

October, 2020



# Home of the Braves Wellness Newsletter



## Banks School District Wellness Committee

Banks School District Wellness Committee would like to welcome you to the 2020-2021 school year. This will be a school year unlike any other we have ever seen or experienced. We continue to battle with the COVID-19 Virus and all of the suffering that has come with it. We are up against challenges this year like never before. We must make sure that all of our students and families in the Banks Community are doing well and we want to help in any way we can. Until it is allowable to return to school within the State Metrics, we will continue to work hard on our Comprehensive Distance Learning model.

With working online, challenges occur with the social-emotional well-being of our students. Without in-person school and instruction, it is sometimes difficult to connect with our students in a manner that we did in the past. Using Student Investment Account and Student Success Act dollars, we were able to add counselors and additional staff to help us through this difficult year. We are here to help and do not hesitate to reach out to your child's school if extra support is needed. We may not be able to help all of the time, but even if we can't, we can give guidance to many services throughout our community and county.

The BSD Wellness Committee looks forward to when we all can be back in school together. Until that time, we all must help one another and rise above COVID-19 and defeat the virus.

Continue to be safe and well,  
Jeff Leo  
BSD Superintendent  
Wellness Committee Chair

## Mental Health Resources

Washington County has many resources available for families who are dealing with mental health, emotional, or financial hardship due to the COVID19 pandemic. Below are some of the free resources available in Washington County.

Lines for Life has recently launched a Safe+Strong Helpline. Safe + Strong Helpline, in partnership with the Oregon Health Authority, is an emotional support and resource referral line that can assist anyone who is struggling. Callers do not have to be in crisis to utilize this line and access supportive listening, compassion, and connection to resources. Support is free and available 24/7 the number is 1-800-923-HELP(4357). Language interpreters are available.

Washington County COVID-19 Community Counseling Program is available to all Washington County residents. To request information or an appointment, please email [COVIDCounseling@co.washington.or.us](mailto:COVIDCounseling@co.washington.or.us) or call Washington County Behavioral Health at 503-846-4528.

The Hawthorn Walk-in Center provides urgent care services for mental health and addiction concerns. If you or someone you care about is experiencing an urgent mental health or addiction related concern, help is available. 503-846-4555 <https://www.co.washington.or.us/hawthorn>

If you or a family member are experiencing a mental health crisis the Washington County Crisis Line is available to help immediately at 503-291-9111 (available 24/7/365).

If your family is in need for economic or food assistance Please visit this page for details on programs: <https://www.co.washington.or.us/HHS/CommunicableDiseases/COVID-19/economic-relief.cfm>

## Screen Time for Children

Many parents wonder how to address their child's screen time, especially during Comprehensive Distance learning. Screen time can be part of a healthy lifestyle for children when it's balanced with other activities that are good for your child's development, like physical play, reading and socializing. Getting the right balance also includes making sure screen time doesn't interfere with sleep.

Here are some tips that can help you encourage your child to use screens in a balanced and healthy way.

### **Make rules about screen use:**

You can help your child find the balance between screen use and other activities by working with your child on some family rules or a family media plan. Your family's rules might cover:

- Following your child's virtual school schedule, including breaks!
- where your child can use screens – only in family rooms or not in the car
- when your child can use screens – mealtimes are free of TV, computers and phones, or no screen time before school or until chores are finished
- how your child can use screens – for example, educational opportunities and entertainment should be balanced to emphasize priority
- how you handle screen time for children of different ages – for example, recommended screen time varies with the age of the child

### **Aim for short screen time sessions**

Getting up and moving around is important for your child's energy levels, development, sleep, and overall health and wellbeing. If your child is having screen time, it's a good idea to encourage him to take a break every 30 minutes and use screens in short bursts.

You can do this by encouraging your child to:

- use a timer to set breaks
- do something active when the timer ends, like play outside
- make use of natural breaks in screen time – for example, encourage your child to do a victory dance when she finishes a level in a game.

### **Get your child moving, especially outside**

It's a good idea to encourage your child to play outside several times a day. Outdoor doesn't have to be a big deal. For example, at this age, children enjoy: 1) building and creating with things found in nature 2) climbing trees 3) riding a bike 4) going for a walk 5) creating a scavenger hunt

Active play and physical activity for school-age children can happen indoors as well as outdoors. It can be simple things like dancing, doing star jumps, or throwing and catching balls.

### **Imagine and create**

Creative play like telling stories, playing games, working on an art project or drawing is good for your child's creative development. It helps him learn how to experiment, think, learn and solve problems.

