



Lowell Joint SCHOOL DISTRICT

“Home of Scholars and Champions”



Healthy Families and Staff Newsletter (Update #20)

Lowell Joint **STRONG**



October 30, 2020

I don't know about you, but I had to stop 2-3 times this week to simply breathe. It seems that every time we face another challenge and/or another change keeps coming our way. There are times that this whole storm feels overwhelming, but we continue to stand in faith that we will not just get through, but actually exceed through these challenging times. Please remember to keep taking a deep breath, take one step at a time, and know that we will succeed in spite of the challenges that come our way = GRIT; we are LOWELL JOINT **STRONG**.

I am sure that everyone is staying closely aware of the Los Angeles County COVID19 data, which means you already know that the most current COVID19 data from Tuesday has not improved enough to start the 28-day countdown to move Los Angeles County to Tier 2 (Red Tier). This is beyond frustrating and means that schools in Los Angeles County are not allowed to open yet. The reality is that there are not enough weeks between now and Christmas Break to meet the criteria to reopen; therefore, based on anticipated lack of improvement over the next 5-6 weeks, we will anticipate reopening on Monday, January 4, 2021. State's website: COVID19.CA.GOV or at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/COVID19CountyMonitoringOverview.aspx>.

Please know that it is our heart's desire to be allowed to have our students back in school so that we can support them even more than we are able to virtually. The health and safety of our students and staff is our priority and we will follow the directives of the Los Angeles County Public Health Department as we take each step forward.

Updates and reminders:

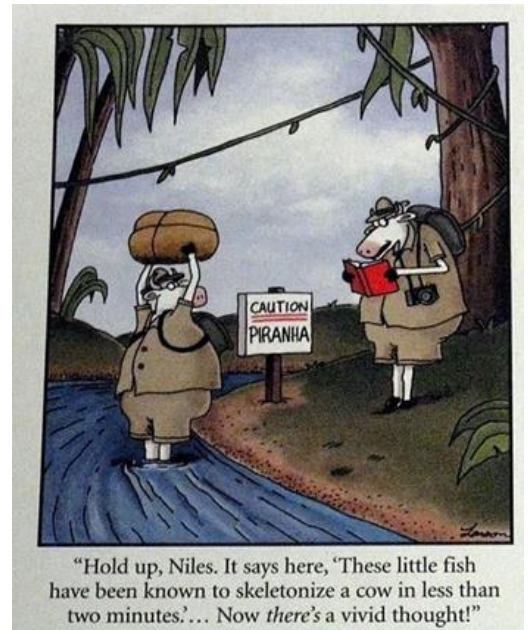
- We want to encourage everyone to be an active member of our community, state, and country by making sure your voice is heard – VOTE.
- We continue our partnership with Saddleback church to provide a Pop-Up Drive Thru Grocery Distribution on the first Friday of each month. Our next Pop-up Drive Thru Grocery Distribution will be next Friday, November 6, 2020. Thank you Saddleback church.
- We are developing another collaborative project with Saddleback to support our families: Family Art Night and Family Game Night. Basically they will provide all of the needed art supplies for Family Art Night and game activities for Family Game Night. Families will be able to sign-up to receive the supplies and then be able to log on to the zoom times for the guided activities. Dates and times to come. The whole purpose is to support families with fun activities and community.
- There is a series of COVID19 informational/training videos on the LJSD webpage that you should take a few minutes to review. ([Informational/Training Videos](#))
- We are excited that the construction work at Olita Elementary School is on schedule and they will be able to move back to their Olita home right before Christmas Break, which will allow them to start the New Year back in Owl Country.
- Macy will be moving to the Maybrook campus during the Christmas Break and will have the awesome opportunity to spend the spring semester at the “Maybrook Marriott”; thank you to the Olita staff for doing a lot of the prep work. Also, thank you to David Bennett and team for their hard work as we complete the Measure LL Master Facility projects.
- The entire Lowell Joint Family (students, families, staff) are working so hard, overcoming 1000's of challenges, and most importantly lovingly caring for our precious students. You are to be commended; please remember to give each other and yourself a healthy dose of grace and mercy.

- We will continue to update everyone bi-monthly, or sooner if needed, so that we work to keep everyone informed and updated on our “road-map”, but please remember that they keep changing our map☺.

So many things are out of our control these days, yet we know it is our family and the school family that help bring stability. Thank you for taking the time to listen, take walks, and giving your children/our students the extra hug and “I love you”. Grace and mercy seem to be in short supply these days, but it is exactly what our students, our staff, and we ourselves need. LJSD is called to speak life into our students, staff, and families; please help us speak life into each other. Your continued strength, compassion, and resilience are an incredible testimony to the shared dedication and commitment of our students, staff, parents, and community; **THANK YOU – WE ARE BLESSED!**

LOWELL JOINT **STRONG!!**

*A littler laughter helps bring joy-
Barnyard humor....*



What happens when the high school children do laundry....

Many resources available at no cost:

- Suicide Prevention and SPORT2 Resources Page
http://r20.rs6.net/tn.jsp?f=0019Ly1se6ghxU3y3IrmzuDaapSLFmDbfgejwmlGVimY6stCy7zzMM3yVVVxl0mafTwbL_Y_o7LTlDpQ5VOP9JOFDmEkvhtR0TzKFfbGlfQmoc28AlknxuEa3HzlZixWvre7AT_0rjo6qd49FNrCmqjSCWdYCRxog&c=WME00NIL-
- Youth Suicide Prevention Program Channel (YouTube)
http://r20.rs6.net/tn.jsp?f=0019Ly1se6ghxU3y3IrmzuDaapSLFmDbfgejwmlGVimY6stCy7zzMM3yVVVxl0mafTwrXhNMi-K9yOL55shL-rZsE0UmrEqsZfMzC5j60-ORVqRBbOLS5RT3-zYvTHHcLfCwz7tCYdD2hc5bs89z_UFFg==&c=WME00NIL-RqBkObXQb42FTkmNoghKWyRHDrfKyBHF8NPhYslaf7TQ==&ch=dGOPLpy_Rml20U88b6BuNMdqjsGfLTz_0pIFjM14Kx9z0wbpFgUNw==
- Five tips for distance-learning: <https://newsroom.ocde.us/5-tips-to-help-families-to-make-the-most-of-distance-learning/>
- The National Suicide Prevention Lifeline. 1-800-273-8255 is a 24-hour, toll-free, confidential suicide prevention hotline that’s available to anyone in suicidal crisis or emotional distress. It provides Spanish-speaking counselors, as well as options for deaf and hard of hearing individuals.
<https://suicidepreventionlifeline.org/chat/>

- The Crisis Text Line. The Crisis Text Line is the only 24/7, nationwide crisis-intervention text message hotline <https://www.crisistextline.org/>. Text HOME to 741-741.
- OC WarmLine. Available 24/7, the OC WarmLine is a free and confidential telephone service providing emotional support and resources to Orange County residents. Call 714-991-6412.
- NAMI Orange County. NAMI is the nation's largest grassroots mental health organization. Its local affiliate, NAMI Orange County, has been offering online classes and support groups via Zoom. Visit <https://www.namioc.org/>