

April 6, 2020

Dear Full Service Community School Health Center Family:

We miss you! We hope that this letter finds you and your family well. We are sending you this letter to provide you with resources that might be helpful while we are social distancing and adjusting to our new routines.

First, for everyone, but especially our children, we want to share **a short story** adapted from child psychologist Ana Gomez:

The Story of the Oyster

“Do you know about the oyster who lives at the bottom of the sea who uses its special powers when something is bothering it until a pearl is formed?



In these difficult days, we can be like the oyster and when something is bothering us, notice our feelings – lonely, sad, angry, frustrated, happy, worried, relaxed, confused, mixed up. Notice the way the feelings we have make our bodies feel. Draw a picture of our feelings, talk about our feelings and thoughts. Draw a picture of ourselves. Does our body feel loose like a noodle or hard like a rock? Does it feel light or heavy? Where on our bodies do we feel these feelings? What do the feelings look like? What do they say?

Like the oyster, we have special powers to make what is bothering us into a pearl. When our feelings get too big, too hot or too cold, we can do things to cool them down or warm them up.

We can be kind and loving to our feelings. Ignoring our feelings will not make them go away. Do we need a hug or someone to talk to or someone to tell us that things will be ok? We can use the power of breathing to calm our minds, hearts and bodies. We also can sing, hum, dance or jump!

Now imagine that we have a long, special cord that goes from our heart to the hearts of all the people we love. This cord joins us together. We are not alone. We all have special powers and like the oyster, we can create pearls.”

Thank you for reading! We look forward to coming back to school and finding out what pearls you have made and what feelings you identified to help create your pearls. We also want to hear about who you are connecting with by using your long, special cord.

On the following pages please find information and links to helpful resources. The resources included here are up to date as of this mailing. Information is changing rapidly and not always correct, so we urge you to rely on information from government websites.

TIPS FOR HEALTHY COMMUNICATION DURING A STRESSFUL TIME

What does mindfulness mean in parenting?

Managing our own emotions and behaviors is the key to teaching kids how to manage theirs. It is the reason airlines tell us to put our oxygen masks on before you can put on your child's mask. You need to be regulated before you can model regulation for your child.

Unfortunately, when you're stressed out, exhausted, and overwhelmed, it's difficult to be available for your child. Some simple things to remember during these trying and uncertain time:

- ❖ Mindful parenting does not mean being a "perfect parent" and is not something you can fail at.
- ❖ Mindful parenting means that you bring your attention to what's happening, instead of getting hijacked by your emotions.
- ❖ Mindfulness is about letting go of guilt and shame about the past and focusing on right now.
- ❖ Being a mindful parent means that you pay attention to what you're feeling. It does not mean that you will not get angry or upset.
- ❖ No one is really listening if they are being yelled at; they are preparing to argue or avoid. Speaking in a calm or neutral tone of voice, while making eye contact, is far more effective.
- ❖ Acting out of fear or frustration causes angry and hurtful interactions with our children.

"I Statements" are magic words that help you say how you feel and what you want without blaming others and needing to become angry or explosive.

When we use "You Statements" people feel that they are being blamed and may become hurt or angry and not "hear" what we are trying to communicate. Take turns practicing

I feel _____ (annoyed, hurt, frustrated, jealous, sad, etc.)

When _____ (say what happened or happens)

Because _____ (why it upsets you)

I would like _____ (say what you want to happen instead or what you would like to change)

If you have a cough, fever, or difficulty breathing and are worried you have COVID-19, please call the number below to speak with a healthcare professional:

- Call: 1-800-962-1253
- **This call line is available for everyone, regardless of citizenship status.**

For general information on how to access basic needs in your NJ community:

- Call 211 or go to <https://www.nj211.org>

Si necesita traducir alguna información, use

<https://translate.google.com/>

আপনার যদি কোনও তথ্য অনুবাদ করার দরকার হয় তবে দয়া করে <https://translate.google.com/> ব্যবহার করুন

Federal Stimulus Check

Eligibility:



Individuals: Income up to \$75,000/ year - eligible for \$1,200 check

Married couples: Combined income up to \$150,000/ year - eligible for \$2,400 check

Head of households: Income up to \$112,500 - eligible for \$1,200

- Married couples and head of households will receive \$500 per child under age 16

Receiving check:

The government will automatically send the check to you via direct deposit or mail.

