

March 2020

Dear GJHS Students,

We wanted to reach out to everyone and check in on how you all are doing since you are now working from home. We hope everyone is working hard on their AMI course work. If you were not here last Friday to get a physical copy of the packet, you can stop by the office at GJHS this week (between 8:00-4:00) to get a copy, or you can find digital copies of all AMI packets [here](#).



We know working from home can be challenging, so please know that if you have any questions regarding your assignments, your teachers are standing by ready and willing to answer your questions. If you have access to the internet at this time, feel free to shoot your teachers an email and/or keep up with assignments on Google Classroom. **Did you know that you can access Google Classroom on your PS4 or Xbox One?** Click on these YouTube videos for instructions. For PS4: <https://youtu.be/Wdc-BloIhsk> For Xbox One: https://www.youtube.com/watch?v=ZOqzcrf_Wv4

Food Needs

We are also aware that many of you rely on our school breakfasts and lunches, and are potentially feeling the pressure of missing those meals this week. Our cafeteria is still up and running making meals that can be picked up. If someone is able to come, we will have breakfast/lunch for pick up between 7:30-8:00 and 11:30-12:00 outside the bus rider side of the building.

The lunch menu for this week is as follows:

Wednesday- chicken sandwich w/ chips

Thursday- turkey & ham sandwich w/ chips

Friday- chicken sandwich w/ chips

***ALL students eat for free (that includes siblings that go to other schools). Adults can buy breakfast for \$2.10 and lunch \$3.75.**

Friday, 3/20, is a Tyson frozen chicken food truck giveaway at SHS! Here's the logistical map: https://drive.google.com/file/d/1DQjBoICj-kYdwPm0cIDP6FhtiV5-8U_k/view?usp=sharing



SPRINGDALE
PUBLIC SCHOOLS
Teach Them All, All means ALL

Lunches to go will be available for Springdale Public School students ages 18 and under Tuesday-Friday between 11:30 am and 12:30 pm at Hellstern, Sonora and Tyson Middle Schools and George, Parson Hills, Smith and Jones Elementary.

In addition sack lunches will delivered Tuesday-Friday with deliveries beginning at 11 am.

BUS STOP LOCATIONS FOR MEALS

- AQ Apts (office)
- Bailey & Kay Sue
- Bayyari Elementary (Front)
- Black Oak St Apts
- Chapel Ridge Apts (Office)
- Commons (Park)
- Eastwood Apts
- Electric Ave Apts (mailboxes) South Side
- Heritage Inn (Front)
- Jefferson St & Josie Kate
- Jefferson St & Terry
- Johnson Meadow Apts
- Montecito Springs (Playground)
- Pleasant, Shaw & Thelma
- Randall Wobbe Apts
- Shady Grove Trailer Park
- Springdale Ridge Apts (Office)
- Stagecoach & Doubletree
- Station Apts
- Westend St Apts

This institution is an equal opportunity provider.

NWA- Here is a list of restaurants offering free meals to children with no questions asked! Also, there is a Facebook page called “NWA Free Food For Kids” that has a list of places as well.

- Wagon Wheel Cafe
- DQ
- Tesoro Beach Restaurant
- Gusanos
- Tacos 4 Life
- Sam’s club
- Beaver Lake Bistro
- CJ’s Butcher Boys Burgers
- JJ’s
- Bariola’s Pizza
- Jersey Mikes
- Marco’s pizza
- Sammich Love
- Clean Cookin’
- Wright’s BBQ

Food pantries and hot meals in Springdale:

- Samaritan Community Center 1300 N. Thompson (479-872-1115)
 - Monday, Tuesday and Thursday 10:30 am-12:30 pm
- St. Thomas Episcopal Church 2898 S. 48th St. (479-751-9184)
 - Tuesday 11:00 am-12:30 pm (hot meal)
- Compassion NWA 2407 S. Thompson (479-717-5630)
 - Monday and Thursday 9:30 am-11:30 am
 - Tuesday and Wednesday 5:00 pm-7:00 pm
- St. Raphael Catholic Church 1386 S. West End (479-756-6711)
 - Tuesday and Thursday 6:45 pm-7:45 pm
- First United Methodist (Bread of Life) 206 W. Johnson (479-361-2612)
 - Wednesday and Thursday 9:00 am-11:30 am
- First Spanish Church 206 N. Westwood Lane (479-387-4473)
 - Wednesday 7:00-8:30 pm
- Springdale Christian Church 714 W. Huntsville Ave (479-756-5687)
 - Monday 9:00 am-12:00 pm



While Stuck at home...

