



Stockton Unified School District

FRANKLIN HIGH SCHOOL

Home of the Yellow Jackets



Newsletter Issue No. 1 August 2020


- **Welcome Message**
- **Franklin Wellness Center message**
- **Online Resources**
- **Stress Management Strategies**

Welcome Yellow Jackets!!! On behalf of all the staff working at Franklin High School we welcome you and welcome you back. My name is Pedro Heredia and I am the Mental Health Clinician at Franklin High School. These past months has been filled with many changes that we thought we were not prepared. But YOU made it to the start of another school year. And even though we are not physically at school, we want to offer our support to YOU, the student.

Connecting with Franklin:

www.TheFranklinHS.com



@TheFranklinHS1 

TheFranklinHS



www.Facebook.com/FranklinHS.Stockton



Webpages for additional support:

- <https://www.stocktonusd.net/Page/2521> (Franklin High School Wellness Center)
- <https://www.stocktonusd.net/Domain/4516> (Stockton Unified School District Mental Health & Behavior Support Services)
- <https://www.stocktonusd.net/domain/1149> (Franklin High School Counselors)

You can find additional supportive information by visiting the above pages.

Franklin Wellness Center

Even though we are not physically at Franklin, the Wellness Center continues to offer support to YOU the student.

The Wellness Center focuses on prevention and early intervention by offering school based supportive services. The Wellness Center focus' on the whole student, which includes their academic, mental, social and emotional wellbeing.

There are several programs that the Wellness Center offers and several of our providers are available virtually or by phone. Please reach out to your teacher or school counselor if you need additional support.

Parents and student can request services from the Wellness Center. A school counselor, teacher or administrator may refer a student when they feel a student needs extra support.

Wellness Wednesdays

The Wellness Center will host Wellness Wednesdays from (11:00am-11:30am), Starting August 19th, 2020. Any student/staff/parent can join the meeting learn more about the Wellness Center and the services that we provide. You can share the Zoom meeting information below with any student that you know would be interested in joining.

Weekly: <https://us02web.zoom.us/join/83787822060?pwd=Q2o3eEMvZStLQWx5ZDBOcThMaEFMUT09HRpwqB4qgKPzppnfgolumTm8UzgGaFbkIOZAJuRyBdD0>

Join Zoom Meeting

<https://us02web.zoom.us/j/83787822060?pwd=Q2o3eEMvZStLQWx5ZDBOcThMaEFMUT09>

Meeting ID: 837 8782 2060

Passcode: J5gJ3Y



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What is Stress?

Stress is the body's reaction to a challenge. Though stress is often perceived as bad, it can actually be good in some respects. The right kind of stress can sharpen the mind and reflexes. It might be able to help the body perform better, or help you escape a dangerous situation. <https://www.learnpsychology.org/student-stress-anxiety-guide/>

As the new school year begin, YOU may begin to experience stress due to attempting to learn how to manage attending school through the computer. It is okay, remember this is a normal reaction and YOU can manage it in a healthy way.

Remember when F.E.A.R is present F.ace/E.verything/A.nd/R.ise

BELLY BREATHING: IT'S GOOD FOR YOUR BRAIN.

This Monday, try belly breathing to calm your mind and body.

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.



#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

Stress Management Techniques:

1. Get Enough Sleep
2. Practice Visualization
3. Exercise Regularly
4. Take Calming Breathing
5. Practice Progressive Muscle Relaxation
6. Listen to Music
7. Get Organized
8. Eat a Healthy Diet
9. Use Positive Thinking & Affirmation

<https://www.verywellmind.com/top-school-stress-relievers-for-students-3145179>

Phone Applications that offer Relaxation and Mindfulness techniques (Some may require purchase):

Breathr
 Stop, Breathe, and Think
 Calm.com
 Insight Timer
 Smiling Mind
 Stop, Breathe & Think Meditations & Mindfulness
 UCLA Mindful
 Rainy Mood

<https://www.verywellmind.com/top-school-stress-relievers-for-students-3145179>