- They will use your 2018 or 2019 tax return. *Make sure you submit your 2019 tax return as soon as possible.*
- If you moved recently, make sure the IRS has your correct address (<https://www.irs.gov/help/telephone-assistance>)
- **Be careful of scammers who ask for your personal information.** The government will not ask for your information to send you the check.

Unemployment Benefits



- Main unemployment site: <https://myunemployment.nj.gov/>
- Specifics about COVID-19 instructions: <https://myunemployment.nj.gov/labor/myunemployment/covidinstructions.shtml>
- Apply weekly for unemployment benefits (They give you a time slot based on last 4 digits of your Social Security Number)

Food Pantries



Father English Food Pantry

- 435 Main Street, Paterson, NJ
- 973-361-5555

CUMAC

- 223 Ellison Street Paterson, NJ
- Hours:
Monday-Friday 11:00AM-3:00PM
Wednesday 4:00PM-6:00PM
- No Saturday distributions

OASIS

- 59 Mill Street, Paterson, NJ 07501
- Lunchtime “grab and go” meals
- Emergency food, baby food, diapers, and wipes
- Hours: Monday to Friday 10:00AM-2:00PM
- *While supplies last

St. Paul’s Community Food Pantry

- St. Paul’s Episcopal Church, 456 Van Houten Street, Paterson, NJ
- Hours: 8:30AM-11:30AM

Eva’s Village

- Grab and go Lunch M-F from 12:00 pm-1:00pm
- 393 Main Street, Paterson, NJ 07510

Housing Rights



NJ Governor has halted evictions and foreclosures

- Can still be pursued (filed) but not carried out
- CAN be carried out as soon as this is over

Governor has urged banks/lenders to “do what they can” but there is no law in place regarding mortgage OR rent payments

- Bank/lender/landlord may be able to work with you/have their own plan in place

Rent, Mortgage, and Bill Extensions



- Paterson NJ Rent Assistance:
<https://www.rentassistance.us/ci/nj-paterson>
- Governor Phil Murphy Statement Regarding Rent Forgiveness:
<https://nj.gov/governor/news/news/562020/approved/20200328c.shtml>

Immigration Rights



Unfortunately, undocumented immigrant families will not be eligible for the government stimulus package. For more information, please see the link below.

- <https://www.aila.org/File/Related/20030201aj.pdf>

Catholic Charities of Paterson

- **Legal Services:** (973) 279-7100
- 212 Slater Street, Suite 201, Paterson, NJ

International Rescue Committee (IRC) resources:

- **Economic empowerment:** (646) 300-0506
- **Legal services:** (908-368-1975)

Childcare



Childcare is still available for essential workers. For licensed child care in your area, search the link below:

- https://www.nj.gov/dcf/coronavirus_licensedchildcare.html
- Official NJ Government child care website:
<https://www.childcarenj.gov/>

Internet Providers



Most major phone and internet providers are providing discounted plans, removing data limits, and/ or waiving late fees.

- *Please check your providers website or call to see if any changes benefit you*

Coronavirus Testing Sites



- Call 1-800-962-1253 to speak with a healthcare professional if you are eligible for COVID-19 testing before going to a testing site.
- **William Paterson University** (*Passaic County Residents only*)
 - 300 Pompton Road, Wayne, NJ
 - 9:00AM-12:00PM
 - *Prescription Required
 - Up to 500 tests a day, availability may impact hours of operation
- **Bergen Community College**
 - 400 Paramus Road, Paramus, NJ
 - 8:00AM-4:00PM
 - Campus lots B&C
 - NJ residents, insurance card should be taken if available

Paterson School District:
http://www.paterson.k12.nj.us/11_pages/corona_virus.php

Full Service Community School Health Center:
Website: <https://fscshealthcenter.org/>
Facebook: <https://www.facebook.com/FSCSHealth/>
Instagram: [@fscshealth](https://www.instagram.com/fscshealth)

Wellness & Coping Tips

Adapted from Eileen M. Feliciano, Psy.D.



