COVID-19 Shut Down – Special Edition 3
Self-care, mental health tips, virtual field trips, and more....

We are ending week 5 of the shutdown. You have experienced a lot of change. Often, those who take care of others, forget to take care of themselves. Now it is time to stop and take inventory of your well-being. How are you really? Have you taken the time to stop and check? Your social, emotional, mental, physical, and spiritual health is important. **Consider this:**

- Are you staying in contact with other adults? At least weekly, face time, text, or call someone to say “Hi”. A great way to make yourself happy is to reach out and make someone else happy.
- When you created the daily schedule, did you include time for you? Give the children something to focus on and go into your room or a quiet place and be still. Check out this 5 minute video on the scientific power of meditation: [https://www.youtube.com/watch?v=Aw71zanwMnY](https://www.youtube.com/watch?v=Aw71zanwMnY)
- Have you included in your routine, at least 3 times a week, some type of physical exercise? Try taking a walk, playing family games, or playing your favorite music and having a dance party!!!!
- Spiritual wellness is often overlooked. We all need a sense of meaning and purpose in these changing times. Our lives will be different after this season passes. You have some control over what that will look like for you and your family. Click here to learn more: [https://faviana.com/blog/the-importance-of-spiritual-health-and-6-ways-to-improve-it](https://faviana.com/blog/the-importance-of-spiritual-health-and-6-ways-to-improve-it)

*This edition of the weekly COVID-19 Shut down newsletter is for you! You are important! Take the time to take care of yourself.*

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[Click here for CMSD Social Emotional Wellness page:](https://www.clevelandmetroschools.org/Page/15612)
Practicing self-care to improve mental health. 10 Tips
Self-care is a popular buzzword, but it is also meaningful. To practice good self-care means to take time to manage, protect, and improve your physical, mental, emotional, and social health. Some people equate self-care with being selfish, but it doesn’t have to be. To care for others, you must care for yourself first. If you are unwell, you cannot love your partner fully, give your kids the best examples, or be a good friend.
Click the link to find out more:
https://www.helixtreatment.com/blog/practicing-self-care-to-improve-your-mental-health-10-helpful-tips/

Field Trip From Your Living Room
Physical distancing does not mean that we are cut off from the rest of the world. Take a virtual trip to the Greater Cleveland Aquarium and spend some time with the sharks. Whether you are watching the live stream of the sharks or dipping into their Five Things I Learned About... series on youtube, there is plenty to engage with underwater. There are a lot of opportunities to virtually get out of the house without leaving home, this is just one option. Put on your scuba suits and dive into nature!

Mindfulness Meditation at Home with Scholars
Imagine with our new normal we had a new technique that could alleviate some stress for us as parents as well as our scholars. What if we took 5-10 minutes each day to settle our thoughts, fears, feelings etc...

Mindfulness is the quality of being present and fully engaged with whatever we’re doing at the moment — free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them. We train in this moment-to-moment awareness through meditation, allowing us to build the skill of mindfulness so that we can then apply it to everyday life. In teaching the mind to be present, we are teaching ourselves to live more mindfully — in the present, taking a breath, not beholden to reactive thoughts and feelings — which is particularly helpful when faced with challenging circumstances or difficult situation.
Click this link for 8 mindfulness exercises for beginners
https://mindfulnessexercises.com/8-mindfulness-exercises-for-beginners/
Parents and caregivers need to take care of themselves and be aware of how they are feeling. CMSD is working with Dr. Laura Purnell, Wellness Coach and former CMSD Principal and Superintendent. She is conducting wellness sessions to help parents and caregivers take care of their emotions as well.

To access the pre-recorded session click on the link below:

https://www.youtube.com/watch?v=OxwXxth-fLY&feature=emb_logo

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**Education Check**  Sharon.murray@clevelandmetroschools.org

The purpose of an education is to prepare the learner with skills so he/she can accept, adapt and potentially prosper in a changing environment. Since March 13, 2020 the environment of this planet has changed.

Education, formal (diploma and/or degree) or informal (street smarts) are of even greater significance now than ever. Scholars and families can be assured that the education received through the Cleveland Metropolitan School District is relevant.

Note the importance of all the core subjects taught in CMSD schools and their relationship to real life situations today…

- **Language Arts** – The vocabulary, the tone and the delivery used to calm and inform the masses with facts;
- **History** – The examination of the patterns of past epidemics and pandemics and the resolutions;
- **Science** – The knowledge of life and living matter with reference to organisms and their behaviors;
- **Mathematics** – The ability to use calculations and statistics to predict the probability and the possibility of things to come; and
- **Art** – The ability to stretch the mind and think original thoughts that celebrate life, beauty and culture.

Now is the time to renew a commitment to education because it is known that S.T.E.M. (Science, Technology, Engineering and Mathematics) and Art will save the day (and the planet). Let the events of the past few weeks produce an increased interest in all school subjects

**Txt 216-278-8705 with ideas and topics you would like included in this weekly newsletter.**