We know it can be a drag to be stuck at home for days on end. You may feel increased anxiety, worry, fear, or even just boredom. It's important for us all to practice self-care during this time.

*DO-spend quality time with your family, read a book just for fun, learn a new skill.

*DON'T- spend hours on end on Insta, Snapchat, TikTok, or playing computer games!!!! If you're interested in more social emotional learning activities, check out resources provided by [Rethink](#).

Counselor Concerns

Remember, even when though we are not physically at GJHS together, we still are here for you all in whatever ways you need. The same issues and concerns we have at school do not disappear when we go home, so please utilize the many ways available to reach us if you need!

You can email counselors at:

Ms. Woodall, 8th grade counselor-
nwoodall@sdale.org

Mrs. George, 9th grade counselor-
ageorge@sdale.org

If you are worried about a friend or relative after normal school hours, please contact the Arkansas Crisis Hotline at 1-888-274-7472.

A great resource for families that has all sorts of links to creating a happier, more organized, and calmer break is

<https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic>

THE BRIGHT SIDE OF COVID-19



Positive Perspectives & Actions

FAMILY TIME

With children home from school, this is a great time to bond as a family. Listen, play and explore fun activities with your children. Support them during this turbulent time.

ALONE TIME

Being disconnected can seem scary, but use this time to enjoy solitude. Get to know yourself, spend time in reflection and be proactive about how you spend your time alone.

UNPLUG

Escaping the anxieties of this crisis is nearly impossible on social media. Take this as an opportunity to unplug for a bit. You might be surprised at the relief you have as a result of shutting out all the noise.

WORK/LIFE BALANCE

If you are unable to work at this time, you may be stressed or even out of sorts with unfamiliar free time. Embrace the new-found free time as a much needed mental break.

EXPLORE HOBBIES

Our busy lives don't always leave room for hobbies. During this time, explore your hobbies or try a new one! Read, write, create, craft, or just binge a good TV show!

SELF CARE

Explore new ways to proactively support your mental health and wellbeing through acts of self care. Find relaxing, mindful activities that leave you feeling calm, refreshed and confident in life.

RETHINK & GIVE BACK

Rethink Mental Health Incorporated is a nonprofit organization dedicated to the education and advocacy of mental health. Together, we can rethink how mental health is viewed and treated in our society. During this unsettling time, we choose to look on the bright side of things and proactively taking care of ourselves and others. Learn more at www.rethinkstigma.org

Please reach out to us if you need anything during this time. We miss you guys and cannot wait to be back in school with you all soon!

NEED FREE INTERNET DURING THE SCHOOL CLOSURE?

Cox Communications- 1 mo free, low income service.

<https://www.cox.com/residential/internet/connect2compete.html>

Spectrum-60 days free to students who do not have broadband. [1-844-488-8398](tel:1-844-488-8398)

AT&T-waiving overage fees for AT&T Wireline/Fixed Wireless

Tips on Content:

- Include large print, easy to read print!
- Be creative. Drawings are appreciated.
- Stay positive. Maybe include an uplifting quote.
- No need to mention current events. Just wish them well.

- Currently assisted living and nursing homes are closed to visitors.
- Social isolation is tough! If you would like to help, contribute a thoughtful note, drawing, etc.
- They will be printed off and delivered to a local assisted living facility (or more than one if we get a lot).

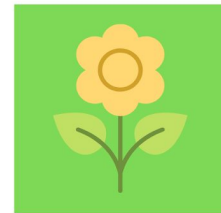
Options for Creating Something:

Adobe Spark. Google Drawing. Google Docs. Canva. Plenty of others sites online.
Or Make a paper card/ drawing and take a picture of it!

CARDS & DRAWINGS FOR SENIORS

How to "Turn In"

Place in Google Folder or upload to Google Form or Bring Physical Cards/ Drawings to HTMS Little Free Library



MARCH 17



FOR MORE INFORMATION, CONTACT MARTY AT (281) 382 2201

Springdale Parks and Rec's list of free WiFi places (Springdale Park):

<http://www.springdalear.gov/629/Free-Wi-Fi>