

WILSON ELEMENTARY SCHOOL



409 Magnolia Street
Gridley, CA 95948
Phone: (530) 846-3675

Jesse Rodriguez, Principal
Michael Huyck, Assistant Principal
Gridley Unified School District

Dear parents and students,

I hope you are well and taking care of yourself. I understand that I cannot be there in person to support your student, but I want you to know that I am available should you need a check in. My email is sstone@gusd.org. I will be checking it repeatedly during our regularly scheduled work days 8:00 am to 3:10 pm. If you would like me to call and check in with your student, please email me. In the meantime, here are some suggestions to help make this time less stressful and more enjoyable.

- Eat healthy meals with plenty of fruits and vegetables
- Maintain daily routine and schedule
- Exercise regularly
- Avoid caffeine (can increase feelings of anxiety and agitation)
- Do things you enjoy (for example: art, listening to music, being outdoors, dancing, writing poetry, reading, etc.)
- Get good amounts of rest and sleep
- State feelings in a clear way (for example: "I feel angry when you yell at me.")
- Decrease negative self talk (for example: transform "My grades will never get any better." to "I may not be doing to well now, but my grades can improve if I get extra help and do all my work.")
- Be with friends who help you cope in a positive way (via facetime, phone, texting, etc. that allow for social distancing)
- Learn relaxation techniques (such as: deep breathing, muscle relaxation, meditation)
- Talk to caring adults
- Humor/laughter

If your student is seeing a counselor through Butte County Behavioral Health or a private counselor, please call them if your student is in need. Also, if you have a student in crisis, who has thoughts of self harm, or suicide, please have them call the Butte County crisis line at 1-800-334-6622.

Additional help can be found at:

- National Suicide Hotline: 1-800-273-8255
- You can chat online at <https://suicidepreventionlifeline.org/>

And in case of an emergency:

- Call 911
- Orchard Hospital Emergency Room – 240 Spruce Street, Gridley
530-846-9000

I hope you all stay safe and well.

Best wishes,
Samantha Stone, School Counselor