

SPRING

20 BHS Newsletter

Tulare County
Office of Education

Tim A. Hire, County Superintendent of Schools

COVID-19

Myths & Facts

According to World Health Organization:

Myth: COVID-19 cannot be transmitted in humid weather.

Fact: The COVID-19 can be transmitted in all areas, including areas with hot and humid weather.

Myth: COVID-19 only affects the elderly.

Fact: COVID-19 can affect people of all ages and ethnic groups.

Myth: Spraying alcohol or Chlorine all over your body kills COVID-19.

Fact: Spraying such substances on your body can be dangerous, only spray on surfaces to disinfect.

The most reliable sources for COVID-19 are government health websites, the World Health Organization, the CDC website, and the local health department website.

RELIABLE WEBSITES

- ❖ <https://www.who.int/>
- ❖ <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- ❖ <https://tchhsa.org/eng/>



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Staying at Home? Tips on how to Manage

Six Domains that Promote Healthy Living

SOME ONLINE RESOURCES

MOVEMENT:

- ❖ Hula hoop
- ❖ Dance
- ❖ Jump Rope
- ❖ Trampoline
- ❖ Twister (Game)
- ❖ Red Light/Green Light
- ❖ Hide and Seek
- ❖ Obstacle Course



QUIET TIME:

- ❖ Nap
- ❖ Reading
- ❖ Writing a story
- ❖ Puzzles
- ❖ Mindfulness
- ❖ Meditation
- ❖ Word search
- ❖ Journal



CREATIVE TIME:

- ❖ Art
- ❖ Coloring
- ❖ Modeling Clay
- ❖ Make slime/play-doh
- ❖ Painting
- ❖ Side walk chalk
- ❖ Make Sock puppets
- ❖ Trace shadow art
- ❖ Tie-dye something
- ❖ Make your own calming bottle



LEARNING/ACADEMIA:

- ❖ School Packet
- ❖ Flash Cards
- ❖ Journal
- ❖ Reading
- ❖ Quiz
- ❖ Write a short story
- ❖ School learning apps



FRESH AIR (BACKYARD)

- ❖ Scavenger Hunt
- ❖ Trampoline
- ❖ Sidewalk Chalk
- ❖ Bug Hunt
- ❖ "I spy" in the garden
- ❖ Backyard picnic
- ❖ Build a fort/bird house



HEALTHY DIET:

- ❖ Drink Water Regularly
- ❖ Eat Veggies & Fruits
- ❖ Limit Sugars & Foods with High Fructose Cornsyrup
- ❖ Refer to Pg. 3 for more info.



Educational websites for High School Students

<https://www.boredteachers.com/resources/60-educational-websites-for-high-school-students-quarantine>

Resource List by Academic Subject

<https://www.zdnet.com/article/all-the-free-online-resources-parents-guardians-need-in-home-schooling/>

Mindfulness

<https://www.breathe4change.com/>

K-6 Online Games

<https://toytheater.com/>

NOTE: Visit your School District's website for resources and academic curriculum.

FREE PHONE/TABLET APPS

Top 14 Apps for Mindfulness

<https://positivepsychology.com/mindfulness-apps/>

List of Parenting Apps

<https://findmykids.org/blog/en/the-best-apps-for-parents>

SELF-CARE FOR PARENTS

Skills to Practice

- ❖ Reconnect with things you enjoy or work on developing a new skill (painting, crocheting, baking, etc.).
- ❖ Practice mindfulness and deep breathing exercises.
- ❖ If the weather allows, step outside, take a walk or jog around the block.
- ❖ Listen to music or your favorite podcast.
- ❖ Read a book or magazine.
- ❖ Reorganize and declutter your home, giving gently used items to your local donation centers.

Online Resources

Program for Early Parent Support (PEPS)

<https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>

Kaiser Permanente

<https://m.kp.org/health-wellness/mental-health/tools-resources/parenting>



COVID-19 has caused social isolation to many individuals and their families. Social isolation is being done to help prevent the spread of COVID-19. In the midst of this pandemic individuals are faced with spending days or weeks at home with limited resources; drop in meaningful activities and social contact; financial strain from being unable to work; stimulation; and a lack of coping strategies such as attending a birthday party, going to the gym, or having lunch or dinner at a restaurant. According to the American Psychological Association (APA), psychologists' research has found during periods of social isolation an individual may experience the following: fear and anxiety; depression and boredom; anger, frustration or irritability; and stigmatization. The following are ways to manage these experiences and stay connected to family and friends, per psychological research.