* **Try to give everyone the benefit of the doubt.** Cooped up time can bring out the worst in all of us. It's important not to show up to every argument you are invited to and try not to hold grudges.

* **Everyone needs a place to retreat to.** For children, this can be a small corner of a room with a blanket or a pillow where they can go when feeling stressed.

* **Try to lower your expectations and practice self-acceptance:** Accept yourself, your situation and your life. There is no roadmap or precedent for this, we are all doing the best we can in a difficult situation.

* **Remember that children are keen observers of people and environments.** Try to keep alarming news and conversations out of earshot, as best as you can.

* **It's all right to reassure children about their safety and the safety of loved ones.** Maintain routines as best you can and validate feelings. Encourage children to engage in activities such as exercise and deep breathing that help them self-regulate. A child's well-being depends on the well-being of their parents and caregivers. Caregivers must take care of themselves so they have the internal resources to care for others.

* **Notice the good in the world.** Help others. Find something you can control: organize a drawer or closet; draw, watch a movie; do a puzzle; read a book.

* **Engage in repetitive left, right movements:** Research has shown that left right movements – walking, running, drumming, knitting, crocheting, coloring, butterfly tapping (cross your arms over your chest and tap right hand on left shoulder and left hand on right shoulder in a slow, easy rhythm) can be self soothing and help us regulate our bodies when we are feeling stressed.

* **Remind yourself that this is temporary and although it is a scary and difficult time, it will pass.** We will return to feeling free, safe, busy, and connected.

Emergency Helplines

Psychiatric Emergency



- St. Joseph's Psychiatric Emergency Services
 - 973-754-2230, 24 hours a day
 - Children/Adults

Counseling Helpline

- Perform Care, NJ
 - 1-877-652-7624, 24 hours
 - Please note: Some services are being offered via telephone to reduce exposure to clinicians/psychologists
- NJ Mental Health Cares Helpline
 - 1-866-202-HELP (4357) from 8am - 8pm every day
- 2nd Floor Teen Hotline:
 - If you need someone to talk to and are age 10-24, Call or Text 2nd Floor at 888-222-2228 or visit their website at: <https://www.2ndfloor.org/>

Suicide Prevention Helplines:

- National Suicide Hotline
 - <https://suicidepreventionlifeline.org>
 - Call line: 1-800-273-8255
 - En Español: 1-888-628-9454
- The Trevor Project (LGBTQ suicide hotline):
 - <https://www.thetrevorproject.org>
 - 1-866-488-7386

Domestic/ Sexual Violence Helplines:

- New Jersey Domestic Violence Hotline
 - 1 (800) 572-SAFE (7233)
 - 24 hours a day/7 days a week
- New Jersey Coalition Against Sexual Assault (NJCASA) Hotline
 - 1 (800)-601-7200
 - 24 hours a day/7 days a week

Breakfast/ Lunch Pickup, Homework Packets, and Technology Survey

Homework packets can still be downloaded from your school’s website. **Another packet will be available for pick-up the week of April 20th - location announced on your school website.**

If you have not already done so, please complete the Paterson Schools Technology Survey (click link):

<https://forms.gle/Z8vTLzzub18WcGcM6>

Updated student meal pick-up sites (April 1, 2020). **Meals can be picked up Mondays and Wednesdays 10:00am - 1:00pm**

Ward 1	School No. 28 200 Presidential Boulevard
	School No. 12 121 North 2nd Street
Ward 2	School No. 7 106 Ramsey Street
	School No. 19 31 James Street
Ward 3	Dr. Martin Luther King Jr. School 851 East 28th Street
	S.T.A.R.S Academy (St. Theresa’s) 765 14th Avenue
	School No. 18 51 East 18th Street
Ward 4	School No. 21 322 10th Avenue
	Edward W. Kilpatrick School 295 Ellison Street
Ward 5	Madison Full Service Community Center 512 Market Street
	School No. 11 (Great Falls Academy) 350 Market Street
	School No. 3 448 Main Street
Ward 6	Dr. Martin Luther King Jr. School 851 East 28th Street
	School No. 9 6 Timothy Street