



# UNION PARK ELEMENTARY

1600 North Dean Road FL. 32825

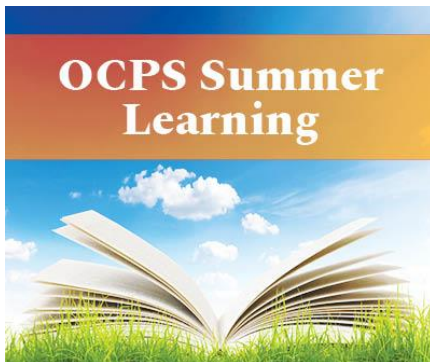
Informative Newsletter for Parents



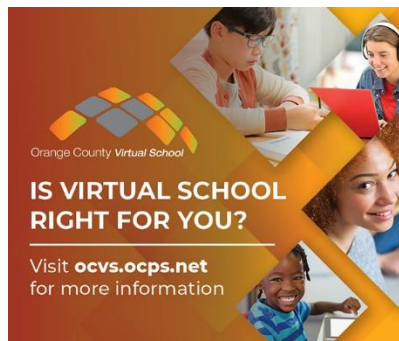
Principal: Mrs. Ramirez  
ashlynn.ramirez@ocps.net

Parent Engagement Liaison: Mrs. Garay  
magda.garay@ocps.net

Here are some resources that you can use. Click on the links to find more information..



<https://www.ocps.net/cms/One.aspx?portalId=54703&pageId=1435974>



<https://ocvs.ocps.net/>

This month our theme is **Jump Back July** focused on how we can be more resilient in challenging times. Download our calendar an [image for sharing](#) or a [PDF for printing](#). Please pass on to others \* **Add your details below to receive future themes and calendars \* click on link**

[https://www.actionforhappiness.org/media/897228/july\\_2020.jpg](https://www.actionforhappiness.org/media/897228/july_2020.jpg)

**RESILIENCE CALENDAR: JUMP BACK JULY 2020**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>We can't control what happens to us, but we can choose how we respond</b></p>						
<p>5 Avoid saying "must" or "should" to yourself today</p>	<p>6 Put a problem in perspective and see the larger picture</p>	<p>7 Shift your mood by doing something you really enjoy</p>	<p>8 Get the basics right: eat well, exercise and go to bed on time</p>	<p>9 Help someone in need and notice how that gives you a boost too</p>	<p>10 Don't be so hard on yourself. It's ok not to be ok</p>	<p>11 Reach out to someone you trust and share your feelings with them</p>
<p>12 When things go wrong, be compassionate to yourself</p>	<p>13 Challenge negative thoughts. Find an alternative interpretation</p>	<p>14 Set yourself an achievable goal and make it happen</p>	<p>15 Go for a walk to clear your head when you feel overwhelmed</p>	<p>16 When things get tough, say to yourself "This too shall pass"</p>	<p>17 Write your worries down and save them for a specific "worry time"</p>	<p>18 Let go of the small stuff and focus on the things that matter</p>
<p>19 Notice something positive to come out of a difficult situation</p>	<p>20 Ask yourself: What's the best thing that can happen?</p>	<p>21 If you can't change it, change the way you think about it</p>	<p>22 Make a list of 3 things that you can feel hopeful about</p>	<p>23 Remember that all feelings and situations pass in time</p>	<p>24 Choose to see something good about what has gone wrong</p>	<p>25 Notice when you are feeling judgemental and be kind instead</p>
<p>26 Get back in touch with a supportive friend and have a chat</p>	<p>27 Write down 3 things you're grateful for (even if today was hard)</p>	<p>28 Catch yourself over-reacting and take a deep breath</p>	<p>29 Think about what you can learn from a recent challenge</p>	<p>30 Ask for help from a loved one or colleague. Be specific.</p>	<p>31 Remember that you are not alone, we all struggle at times</p>	

**ACTION FOR HAPPINESS** [actionforhappiness.org](http://actionforhappiness.org)  
 Daily actions to look after ourselves and each other as we face this global crisis together. **Keep Calm · Stay Wise · Be Kind**



Search for free or reduced cost services like medical Care, food, job training, and more.

<https://www.auntbertha.com/>



WUCF PBS  
**AT-HOME  
LEARNING**  
A Florida Public Media Partnership

Download WUCF's [curriculum-based weekday schedule](#)

**TALKING  
TO YOUNG CHILDREN  
ABOUT  
RACE**

Talking to Children and Teens about Racism: The Time is Now!

As much as we want to shield our children from racism and other such traumatic events and concepts, the truth is that they need to hear from their caregivers and educators, rather than their friends, TV, social media or overheard bits of conversation. WUCF and PBS are here to support you as you address race with children:

- Learn from our experts in child psychology, education and social justice by watching our special - [A Question of Race: Answers for Kids](#) and [Zoom Q&A](#).
- Share our new Meet The Helpers videos on [Embracing Difference](#) and [Speaking Out Against Unfairness](#) with parents & students. [MeetTheHelpers.org/BeAHelper](#)
- View more antiracist resources on our new page: [wucf.org/AntiRacismForKids](#).
- Access resources for older children and adults at [wucf.org/RaceMatters](#).

Check out new collections and blogs to support educators addressing diversity and systemic racism on [PBS LearningMedia](#).

Libraries are open. Click on the link to get more information

<https://www.ocls.info/>