

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 #7

April 10, 2020



We continue to stand in awe of our incredible Lowell Joint Family. 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 has been an incredible time for our family to actually slow down, have dinner together, retell/relive family stories, take walks together, do dishes together; do family. This will be Lowell Joint’s finest hour as we serve together to best support our students, families, staff, and community. We will be sending out an updated newsletter each week to help stay connected.

<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"> ➤ The Lowell Joint School District closing of all LJSD schools is extended 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. ➤ We do want to reassure all Lowell Joint families that 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. ➤ We also cannot thank our staff for their hard work and incredible passion they continue to put into their planning and online/distant learning. We have learned that so many districts nearby are not doing anything for their students, which is simply unbelievable. THANK YOU LOWELL JOINT Teachers and Staff. ➤ Please continue to connect with the school office via phone calls and/or email, which can be found on the school’s webpage. ➤ We do want to share with parents of 8th graders that we have already shared our 8th grade student data base, which we do every year, with the Fullerton Joint USHD so that they have your families contact information (including email) so that they can stay connected with your incoming 9th graders for the 2020-2021 school year. Your 8th graders have also already completed registering for their 20/21 classes back in February. Miss Whitney Takacs can also be contacted via email if you have any questions or need help. (wtakacs@ljsd.org) ➤ Rancho-Starbuck is preparing that we will not be able to return to campus for our incredible/traditional 8th grade graduation. They are developing plans to make sure we are able to still honor our students, their grades and accomplishments, etc. Rancho-Starbuck will be communicating directly with the 8th grade families over the next 2-3 weeks. ➤ The District Office will be open 8 am-12 noon by appointment, 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 will continue to be available for **anyone (1-18 yrs)** 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 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.

What it's like trying to manage our house these days....

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.
- **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!

	<ul style="list-style-type: none"> ➤ 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/1UdqZ2zDuuWlqbuIzjY8VKk2InlXmyX52ktlmNSA32-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 ➤ 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/
<p>General Reminders and our Vision Forward</p> <p>Sometimes you just need to run...</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 ☺.



With four boys at home we are so
looking forward to the days when we
can just go out and run around.... 😊
Keep breathing, smiling and find joy.