

Charlotte Wood Middle School

Student Support Resources:
Information to support you during this time
away from school

Make sure to stay informed of all the latest news and announcements

[San Ramon Valley Unified School District](#)

[Charlotte Wood Middle School](#)



Grab and Go Lunch program:

For students who qualify for the Federal Lunch Program

FREE MEALS FOR ALL CHILDREN UNDER 18



MEAL SERVICE LOCATIONS

Drive Thru or Curbside Pick Up Meal Services in Front of the Following Schools:

John Baldwin Elementary, 741 Brookside Drive, Danville 94526

Walt Disney Elementary, 3250 Pine Valley Road, San Ramon 94583

Gale Ranch Middle School, 6400 Main Branch Road, San Ramon 94582

**** We Recommend Back Seat or Trunk Drop-off ****

DATES & TIMES

11:30 AM - 1 PM

Mondays:

2 Breakfasts & 2 Lunches

Wednesdays:

3 Breakfasts & 3 Lunches

DETAILS

**UPDATE: Starting March 23,
Families Will be Provided with
Multiple Meals Each Day**

Children Must be Present

No Paperwork Required

Please Take Meals Off-site

Meals are only served on Mondays & Wednesdays



If you need immediate assistance...

Emergency: Call 911

Crisis and Support

YouthLine: Call (877)968.8491 Text: teen2teen to (839)863

Crisis, Support, LGBTQ

The Trevor Project: Call (866)488-7386 Text: START to (678)678

Drugs and Alcohol Education, Treatment and Referral

National Drug Helpline: Call (844)289-0879

Physical and Mental Health Resources

California Youth Crisis Line (800)843-5200

Contra Costa Crisis Center (800)833-2900

Peer help: Teen Line National Runaway Switchboard (800)786-2929

Child Protective Services (to report child abuse/neglect) (925)646-1680



MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

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WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

WE DON'T
NEED TO
UNDERSTAND
THE WORRIES
OF OTHERS IN
ORDER TO BE
RESPECTFUL

ONLINE
ANXIETY IS
CONTAGIOUS.
BE MINDFUL
OF DIGITAL
DISTORTION

IT'S
OKAY TO
MUTE THE
GROUP CHAT
FOR A
WHILE

**MORE GENTLE
REMINDERS:
WHEN THE
WORLD FEELS
FRIGHTENING**

≧@THEMINDGEEK≦

YOUR
OTHER
CONCERNS
AREN'T SELFISH,
TRIVIAL OR
INSIGNIFICANT

REST
ISN'T AN
INDULGENCE.
IT'S A
NECESSITY

SOLIDARITY
IS SPREADING.
FOCUS ON HOW
YOU SHOW
YOURS

Managing Anxiety Through Mindfulness

When your mind is racing and you feel overwhelmed, bring yourself back to the present with these mindfulness exercises:

[13 Minute Body Scan Meditation for Teens and Adults](#)

[10 Meditation Apps](#)

[New Horizon: Meditation and Sleep Stories](#)

[Calm Blog - Let's Meet in this Moment Together](#)

[Five Sense Meditation with a Clementine](#)

Things to Do While Away from School

Learn to Code!

[Free Coding Apps, Websites, and More](#)

Get Active!

Go for a walk or run

YouTube “Just Dance” or other workout videos

Practice yoga using YouTube videos

Learn Something New from a Podcast!

For science lovers - [RadioLab](#) or [Science Friday](#)

For history buffs - [Forever Ago](#)

For biographies - [Goodnight Stories for Rebel Girls](#)

For storytelling - [This American Life](#)

More Things to Do While Away from School

- Journal
- Write a letter to a friend or family member
- Make a list of things you're grateful for
- Try a new recipe
- Chat with friends via Facetime
- Learn new tik-tok dances
- Read a book or do a puzzle
- Disconnect from social media for at least 30 minutes
- Virtual field trips - [Google Arts and Culture Museum Tours](#) , [Waterford Virtual Field Trips](#) , [Common Sense Media Virtual Field Trips](#)
- Character Strong: Join [30 Days of Kindness](#)



Above All Else, Remember To...

Take Care of Yourself

Take Care of Your Family

Do Something Kind for Someone Else

Reach Out For Help When You Need It

We're all in this together. We are Chargers!

