

<https://www.sanjuan.edu/sierraoaks>

Counselor Message

Hello Sierra Oaks Cougars!

We are missing you greatly during this time away from school! We, your counselors, are here to consult, collaborate, support and connect with you, our students and families. Please don't hesitate to reach out with questions and concerns.

We will get through this together!

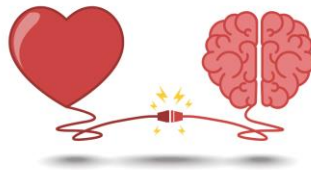
Social-Emotional Resources

Free Online: Mindfulness Class for Kids!

For the next few weeks, Mindful Schools will be offering free mindfulness classes for kids! Join online – for mindful activities, mindful movement, read-alouds – and have fun exploring mindfulness together.

<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

Here are some links to calming guided meditations:



Red Balloon: <https://www.youtube.com/watch?v=ZBnPlqQFPKs>

Big Pond: <https://www.youtube.com/watch?v=wf5K3pP2IUQ>

Square Breathing (with the Fish):

<https://www.youtube.com/watch?v=YFdZXwE6fRE>

Contact Us!

Rachel Garcia,

School Counselor

rachel.garcia@sanjuan.edu

916-314-5271



Sarah-Brooke Stiles, MTSS School

Social Worker

sarahbrooke.stiles@sanjuan.edu

740-402-2085

Martha Doherty, MTSS School Social

Worker

martha.doherty@sanjuan.edu

Community Resources

[SJUSD Family Resources](#)

Youth and Community Connect (App)

App offered in Sacramento County that families can download directly to their phone for free. This app includes a variety of community resources located in Sacramento county such as housing, mental health, parenting resources and more!

[App-home](#) (sacyouthconnect.org)

Unemployment due to COVID-19

https://www.edd.ca.gov/about_edd/corona_virus-2019.htm

Resources for Parents

Educational Resource for Online Learning:

List of educational companies that are offering free subscriptions to their online educational material: <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

[Resources for Families with Children at Home](#)

[Talking to students about the Coronavirus](#)

[Talking to Children About COVID-19 \(Coronavirus\) A Parent Resource](#)

Middle School Corner

Hello Middle School! We are here to support your academic and career goals. You can access your Naviance account on your student portal to keep up with college and career readiness activities.

8th Graders: Join Ms. Rachel on ZOOM for a virtual review of your high school course plans. We will review the A-G Graduation Requirements and help you build and finalize your course plans for next year. You will need access to a computer.

Date: Friday, March 27 @ 1:00pm

ZOOM: <https://zoom.us/>

Meeting Room ID: 227-169-3373



Second Step

Social Emotional Learning (SEL)
for Families:

[SEL At Home: Resource for Learning](#)

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSPE FAMI LY68

Rooted in Love

During this difficult, confusing, and frightening time, Mike Smith, the host of The Harbor™ by Jostens, takes to the crate to acknowledge the challenges we are all facing during the COVID-19 pandemic and related restrictions. Mike issues a call to action for all of us, in this unprecedented time, to find ways to build community, take care of one another, and stay rooted in love.

<https://vimeo.com/398230086>

Mental Health Resources

If you or your student is experiencing a life-threatening emergency, please call 911 or go to the nearest ER. If you or your student is experiencing a mental health crisis you can visit the Mental Health Urgent Care Clinic during business hours (10AM-10PM weekdays or 10-6 weekends) or call one of the following emergency numbers.

Mental Health Urgent Care Clinic

2130 Stockton Boulevard, Building 300, Sacramento, CA 95817
(916) 520-2460

Sacramento County Crisis Line : (916) 875-1000

National Lifeline: 1-800-273-8255 or (916) 368-3111