Greetings Loma Verde Family,

This is your School Counselor, Mr. Arias. I hope this communication finds you all in good health. For this second weekly newsletter, I wanted to communicate the importance of having your basic needs met. Everyone has their own circumstance and I truly hope you take advantage of available resources during these trying times. I will be updating the parent resource page on our school blog with a list of community resources for you to follow up with if needed.

With online distance learning at the forefront of your child’s schooling, please take the necessary precautions with online safety. Please see the 9 Tips for Social Media Safety below. In addition, I included the link to Second Step lessons on social-emotional learning grades K-5. Your students should be familiar with some as these are examples of lessons I conduct in the classroom.

Again, positive connections are key. Please let me know if you would like me to check-in with your child or if you prefer a referral to another specialist. Please do not hesitate to reach out to me or your child’s teacher for help.

Best regards,

Diego Arias, M.S., PPS
diego.arias@cvesd.org

Quote of the Week:
“No one is perfect – that’s why pencils have erasers.” – Wolfgang Riebe

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9 Tips for Social Media Safety

1. Get Real: Create social media ground rules for your child, make them follow. Enforce consequences for breaking rules.
2. See Limit: Be age limits for social media sites and apps apply for your child.
3. Focus on Balance: Have conversations about social media and its impact on your child.
4. Mentor Use “Failed” or “Follow” your child on social media and please in other. Also, look at the apps you use that track and limit your child’s usage.
5. Talk to Family: Talk to your child if everyone is a stranger online, and no one can be trusted.
6. Monitor Matters: Establish that once something is posted or shared online or with you, it cannot be unposted. Future college administrators may see this.
7. Social Media Parental: Keep your child’s decisions in control locations and not in the privacy of a classroom.
8. Protect Private Info: Teach your child never to give out personal information, even to close friends or someone.
9. Limit to Fearlessness: Limit your time on social media and keep your time respectful, and your child will follow your example.

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Second Step

Social-Emotional (SEL) Learning Video Lessons:
https://www.secondstep.org/covid19support

- Identifying Feelings
- Managing Worry
- Emotion Management
- Managing Anger
- + More!

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Social Media Safety - Seguridad en redes sociales

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Community Resources
- Family Resource Centers: Hours 9:00am-3:00pm (please call over the phone)
  Open Door at Palomar High School – (619) 407-4840
  Beacon at Vista Square Elementary (619) 422-9208
- Food Distribution: Jewish Family Services
  https://www.jfssd.org/our-services/food-meals/