(1) **Limit news consumption** to reliable sources by balancing time spent on news and social media with other activities such as reading, listening to music or learning something new. Obtaining accurate and timely information on COVID-19 should come from trusted organizations such as U.S. Centers for Disease Control and Prevention, the World Health Organization, and the U.S. Substance Abuse and Mental Health Services Administration. (2) Create and follow a **daily routine** helps adults and children maintain a sense of order and purpose. Examples of a daily routine may include work, exercise, and learning at home. (3) **Stay virtually connected** with others by making phone calls, text messages, video chat, social media, and relying on pets for emotional support. These are key when feeling sad or anxious because it gives individuals the opportunity to discuss their experiences and emotions. What are some other ways you and your family can interact with others without putting you or your family at risk? (Lim & Badcock, 2020).

(4) **Be creative!** Spend time connecting with the people you are living with by playing board games, putting puzzles together, or eating a meal together at the table and all electronics turned off. What are some other ways you and your family can connect with each other? (Lim & Badcock, 2020). (5) **Maintain a healthy lifestyle** by getting enough sleep, eating well, and exercising helps to manage daily stressors. Also try to avoid using alcohol or drugs as a way to cope with stress; if needed consider talking to a therapist, counselor, psychologist, friend or family member. (6) **Use psychological strategies** to manage stress and stay positive by keeping a daily gratitude journal, downloading smartphone applications for mindfulness and relaxation exercises, which will assist in focusing on what you can do and accept the things you can't change (Keeping Your Distance to Stay Safe, 2020).

Jonah Berger once said, "Connecting with others is rewarding; it makes us feel like we're not alone in the world."

Social Isolation

Getting the support you need during a time of crisis and change.



Emotional Well-Being *Tips to Support Your Child*

ANXIETY & STRESS

- Set a limit on media consumption (i.e. social media, local news & national news & Netflix).
- If possible, spend time outdoors. Gardening and engaging in physical activities are known to relieve stress and promote physical health.
- *Social distancing* does not mean *social isolation*. Maintain positive connections (i.e. friends, pets, relatives).
- Practice deep breathing and positive self-talk to relax the mind and body.
- Create visual support to help your child manage daily tasks/chores.

DEPRESSION

- Set up a Routine and keep a structure day; set up a daily agenda with small tasks for your child to accomplish throughout the day.
- Practice relaxation activities or meditation to help discover a happy/calm place.
- Practice deep breathing techniques, use of music, or calming candle scents to help create a peaceful space.
- Encourage your child to communicate with someone about their worries.
- Remind your child to *Be Kind* to themselves and others, it's normal to feel overwhelmed during crisis or challenges.
- Encourage daily/weekly journaling for self-reflection.

ADHD

- Maintaining a positive attitude would put a better perspective during this crisis. It's okay to make compromises with your child.
- Establish a realistic structure and stick to it. A timer/stopwatch comes in handy to remind your child of time limits. Simplify your child's schedule so they don't feel overwhelmed.
- Encourage movement and sleep. Implement physical activities throughout the day.
- Set limits on technological devices to increase tolerance.
- Set clear expectations and rules for your family to follow.
- Develop rewards and consequences to reinforce positive behaviors.

FREE MEALS FOR STUDENTS

Schools districts within Tulare County are offering free 'grab-n-go' meals including breakfast and lunch, at the school sites and bus stops.

'Grab-n-go' meals can be obtained drive-thru or walk-up for children ages 1-18. Note: **Children must be present** to receive free meal.

