

Message to students from your CHS Counselors during the School Closure

Dear Cabrillo High School Students,

As you know, Cabrillo, and all other schools in our county, have been closed through the month of April. We understand there are many questions and concerns regarding school work, grades, events, and graduation at this time. Since our initial closing on March 13th, plans have been changed or adjusted based on the information that comes in from our County Health Department and the Governor. Please be assured that Cabrillo is doing our best with addressing these questions and concerns and will share updates as they become available.

It is our hope, that by practicing “social distancing,” we will do our part in limiting the spread of the coronavirus. With that, we also recognize the impact that “social distancing” can have on your emotional wellbeing. During times like this, it is common to feel anxious and overwhelmed when there are so many factors that remain unknown. It is important that you stay properly informed and that you talk through your thoughts, concerns, and any other feelings you may be experiencing during this time of uncertainty.

We hope you find the following information helpful. We looking forward to seeing all of you again real soon. Counselors are available Monday through Thursday buy calling 805-742-2850 from the hours of 10 am to 12 noon should you need to speak to one of us. Until then, stay safe and healthy!

Sincerely,

Mrs. Jory, Mrs. Diaz, Ms. Cavalli, and Mrs. Hannaford

How to stay properly informed:

Make sure to get your information from credible sources. Use sources like the school district website, Centers for Disease Control or government websites. Be skeptical about the information you see on social media platforms.

Likewise, this would be a good time to try to limit media consumption. While it is important to stay informed, it is essential to set healthy limits if you find yourself constantly reading, watching, or listening to media coverage. If you can, try to take breaks to focus on positive things in your life, especially ones that you have control over. Again, if you need news updates, check out a government resource for the best, most accurate information.

Suggested sources:

Lompoc Unified School District www.lusd.org

Centers for Disease Control <https://www.cdc.gov/>

Santa Barbara County Health Department <https://publichealthsb.org/>

Strategies to Support You During School Closure

Talk about how you feel. It is normal to experience a wide range of thoughts, feelings, and reactions during this time. You may experience the following:

- Stress and worry
- Fear and anxiety
- Frustration and irritability
- Helplessness
- Difficulty sleeping and/or concentrating
- Isolating or withdrawing from others
- Physical symptoms (e.g. increased heart rate, sweating, low energy, stomachaches, headaches, etc.)

It can be helpful to talk with others, write in a journal, engage in creative activities (e.g. art, music, etc.), and/or speak to someone you feel comfortable with.

Cabrillo counselors are available via email or you can speak to one directly Monday – Thursday from 10am-12pm by calling 805-742-2850 if you have questions or need someone to talk to.

Practice relaxation strategies:

During times of stress practicing relaxation can help soothe the mind and the body. If you are feeling stressed, anxious, frustrated, irritable, helpless, etc. Relaxing the mind and body can send messages to your brain that you are okay and help soothe those uncomfortable feelings. In addition, when you are more relaxed or calm you tend to react to stressful situations in a more productive manner. Some helpful resources (links) are listed below:

[UCLA Mindfulness Exercises](#)

[Deep Breathing Exercises](#)

[Progressive Muscle Relaxation](#)

[Headspace](#)

[Calm](#)

Maintain a routine:

It is important to maintain as much structure and routine as possible. By doing so, it can be helpful with increasing feelings of control and/or alleviate feelings of anxiety and/or stress.

We know many of you have multiple responsibilities at home which is why it is important to maintain a schedule and routine. If taking care of younger siblings it is important they too have a routine and schedule. Here are some suggestions that may help with maintaining a routine:

- Before you get started with remote learning, talk to your parents/guardians about their expectations for you during your time away from school and share with them the expectations of your teachers.
- Try to keep your schedule consistent when it comes to bedtimes, morning routines (including getting dressed for the day), meals, and exercise.
- It may be helpful to set-up a specific workspace for yourself, so you can see the separation between home and school (try to avoid working from bed or the couch).
- Be proactive and make sure to make it a habit to do academic work daily and check your email *at least twice* a day, as teachers will be emailing updates on assignments and conducting check-ins with their students.

Stay Connected:

It is important for you to stay connected with your friends, family, peers, and teachers during this time. Receiving support from loved ones can have a powerful impact on your stress and sense of stability and comfort. Things you can do:

- Make time for regular, personal check-ins with friends and family via text, email FaceTime, Zoom, Google Chats, etc.,.
- All of the people at school that you or would regularly reach out to for academic and/or emotional support; teachers, counselors, administrators, and other staff you feel close to.

If you are feeling isolated please REACH OUT and let someone you trust know that you are feeling that way.

Academic Support

Continue to communicate with your teachers regarding your assignments, questions, or challenges you may be experiencing while learning from home. The following are some helpful resources for academic support:

Sign into your student's LUSD Google account and access 9-12 Textbooks on the "waffle"



Pearson EasyBridge

TK-12 Math, Science & Engineering, Arts and Humanities, Test Prep for SAT & ACT, Economics & Finance <https://www.khanacademy.org/>

Free Internet offer from Comcast

<https://variety.com/2020/digital/news/comcast-free-broadband-low-income-households-coronavirus-1203532765/>

List of Teacher emails

<https://www.lusd.org/cms/lib/CA01001399/Centricity/Domain/640/Teacher%20Emails%20.pdf>

Also, please stay very active in informing your teachers, counselors or administrators of any limitations you may have at home so we can best support you.

Community Resources

FSA Family Service Agency <https://fsacares.org/> offers counseling and family support services.

Santa Barbara Community Food Bank: Lompoc

- Santa Rita Village: Phone: 736-8877, 926 W. Apricot Ave, 4th Wednesday each month, 10:30am
- First United Methodist Church: 925 N. F St 3rd Monday each month, 3pm
- Village Chapel: 3915 Constellation Rd. Last Friday of every month & Every Tuesday from 10:30am-1pm, *starting March 24th
- Lompoc High School: 515 W. College Ave, Last Saturday each month, 8:30am
- Catholic Charities: Phone: 737-4140 329 N. 2nd St, Monday – Friday 10am-11:30pm, and 12:30pm-3:30pm
- United Boys & Girls Club: 1025 W. Ocean St., Monday-Friday, 1pm-3pm, Drive-Thru and Walk-In

LUSD Meals

Lompoc Unified School District Child Nutrition Services Team will be providing meals, free of charge, to all children 18 & under during the school closure. We will be serving grab-n-go meals that are to be consumed off-site to maintain social distancing. Students are welcome to visit any of the listed sites and *do not need to use their student ID*.

FREE MEALS FOR KIDS!

Lompoc Unified School District will be providing breakfast and lunch to children 18 & under at no cost during the COVID-19 School Closure.

Students may visit any of the listed sites to receive a meal.
No student ID is needed.

SCHOOL SITES

Pick up times: 11:00 am-1:00 pm
Hot lunches

Buena Vista	Los Berros
Clarence Ruth	Hapgood
Crestview	La Canada
Fillmore	La Honda
Miguelito	Lompoc High School
	Lompoc Valley Middle School

MOBILE SITES

Pickup times: 11:00 am-1:00 pm

Cold Lunches

Look for the big yellow bus!

El Camino on J Street
Lompoc Library on D Street
The Corner of G Street and North Avenue
Maple High School

Our LUSD Child Nutrition Professionals are dedicated to keeping our students and community safe. All personnel are trained in safe food handling and sanitation procedures.