

FOOD DRIVE



Jewish Family Service of Los Angeles SOVA depends on your donations to meet the ongoing hunger crisis in our community. Donations directly benefit the nearly 7,000 people who visit our two pantries each month – people of all ages, races and religions. Please be as generous as you can be – the need has never been greater.

OUR MOST CRITICAL NEEDS:

Lotion	Razors
Shampoo	Deodorant
Toothbrushes	Tuna
Toothpaste	Peanut butter

JEWISH FAMILY SERVICE LA

SOVA Community Food & Resource Program

For more information, please visit www.jfsla.org/SOVA or call Kathi Dawidowicz at (818) 988-7682 ext. 120

HOME-BASED TUTORING

Steps to Sign-Up

**1**

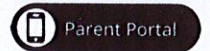
What is Home-Based Tutoring?

Home-Based Tutoring are virtual tutoring services delivered to students in their homes under parent supervision, provided by an approved LAUSD tutoring vendor. Tutoring is available for English language arts and/or math.

2

Who is eligible?

Your child may qualify for tutoring in English language arts, math or both based on ELA and/or math performance data. Please check Parent Portal to see if your child qualifies.

**3**

Where can I find more information?

Your child's school will inform you of dates and times for optional informational meetings. You can also visit www.lausd.org/tutoring or email tutoringworks@lausd.net for more information.

4

How do I enroll my child?

Beginning **September 18, 2023**, you will be able to sign up via Parent Portal or enroll.lausd.net. You can then select a vendor, and preferred days and times.

5

When does my child start?

The vendor will contact you with a start date. Please be sure you are available to supervise tutoring sessions.

If you need a device or home internet connection, please visit device.lausd.net.



STEAM Enrichment Series



BLACK STUDENT
Achievement Plan

REGION
NORTH

LAUSD
UNIFIED

REVISED DATES



*Complete Registration for Grades 4 -12

Locations and Dates

Chatworth High School

Saturdays

9am - 12pm

12/2/23

1/27/24

2/24/24

3/9/24

4/6/24

4/27/24

*2/10/24

*Field Trip to Long Beach CDE
STEAM Symposium

**Valley Oaks Center for Enriched Studies
(VOCES) in Sun Valley**

Saturdays

12/9/23

1/20/24

2/3/24

3/2/24

3/16/24

4/13/24

*2/10/24

Areas: Robotics, Droning, Coding, Hydrogen Cars, Public Service Announcements (PSA), 3-D Printing, E-Sports



LAUSD
UNIFIED

MENTAL HEALTH MATTERS

NOVEMBER IS GRATITUDE MONTH

Many parents and caregivers feel overwhelmed, stressed, and anxious about the future. Our minds are cluttered with news stories of war and violence, and some of us have experienced these tragedies first hand in our own communities. Financial instability and relational conflicts can also be significant causes of stress. All of these worries and thoughts can negatively impact our ability to stay calm, make good choices, and remain mentally well for our children. Some people mistakenly believe that mental wellness means that a person no longer has problems, stress, or bad experiences. While we all fantasize about a life without struggle, true mental wellness is marked by how a person responds to life's challenges.

One of the most powerful ways to boost your mental wellness is through a daily gratitude practice. Get into a habit of looking out for the good things in life. Even if your circumstances are difficult and you're experiencing significant struggle, you can always find things to be grateful for. Research shows that thinking of just 1 thing you're grateful for increases blood flow to the part of your brain that helps you calmly make good choices. Thinking of and saying what you are grateful for also helps to lower the amount of cortisol and adrenaline (natural stress chemicals) in your brain and body. When the human brain is exposed to these stress chemicals continuously, we struggle to cope when life gets challenging, we become more irritable, and we experience poor health outcomes such as heart disease and high blood pressure. Ongoing exposure to stress impacts children's brains in the same way. One way to take care of your brain in the midst of exposure to stress is through practicing gratitude. Gratitude is good for our mental and physical wellness, and can lower blood pressure, improve our sleep, and lower anxiety and depression. Take a moment and pause with your child to reflect on a few things you're thankful for and make it a habit. You can be grateful for something big such as getting a new job, or something small like the sound of your child's laughter. No matter how big or small, gratitude practice promotes wellness!

Modeling Gratitude for Kids

- POINT OUT GOOD THINGS THAT ARE HAPPENING, EVEN WHEN LIFE GETS CHALLENGING.
- SAY ALOUD THINGS YOU'RE THANKFUL FOR IN FRONT OF YOUR CHILDREN.
- TEACH YOUR CHILD TO SAY THANK YOU WHEN SOMEONE DOES SOMETHING NICE FOR THEM, BUT ALSO HELP THEM REFLECT ON HOW IT MADE THEM FEEL.



FAMILY ACTIVITY

High-Low

This is a great activity for the dinner table or when driving in the car. Each family member shares a "high" from their day as well as a "low" from their day. The **high** is something positive that they are grateful for and the **low** is something that felt bad, negative, or difficult. Each person reflects on how their High and Low made them feel.

My high is that I played handball at recess. My low is that I did not know the answer when my teacher called on me and I felt embarrassed.

My high is that I got to work early today because there was very little traffic. It felt good to start my day like that. My low is that I have a headache and I feel tired.



Another way to improve your mood and help those in need for the holidays is to participate in Woodlake's annual SOVA Food Drive (see the SOVA food pantry flyer attached).

We will be collecting food from **November 6-November 16th**. The most needed items tend to be peanut butter and tuna.