### **Avoid screen time before bed**

School-age children need 10-11 hours sleep a night. Using screens before bed can affect how quickly your child falls asleep. If your child avoids phones, tablets, computer screens or TV in the hour before bed, they are likely to get to sleep more quickly.

### **Keep screens out of bedrooms at night**

If you keep mobile phones and other devices out of your child's bedroom at night, they won't be able to stay up late playing games or messaging friends. This can also stop your child being disturbed in the night by messages or notifications.

## Banks School District Food Service

We offer free breakfast and lunches to all children ages 1 to 18 at different locations in Banks on Monday through Friday. We are able to do this because of the USDA waiver that pays for all meals. This is an amazing service to have during these difficult times.

Here is the information about meals in Banks:

Banks Elementary School: Meals can be picked up at Banks Elementary School from 11 am to 1 pm, Monday through Friday. A breakfast and a lunch will be given at the time of pickup.

Meal Delivery Locations: The delivery of meals is at Timber Fires Station from 10:25 am - 10:45 am and at Buxton School from 11:00 am - 11:20 am on Tuesday's and Friday's. Children will be able to pick up 3 meals on Tuesday (for Tuesday, Wednesday and Thursday) and 2 meals on Friday (for Friday and Monday). This will cover meals for the entire week. All meals will be at no cost.

## 10 Reasons Why You Should Cook With Your Kids

Here are 10 benefits of cooking with your children.

1. Learning to cook helps children to learn about nutrition and healthy eating. They are growing up with fast food and junk food at their fingertips, which is part of the reason why child obesity is on the rise! Teaching kids to cook will help instill skills to last them a lifetime.
2. Boost their self-esteem. If your child needs a boost of self-confidence, (and who doesn't!) cooking in the kitchen will do just that. They are accomplishing a task, learning something important, and contributing to the family.
3. Create family time and bonding. Take time to cook with your children and they will have memories that they can pass on to their families. It may take a longer time to get the meal or snack made but the moments with your children will be priceless. (Just remember to have patience and don't worry about flour on the floor or spilled milk).
4. Kids will be more apt to eat what they make. Perhaps, it is the enthusiasm of creating something themselves, but children will be more likely to eat whatever they had a hand in making.
5. Cooking will help reinforce subjects like science, language, math and creativity while cooking!
6. Cooking is a great way to learn life skills. This can be especially helpful when kids are on their own and won't have to rely on fast food and junk food to sustain themselves.
7. Children can help contribute to the family and can feel the importance of helping.
8. Children can learn to work together as a team, whether it is with a parent or with a sibling to get the job done.
9. Cooking teaches kids about planning and making choices.
10. While cooking kids can practice creativity and use their imagination. Kids cooking activities are a great way to express themselves and enjoy their creations.

(Information courtesy of <https://www.kids-cooking-activities.com>)

## Internet Safety for Kids!

With increasing online access for kids, it's important for parents to monitor their use and set guidelines to avoid certain online dangers; such as exposure to inappropriate material, cyber bullying, contact with strangers, public access to personal information, and online predators.

### Take extra precautions, be vigilant, and review the following online dangers with kids:

- Be careful who you talk to online; people you don't know should NOT be contacting you!
- People can be dishonest online and are not always who they say they are
- Kids should NEVER make plans to meet in person with someone they have only met online
- Think before you post; personal information should NEVER be put online
- Remember, the golden rule still applies in the cyber world – treat others the way you want to be treated
- Be aware of applications or sites that share your location
- Monitor any application or site that has a chat or messaging feature (including video games)

### Teach kids what type of behavior is inappropriate online:

- Offers to send gifts (i.e. cell phone, bus tickets, money)
- Requests for inappropriate pictures
- Others sending inappropriate pictures
- Requests for personal information
- ANYTHING that makes them feel uncomfortable

### What to do if kids encounter inappropriate contact online:

- Talk to an adult immediately
- Save messages if applicable
- Block the origin of the content
- Report it to the CyberTipline at [www.cybertipline.org](http://www.cybertipline.org)
- Report to local Law Enforcement through non-emergency, 503-629-0111

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### Rain and Face Coverings

Letting your face covering get wet may decrease its effectiveness and make it difficult to breathe.

Keep your mask dry by wearing a rain jacket with a hood, carrying an umbrella, or having another means to shield your face covering from the rain. You may also want to carry a spare, just in case.



For more information visit [healthoregon.org/coronavirus](http://healthoregon.org/coronavirus) or call 211

Oregon Health Authority