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**Ojai Unified School District**  
**Student, Family and Staff Support Newsletter**  
**January 2022**

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## Wellness

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### Mental Health Resources

If you or your student are experiencing anxiety during this time, we want our OUSD families to know you are not alone in this. To ensure you have the mental health resources you need, we've developed a tool for online mental health services, allowing students to schedule a time to connect with one of our counselors via Zoom. Learn more at our page [here](#).

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### Low-Cost Health Insurance Enrollment *Ends January 31st*

California's open enrollment period for low-cost health insurance ends soon. Interested community members may fill out [this form](#), and a representative will respond with assistance in the application process.

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### Free Masks, COVID PCR Testing and At-Home Rapid Tests

We are committed to keeping our families, and our community, safe. Please see below helpful links and information on resources:

- Ojai Unified provides free on-site testing for students, staff and volunteers each week school is in session. Please see our testing schedule and safety protocols [here](#).
  - The City of Ojai provides free COVID testing each Monday, Wednesday and Friday at Sarzotti Park, located on 506 Park Rd. in Ojai. Please check the city page [here](#) for any changes to testing dates.
  - To order free at-home rapid COVID tests (4 per family), click [here](#)
  - To view new guidance from Ventura County Public Health on when to keep your student at home if they have been exposed to COVID, or exhibit COVID symptoms, please visit our page [here](#)
  - Free N95 masks will be made available at pharmacies such as CVS, Rite Aid, and Walmart, although initial quantities may be limited and will be available on a first-come, first-serve basis.
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## HOUSING SUPPORT

If you need assistance with rental support or staying in your home, please visit [this link](#) for a list of Ventura County and state-wide agencies that provide support.



## FOOD PANTRIES

### [HELP of Ojai's Food Pantry](#)

Food boxes are distributed each Monday and Wednesday from 9am-12pm.  
*Contact [jayn@helpofojai.org](mailto:jayn@helpofojai.org) for more information.*

### [St. Thomas Aquinas Food Pantry](#)

Saturday, February 19th at 185 St. Thomas Drive.  
Sign up at 8:30 a.m., distribution at 9:30 am,  
Call (805) 646-4338 for more information

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## Student Enrichment

- Would your child like to join an after-school program, or participate in a sport or club and you would like support with fees? Please submit a Help form [here](#), and we will contact you with options for services!
- Are you a caregiver to a student in Foster care or Guardian Kinship? Please view [this presentation](#) on helping the student achieve their goals as they transition from high school to college, trade school or career.



## IMPORTANT LINKS

- Low income housing options , visit [here](#).
- Help with utility bills, apply [here](#).
- Low-cost high-speed internet. apply [here](#) .
- CalFresh Food Assistance, apply [here](#).