Greetings Loma Verde Family,

This is your School Counselor, Mr. Arias. I hope you are feeling safe and healthy! This week, I included a more specific graphic about social media safety for popular social media apps. Please see the Parent/Guardian Tips for Social Media Safety below. I also provided a link to brochures on various topics from the Children’s Home Society of California.

For quick activities, I included a link to an article on destressing strategies and an activity on how to make your own face mask! In addition, I included a link on “Belly Breathing” by Elmo from Sesame Street as a fun way to learn deep breathing.

Please do not hesitate to reach out to me or your child’s teacher for any support! I remind you to contact Family Resource Centers at the numbers listed below for a variety of resources.

Best regards,

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

Quote of the Week: “Be who you are and say what you feel, because those who mind don’t matter and those who matter don’t mind.” – Dr. Seuss

Activity and Stress Relief

-45 second video on making a homemade face mask! https://www.youtube.com/watch?v=iPxBvQyGf48&feature=youtu.be

-Stress Relief and Relaxation https://healthy.kaiserpermanente.org/northern-california/health-wellness/health-encyclopedia/he.stress-relief-and-relaxation.af1003spec

Family Education Resources

- Educational brochures on topics such as communication, managing anger, stress, school readiness, and more! https://www.chs-ca.org/family-education-program/brochures

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/