Please click the link below for your corresponding school:

<https://www.cde.ca.gov/re/mo/comeals.asp>

FOOD BANKS

Click the link below to locate where local food bank:

<http://new.foodlinktc.org/wp-content/uploads/2017/08/Emergency-Food-Pantry-List-Public-1.pdf>

Nutrition for Children

DAILY PORTIONS ACCORDING TO AGE

AGES 2-3 Whole grains: 3oz; Vegetables: 1 cup; Fruits: 1 cup; Dairy: 2 cups ; Meats/Beans: 2oz

AGES 4-8 Whole grains: 5oz; Vegetables: 1 1/5 cups; Fruits: 1 1/5 cups; Dairy: 2 1/5 cups; Meats/Beans: 4oz

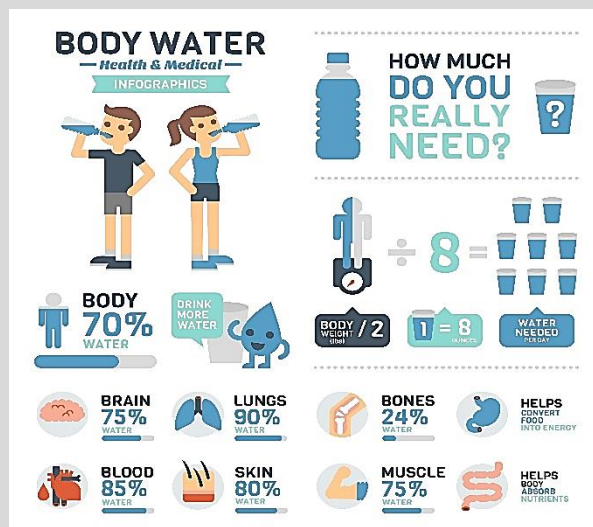
AGES 9-13 Whole grains: 5oz; Vegetables: 2 cups for girls, 2 1/1 cups for boys; Fruits: 1 1/5 cups; Dairy: 3 cups; Meats/Beans: 5oz

FRESH & EASY RECIPES FOR KIDS:

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/healthy-meals-for-kids>

*Remember: Creating a daily meal schedule is an ideal way to maintain a budget and be resourceful.

STAY HYDRATED





RESOURCES

- 24 Hour **Mental Health Crisis**
1-800-320-1616
- 24 Hour **Substance Use Disorder Access**
1-866-732-4114
- Tulare County 24 Hour Community **Warm Line**
1-877-306-2413
- **National Suicide Prevention Lifeline**
1-800-273-TALK (8255)
- **Tulare County Resources** Dial 211

Five Reminders

1. **WASH HANDS** Often
 - a. During the pandemic of COVID-19, it is highly important to wash your hands with soap and water. By properly washing your hands, you can kill the viruses that may be on your hands.
2. Use your **ELBOW** to cover your **COUGH/SNEEZES**
 - a. In order to protect yourself and your loved ones, it is necessary to understand that when a person sneezes and/or coughs he/she sprays small particles of their bodily fluids called droplets into the air or near surfaces. By using your elbow to cover your coughs and/or sneezes you protect other people from contracting your viruses, meaning we are preventing the COVID-19 from spreading.
3. **Don't touch your MOUTH/EYES/NOSE with Dirty hands**
 - a. Please remember that our hands touch different surfaces throughout the day. When our hands are dirty, they can contain contaminated droplets, if you touch your mouth, eyes, and nose, those are body parts that allow droplets to enter to your body and thus, this can make you ill.
4. **SOCIAL DISTANCING: Stay 6 feet apart from other people.**
 - a. As previously mentioned before, when a person sneezes or coughs without covering his/her mouth, they can release contaminated droplets, and if you are close to them, you will breathe in their contaminated droplets. However, if keep your social distance and you are less likely to breathe in other people's droplets.
5. **If you feel SICK, stay home.**
 - a. If you have a fever, cough and difficulty breathing, seek medical attention in the emergency department. Follow the directions of your local health authority.

PROPER STEPS TO WASH YOUR HANDS



1 Wet the hands



2 Take an adequate amount of liquid soap



3 Rub hands to lather



4 Rub the back of each hand with the opposite palm



5 Rub palms with fingers interlaced



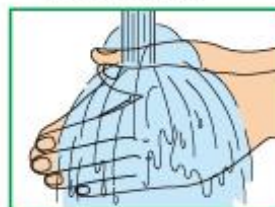
6 Rub each thumb clapsed in the opposite palm



7 Rub fingertips in the opposite palm



8 Scrub the wrists



9 Rinse well with running water