Dear RSU 57 Community,

We, as your district school nurses, wanted to reach out to provide you with support, guidance and ideas on how to stay mentally and physically healthy as our RSU 57 community adapts to these uncertain times. We understand that your time is valuable and best spent caring for those you love most, so save this letter for when you have questions or have the time to read it. The green text below will link you to additional information.

News Updates & Headlines

- **The COVID-19 Virus** (CoronaVirus) is here in Maine, and below is some important information and a few helpful links. It is important to know the COVID-19 facts. Know the symptoms of COVID-19 and how to protect yourself, your family, and your friends. Also make sure to wash hands and clean surfaces often. For the most up-to-date information on COVID-19, please be sure to visit the Maine CDC or US CDC websites.

- **Social Distancing**, quarantine, and limiting social gatherings can breed feelings of isolation. Being mindful and understanding you and your family’s mental health are always important, but that importance is elevated during this time of a global pandemic. “Being Mindful” is a strategy to help combat feelings of isolation and loneliness, and we encourage you to check out these helpful tips.

RSU 57 Resources Available

- Breakfast and Lunch Meals: please visit the RSU 57 website for the most current routes and times.

Out-of-District Resources

- **Maine Crisis Hotline** - If you are having new or uncertain feelings about your current situation, please know that you can call and speak to crisis trained clinicians 24 hours a day, 7 days a week by calling 1-888-568-1112

- **Maine 211** - Know that you are not alone and 211 Maine can help. 24 hours a day and 7 days a week, a Maine specialist can provide information and connect you with local services/programs that can help. Call 211 or check out their website for
more ways to connect.

- Also check out Maine.gov's list of other available resources that may be able to help you during these challenging times. All services are also available through MaineRelay at 711.

Healthy Ideas and Tips

What can you do to stay healthy?

- Stay Active; Hydrate!
  - 5210 Let's Go! Top 5 Exercises
- Practice Mindful Activities
  - Journaling, drawing, reading, etc.
- Enjoy Maine’s Nature
  - Hiking, bird watching, help with spring clean-up

Contact us!

Do you have more questions? Contact your school nurse!

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Hey! Check this out!

We hope this well done video from Gorham High School students makes you smile!