Physical Distancing:
Also known as social distancing, means deliberately increasing the space between you and others to avoid spreading illness. Helps stop the chain of infection and lowers the number of people getting ill. This is a protective measure that helps flatten the curve. Stay at least six feet away. If you must go out, in addition to distancing, wear a non-surgical face mask. Do stay home when you are sick. If you forgot your mask upon arrival at school, no worries, we have some and will get you one!

Distress Tolerance: Self-Soothe Kit
See: Calming colors-A relaxing scene-Small picture of your favorite person, family member, athlete-Place to visit
Hear: Rainstorm-Ocean sounds-Recordings of funny jokes or comedians-Happy soothing music
Feel: Soft piece of satin ribbon or soft fabric-A small pom pom or pouf-A small feather-A stress ball-Slime
Taste: Pieces of your favorite candy or other treat-Gum-Mints-Tea
Smell: Good-smelling hand lotion-Small perfume bottle-A candle

Interested in QSA? Starts soon! Please email ljustice@wcsu.net or alyuke@wcsu.net if you are interested in joining.

Ally Week is October 5-9, if you are interested in a rainbow flag, we have them and more available for purchase! Small or large.

Trying to quit VAPING? Text “VTVAPEFREE” to 88709 and get free advice, tips, and inspiration for quitting!

Crisis Text Line; Text VT to 741741

Upcoming Holidays; November 11, 25-27

Find this picture (not this paper) of Baby Yoda hidden here at school and win an Amazon Gift Card – Bring picture to room 163. Still a photo out there from last month!