

Greetings WUSD Family,

The safety and optimal health of all students and staff at the Washington Unified School District is the top concern for us. Our staff are meeting daily in order to closely monitor the rapidly evolving situation surrounding COVID-19.

We wanted to share a message today of hope and healing for all. This is a time of uncertainty that can trigger many uncomfortable feelings in all of us. At times like this, we need to listen to all our sources of information: the medical professionals who are working tirelessly to keep us healthy, all public health directives, and the teachings that come from our culture and our world. At the same time, our emotional well-being requires that we also find ways to remain connected and to support one another.

Although we are being asked to create physical distance for health reasons, it does not mean we should disconnect from those things that contribute to our health and well-being. In fact, we can take this opportunity to connect more fully with our families and community.

In the meantime, we wanted to provide you with some resources that we have gathered to help you talk with your families about COVID-19 and to develop habits that will keep you mentally healthy during this time.

<b>COVID-19 Resources for Families and Staff</b>	
<b>“Taking Care of your Emotional Health”</b>	US Centers for Disease Control & Prevention (CDC): <a href="https://emergency.cdc.gov/coping/selfcare.asp">https://emergency.cdc.gov/coping/selfcare.asp</a>
<b>“Coping with Stress”</b>	US Centers for Disease Control & Prevention (CDC): <a href="https://www.cdc.gov/violenceprevention/suicide/coping-with-stresstips.html">https://www.cdc.gov/violenceprevention/suicide/coping-with-stresstips.html</a>
<b>“Mental Health and Coping During COVID-19”</b>	US Centers for Disease Control & Prevention (CDC): <a href="https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html">https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html</a>

<p><b>Coronavirus &amp; Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks</b></p>	<p>American Psychiatric Association (APA): <a href="https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks">https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks</a></p>
<p><b>Taking Care of your Family during Coronavirus Fact Sheet</b></p>	<p>Center for the Study of Traumatic Stress (CSTS): <a href="https://www.cstsonline.org/assets/media/documents/CS_TS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf">https://www.cstsonline.org/assets/media/documents/CS_TS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf</a></p>
<p><b>Parent/Caregiver Guide to Helping Families Cope with COVID-19</b></p>	<p>The National Child Traumatic Stress Network: <a href="https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf</a></p>
<p><b>Talking to Teens &amp; Tweens about Coronavirus</b></p>	<p>The New York Times: <a href="https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html">https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html</a></p>
<p><b>Speaking of Psychology: Coronavirus Anxiety</b></p>	<p>American Psychological Association: <a href="https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety">https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety</a></p>

Saludos Familia WUSD,

La seguridad y la salud óptima de todos los estudiantes y el personal del Distrito Escolar Unificado de Washington es la principal preocupación para nosotros. Nuestro personal se reúne diariamente para monitorear de cerca la situación en rápida evolución que rodea a COVID-19.

Queríamos compartir hoy un mensaje de esperanza y sanación para todos. Este es un momento de incertidumbre que puede desencadenar muchos sentimientos incómodos en todos nosotros. En momentos como este, necesitamos escuchar todas nuestras fuentes de información: los profesionales médicos que trabajan incansablemente para mantenernos saludables, todas las directivas de salud pública y las enseñanzas que provienen de nuestra cultura y nuestro mundo. Al mismo tiempo, nuestro bienestar emocional requiere que también encontremos formas de permanecer conectados y apoyarnos mutuamente.

Aunque se nos pide que creemos distancia física por razones de salud, no significa que debemos desconectarnos de aquellas cosas que contribuyen a nuestra salud y bienestar. De hecho, podemos aprovechar esta oportunidad para conectarnos más plenamente con nuestras familias y la comunidad.

Mientras tanto, queríamos brindarle algunos recursos que hemos reunido para ayudarlo a hablar con sus familias sobre COVID-19 y desarrollar hábitos que lo mantendrán mentalmente saludable durante este tiempo.

<b>COVID-19 Recursos para las Familias y el Personal</b>	
<b>“cuidando tu salud emocional”</b>	US Centers for Disease Control & Prevention (CDC): <a href="https://emergency.cdc.gov/coping/selfcare.asp">https://emergency.cdc.gov/coping/selfcare.asp</a>
<b>“sobrellevar el estrés”</b>	US Centers for Disease Control & Prevention (CDC): <a href="https://www.cdc.gov/violenceprevention/suicide/coping-with-stresstips.html">https://www.cdc.gov/violenceprevention/suicide/coping-with-stresstips.html</a>
<b>“ salud mental y lidiar durante COVID-19”</b>	US Centers for Disease Control & Prevention (CDC): <a href="https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html">https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html</a>

<p><b>coronavirus &amp; salud mental: cuidarnos durante brotes de enfermedades infecciosas</b></p>	<p>American Psychiatric Association (APA):  <a href="https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks">https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks</a></p>
<p><b>cuidando a su familia durante la hoja informativa sobre Coronavirus</b></p>	<p>Center for the Study of Traumatic Stress (CSTS):  <a href="https://www.cstsonline.org/assets/media/documents/CS_TS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf">https://www.cstsonline.org/assets/media/documents/CS_TS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf</a></p>
<p><b>padres/cuidadores guía para ayudar a las familias a sobrellevar COVID-19</b></p>	<p>The National Child Traumatic Stress Network:  <a href="https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf">https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf</a></p>
<p><b>hablando con adolescentes y preadolecnes sobre Coronavirus</b></p>	<p>The New York Times:  <a href="https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html">https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html</a></p>
<p><b>hablando de psicología: Coronavirus ansiedad de</b></p>	<p>American Psychological Association:  <a href="https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety">https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety</a></p>