

Enjoy Life Newsletter

This Newsletter is to support students and their families to engage in actions and activities that promote understanding and a healthy lifestyle. Information presented in this newsletter is provided as a resource and not an endorsement. Please read and share the information among your family and friends. For ideas to be considered in future volumes of this newsletter, submit ideas, or artwork to jsalovardos@arrsd.org in Pupil Services.



January 2021



Riddle me this? How do you spell COW using 13 letters?

Science Fact: The cracking sound made by a whip is due to the speed of the end of the whip travelling faster than the speed of sound.



History Facts: January is named after the Roman god Janus, who is depicted in art as having two heads. One head for looking back to last year, and the other looking forward. The Roman New Year festival was called Calends.



Issues to Focus on in 2021?



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What popular social issues do you care most about?

There are several we will touch in in this section. of those issues that hit closest to home. Civil rights, racism, poverty, crime, and access to affordable housing are current concerns that affect many in a direct, immediate fashion. Other societal problems

represent larger and often more existential concerns.

The environment, climate change, the pandemic, and global politics are issues that can affect us all, but their implications are often felt in an direct and indirect fashion. Nevertheless, you may still feel a passionate dedication to understand and change these types of issues for the betterment of all.

Societal problems affect more than just the adult population as the landscape of our region changes. Addressing social issues pro-actively aids communities in positively adapting and planning for change instead of responding to it in a reactive fashion. From drug addiction, to racism, and to an uncertain regional economy, students and schools often feel the effects that trickle down from other sources or social systems.

Students, schools, communities and even more abstract societal concepts are all linked together, connecting to and influencing every level of a child's growth and learning. As an example, before the pandemic, the number of Americans living below the federal poverty line was greater in the suburbs than in cities. How does this change our regional community, and how do we adapt to these changes to assure that all people feel connected to the community?

What are some other issues?

A majority of young adults (52%) are choosing to live at home with their parents.

Racism and Global Integration

Racism or denying someone their individual rights or acting in negative ways toward them, is a continued concern for our society. The effects that the societal view of race has on students and schools are not new, but we can take action to change racial attitudes in our country whether we see or experience racism on a personal level.

Environments in school and out in the community that promote rich ethical diversity and integrate cultures into the classrooms promotes cooperative learning among students. This isn't just limited to race but should also include integration and understanding of gender identity, sexual orientation, disabilities, LGBTQ populations, housing, religion and other considerations.

Our expectation should be to prepare our students to engage in a diverse global community that can bridge gaps across cultural boundaries to form better communications with others and an understanding of diversity.

This is an increase and the highest rate since the end of the great depression era in 1940. Younger adults have been especially hard hit during the pandemic with families depending more on each other for support during the last year.

One of the larger issues facing urban and suburban communities today is that roughly half of these communities see drug addiction as a top tier problem (Adopted from pewsocialtrends.org). What are some of the drug addiction problems that you see in the region? Ask yourself this question; "How many drug addiction treatment facilities are there in a 30-mile radius to your home? Four, five, six, seven, eight, more?"

Another area of concern, approximately 30% of Americans identify that availability of jobs is a major deficit in local communities and 45% identify this as a minor problem where they live. During the pandemic, younger working teens and adults have lost jobs in service sector areas (restaurants, hotels, child care, retail, etc.). Do you know someone who is looking for work in your community? What kinds of jobs or careers are available in this area?

In looking at racism, approximately 58% of individuals in urban and rural areas see racism as a major problem in their communities. Have you witnessed or experienced racism? Do you feel that you have a voice in speaking up against racism and discrimination?

What is your role in addressing these issues in your community? How can you engage in community conversations at your school or other areas in your community to share your thoughts or participate in discussions?



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Community Resources

NATIONAL SUICIDE PREVENTION HOTLINE 1 (800) 273-TALK (8255) 24/7

Suicide Prevention information MSPTF - www.suicidepreventiontaskforce.org

TEEN LINK: 1 (866)-833-6546 (6pm-10pm)

LGBT Helpline 1 (888) 340-4528 Fenway Health

THE TREVOR PROJECT 1 (866) 488-7386 **LGBTQ SUPPORT** - thetrevorproject.org

SAFE HOMES LGBTQ ages 14-23 support and resources - www.safehomesma.org

THE DIGITAL DIET <http://virtual-addiction.com>

GAMBLING SUPPORT HOTLINE 1 (800)-522-4700

CLINICAL and SUPPORT OPTIONS 1 (978) 249-9490 1 (800) 562-0112

COMMUNITY HEALTHLINK 1 (978) 534-6116

ALCOHOL, DRUG, & CRISIS Hotline Thursday's Child 1 (800)-872-5437 (24/7)

ALYSSA'S PLACE, 297 Central St. Gardner. Addiction, Recovery, Parenting groups,

Yoga – (978) 364-0920

START YOUR RECOVERY.ORG Free on-line tools for identifying and treating alcohol and drug addiction

MOTIVATING YOUTH RECOVERY (MYR) Worcester (774) 312-2474

PATHWAYS FOR CHANGE **Domestic Violence** Services 1 (800)-870-5905

PEER LISTENING LINE 1 (800) 399-PEER Fenway Health

EATING DISORDER SUPPORT IN MA – www.medainc.org 1 (617) 558-1881



District Activities – SEPAC (Special Education Parent Advisory Council) virtual meeting. January 20th, 2021 6pm at <https://meet.google.com/jef-uikt-jah> If you haven't attended, please consider joining us.

RIDDLE ANSWER – SEE O DOUBLE YOU

