



# School Newsletter

## Learning at Home

- 1) Stay in touch with your child's school

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- 2) Create a flexible schedule

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- 3) Consider your child's needs

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- 4) Look for ways to make learning fun



## Help the Littles...



- Turn on music and dance
- Set up obstacle courses
- Create a scavenger Hunt
- Play stuffed animal hide and seek
- Engage in active story time

## Parenting Assistance Line (PAL)

A free service during this crisis to help answer any parenting questions.

**Mon.-Fri. 9am-4pm**

**TEXT or CALL 866-962-3030**

**CHAT online at [pal.ua.edu](http://pal.ua.edu)**

As we are living in an unusually challenging time and face growing concerns about the spread of illness, we all have a lot on our minds. With this, your child may be struggling to keep their emotions under control. You may notice that your child from time to time becomes particularly stressed, anxious or sad.

Now is a great time to turn to one another for activity ideas to add to our collective parenting toolboxes. Included in this newsletter are a few ideas for indoor games to help your child get those wiggles out, as well as, help develop their creativity and inner self. Also, included here are several ways to get in touch with your teen. Remember, teenagers are not meant for isolation so make checking in on them a priority during this difficult time.

**5, 4, 3, 2, 1 Countdown to Make Anxiety Blast Off:** Sit quietly, look around you and notice...

**5** things you can see **4** things you can feel **3** things you can hear **2** things you can smell **1** thing you can taste



### Hot Meals

by: Raising Arrows

**Day: Monday - Friday**

**Time: 11:30 til supplies last**

**Locations:**

- Cordova City Hall
  - Mt. Vernon Baptist Church
  - Sumiton Senior Center
  - Jasper Civic Center
  - Jasper Housing Authority
  - Oakman Senior Center
  - Sipsey Community Center
- \*\*\*Pick-Up ONLY\*\*\*

[info@myraisingarrows.com](mailto:info@myraisingarrows.com)

205-530-9911

### Food Banks

as of April 1st:

- Christian's Place Mission  
3rd Saturday @ 10am & noon
- Dilworth Church of God  
4th Saturday @ 9am-noon
- Mission of Hope  
4th Thursday @ 8-10am
- Mt. Vernon Baptist Church  
3rd Saturday @ 10am-noon
- Sumiton Church of God  
4th Thursday @ 7pm



## On Your TEEN



- 1) Engage in low key, side-by-side sharing
- 2) Stay up to chat on their schedule
- 3) Listen more than you talk
- 4) Get out in nature
- 5) Switch it up
- 6) Have some goofy fun
- 7) Make time to have meals together
- 8) Cook meals together
- 9) Ask your teen's opinions
- 10) Take care of yourself

### 3 Self Care Activities

**1**

EAT THREE  
HEALTHY MEALS  
EACH DAY

**2**

STAY  
CONNECTED

**3**

LIMIT MEDIA  
CONSUMPTION



### Need Help? Know Someone Who Does?

If you, or someone you care about are feeling overwhelmed with emotions like sadness, depression or anxiety, or feel like you want to harm yourself or others

- Call **911**
- Call Disaster Distress Helpline: **1-800-985-5990** OR text TalkWithUs to 66746
- Call National Domestic Violence Hotline: **1-800-799-7233** and TTY **1-800-787-3224**