:</p>	<ul style="list-style-type: none"> ➤ Our school campuses continue to be closed through May 29, 2020. This is order to curb the potential transmission of the coronavirus (COVID-19) and to assure the safety of our students, families and staff; which appears to be working. ➤ In the rare chance the Governor and State Superintendent were to determine that by some miracle we are able to return prior to the end of the school year, Lowell Joint is more than prepared to relaunch school immediately. ➤ Please continue to connect with the school office via phone calls and/or email. ➤ Mrs. Takacs sent out a video newsletter this past week regarding Rancho-Starbucks plan for 8th grade graduation. <ul style="list-style-type: none"> <li style="text-align: center;"> <li style="text-align: center;">8th Grade Parent Update 4-13 (2).mov ➤ Also know that Fullerton Joint USHD already has the contact information for our 8th grade families, which allows them to stay connected with your incoming 9th grader for the 2020-2021 school year. ➤ The District <u>Office continues to be open 8 am-12 noon by appointment</u>, yet the 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. They are most certainly the gold standards for educators. ➤ Grab-n-Go meals times have adjusted to 11am-1pm in order to help better meet the needs of our families. Remember that this is for <u>anyone (1-18yrs)</u> and is available at each campus. ➤ We would be honored if you would <u>please continue</u> to share photos/short videos by emailing them to our Help Desk (helpdesk@ljsd.org). ➤ 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

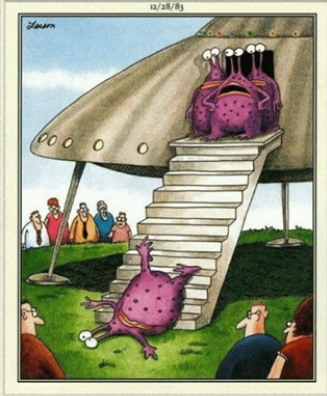
- [Tools for Self-Care : Self-care Toolkit at Gritx.org](#)
- [Tips for Managing Anxiety and Stress](#)
- [Coping with Stress During Infectious Disease Outbreaks](#)
- [Coping Strategies](#)
- [30 Activities to Support Emotional Health](#)

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).

<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/1UdqZ2zDuuWIqbuIzjY8VKk2InlXmyX52ktlmNSA32-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 ➤ 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 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/
<p>General Reminders and our Vision Forward Sometimes you just have to give-up and laugh...</p>  <p>“Wonderful! Just wonderful! ... So much for instilling them with a sense of awe.”</p>	<ul style="list-style-type: none"> ✓ 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☺. <p style="text-align: center;">Keep breathing, smiling and finding joy.</p>