

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 #5
March 19, 2020



We thank every family for your extreme patience, understanding, kindness for each other, and support as we all carefully walk through this unprecedented challenge of COVID-19. We stand in faith that we will work through this challenging time and we will come out stronger at the other end; we know that we are not given anything more than we can handle☺. We want to constantly remind ourselves **to pause and take a breath** as we manage each hour, each day, and each new challenge that comes our way; we will overcome and succeed. Even though this is our first time through such a challenge, my wife’s grandmother is 102 and I have realized that folks like her have been through national & world-wide challenges before (The Great Generation). This will be Lowell Joint’s finest hour as we serve together to best support our students, families, staff, and community.

<p>HEALTHY SCHOOLS NEWSLETTER</p>	<p style="text-align: center;">This will be our finest hour Inspired by Winston Churchill</p>
<p>General Information:</p>	<ul style="list-style-type: none"> ➤ It is with a <u>very sad heart</u> that out of an abundance of caution, and in consultation with the Orange County Department of Education, the Orange County Health Care Agency, recommendations from the Governor’s office, and local public health agencies, that Lowell Joint School District will be closing all LJSD schools in order to curb the potential transmission of the coronavirus (COVID-19) and to assure the safety of our students, families and staff. All school districts matriculating into the Fullerton Joint Unified School District, and the high school district (including our Lowell Joint School District), will be closed March 16-May 8, 2020. We anticipate school to resume Monday, May 11, 2020; it has been and will continue to be an ever changing/evolving situation. ➤ Each School’s front office will be open daily (Monday-Friday) between 10 a.m. – 12 noon. Students may pick-up Chromebooks, Chromebook chargers, primary grade level curriculum packets, and any other needed items. ➤ Grab-n-Go meals will be available for anyone (1-18yrs) at each campus between 10 a.m. – 12 noon (Monday-Friday). This will continue throughout the school closures; including Spring Break. ➤ The Bark software filter has been turned on for all the students' Chrome books while they are off campuses. ➤ When connecting with any Lowell Joint Educational Resources, there is no cost. If something pops up requesting payment; STOP. This is not correct and contact our “Help Center”. Remember, if you are like me and you get stuck, ask your child/student for help☺. ➤ We would be honored if you would email photos/short videos of you and our students completing their online learning to our Help Desk (helpdesk@ljsd.org). We would love to share these with our Lowell Joint Families so that we encourage each other. ☺ ➤ We would greatly appreciate you passing this information along to everyone through your connections and social media in case they are not connected. ➤ Students only need to sign into Clever, on their Chromebooks, as the single-sign on for accessing district programs such as Go Math or Big Ideas,

Journeys or Study Sync, etc. Our younger students often use a QR code with the device rather than logging in. Should your student have difficulty with logging in or forget their password, you can access the student email and ID number through the Aeries Parent Portal. On the Student Information tab (next to the Home tab), you will find the student's ID number. This is the password for logging in with the addition of the school abbreviation at the beginning (i.e. ep123456 for El Portal, student number 123456). The school abbreviations are lower case: **ep** (for El Portal), **jo** (for Jordan), **ma** (for Macy), **mg** (for Meadow Green), **ol** (for Olita), and **rs** (for Rancho Starbuck). Then, still on the Student Information tab, if you click Contact (next to the word General toward the upper right), you should be able to see the student's email. This is the username to access Clever. Should you still have difficulty, please contact either your teacher (for password information) or the Technology Center at helpdesk@ljsd.org (for tech support). Direct login link to CLEVER:

https://clever.com/oauth/authorize?channel=clever&client_id=4c63c1cf623dce82caac&confirmed=true&district_id=55d21b8b6ec46d0100006cfc&redirect_uri=https%3A%2F%2Fclever.com%2Fin%2Fauth_callback&response_type=code&state=a84d56e33473302e6b970f7458ff2c6defa6ede8c2855af9fb0d0ddb5a1e976b

We all need a little laugh. This is what I saw driving up to Costco this morning...



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
- You can also refer to our Lowell Joint webpage for helpful links, current information, and support.

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/>

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,

	<p>three times per week.</p> <ul style="list-style-type: none"> ✓ 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 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>	<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 will constantly remind ourselves to pause and take a breath as we manage each new challenge that comes our way; we will overcome and succeed! ✓ We know that we will be adjusting each day (sometimes by the hour) to ever changing circumstances that will most certainly change again-and-again; 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☺.