

Mental Wellness Toolkit Launched



May is **Mental Health Awareness Month**! During these unprecedented times, it's more important than ever that we care for our mental health. There is no better time to focus on hope, recovery and individual and collective well-being. That's why we're excited to launch our **Mental Wellness Toolkit** that our educators and families can use, along with our Remote Learning Toolkit, to support our students.

Access Mental Wellness [messaging, tips](#) (mp4) and [social media assets](#)
[LACOE Messaging Toolkits: mental wellness and remote learning](#)

Let's Rise Together: Spotlight on Mental Well-being



WE RISE 2020 Virtual May is a month-long spotlight on well-being and healing through art, music and creative expression. Hosted by the [Los Angeles Department of Mental Health](#), WE RISE 2020 features a full month of free virtual events where we can learn, share and rise together while physically apart.

Visit whywerise.la/werise to learn more about how you can take part in this uniquely creative and inspirational experience.

Watch [WE RISE 2020 video](#) (2 min.)

Creative Ways to Practice Self-Care



As the world contends with COVID-19, [Walnut Valley USD](#) teachers and students find creative ways to take care of themselves and others. Chaparral Middle School 8th-grader Aslin Choi has started an online knitting tutorial, creating beautiful projects with yarn while reducing stress. C.J. Morris

Elementary teacher Jennifer Veneracion has learned to bake bread for her family, which she finds both relaxing and rewarding.

Read [story about Aslin Choi](#)

Read [story about Jennifer Veneracion](#)

Bringing Hope and Inspiration Through Music



Music can help reduce stress, provide comfort, energize the mind and bring hope and inspiration during a crisis. [Duarte USD](#) music teachers gathered fellow musicians from other schools and colleges to lift the spirits of students with their beautiful rendition of "You'll Never Walk Alone."

[Watch the video](#) (3 min.)



Try to eat healthful, well-balanced meals with plenty of fruits and vegetables. And remember to stay hydrated! See more tips in our [Messaging Toolkits](#).

Not All Heroes Wear Capes, Some Wear Aprons



Education communities kicked off the month of May with **School Lunch Hero Day**, honoring nutrition services staff who keeps students nourished and ready to learn. Downey USD's school lunch heroes have served a quarter of a million meals since schools closed.

[See photos and read story](#) about School Lunch Hero Day in [Downey USD](#)

[Watch this Instagram video](#) celebrating Walnut Valley USD's School Lunch Heroes (2 min.)

Digital Read-alouds Help Kids Stay Connected



Teachers across the county are turning to digital read-alouds not only to keep student skills sharp, but to forge connections while they're apart. [Los Nietos USD](#) presents a collection of [amazing videos](#) of principals and teachers reading some of their favorite books as part of the district's distance learning program.

Check out Los Nietos USD's [Read Aloud Library](#)

Supporting Our Foster Youth

May is also [National Foster Care Month](#), a time to recognize the important role we all play in improving the lives of young people in foster care. Child welfare, probation, education agencies and courts can help keep families together with the right mix of support services and partnership.

Spread the word and encourage your community to get involved. Access [tools to support promotional, outreach, and social media activities](#)

LACOE's Foster Youth Services Coordinating Program continues to provide [online tutoring services](#) (best viewed using Google Chrome)