



September 18, 2020

---

# Distance Learning Parent Newsletter, Issue 13

English Learner Support Division  
California Department of Education

---

## Opening Letter

DEAR PARENTS,

The start of the 2020–21 school year has been like no other. Adults and children alike are finding it difficult to navigate the educational waters these days. To support families as they transition back to school, this monthly newsletter will focus on Social and Emotional Learning (SEL) resources.

What is SEL? SEL is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

The resources in this newsletter will provide you with tools and information to understand the importance of SEL and to help your entire family find calm and balance.

## **New Informational Resources**

### **California Labor and Workforce Development Agency**

#### **Information on COVID-19 for Agricultural Workers**

This web page includes information on prevention, workplace safety, retaliation protection, and information for those who are sick or quarantined.

This information is available on the Labor and Workforce Development Agency COVID-19 Information for Farmworkers web page in Spanish at

<https://www.labor.ca.gov/coronavirus2019/campo> and in English at

<https://www.labor.ca.gov/coronavirus2019/campo/english>.

## **Informational Resources Included Every Week**

### **School Lunch Information: CA Meals for Kids**

Parents can still pick up school lunches during COVID-19 related school closures. Use the "CA Meals for Kids" mobile app to find meals or you can contact your school district directly for more information. Some districts now offer home delivery for school lunches. Parents should contact their child's school to see if the school has opted into this optional program.

CDE News Release: CA Meals for Kids App Update at <https://www.cde.ca.gov/497627>

### **Getting Internet Access**

If you do not have access to the internet at home, there are several companies offering service to families. Contact the companies listed on the link below on the CDE web page to discuss available plans.

Getting Internet Access: Available Plans at <https://www.cde.ca.gov/498321>

## **Home Learning Resources**

Below are free recommended resources that you can use with your children at home or they can use on their own.

### **Resources for All Ages**

*Aperture Education: A Resource for Parents and Families*

Learn about the benefits of SEL and the positive impact strong social and emotional skills have in school, at home, and in life. *Promoting SEL at Home* is a series of

developmentally appropriate SEL resources for parents, families, and caregivers to use at home. These resources are sorted by SEL topic and include ideas for supporting infants through high school aged children. Resources are available in both English and Spanish.

These resources are available on the Aperture Education A Resource for Parents and Families web page at <https://apertureed.com/family-resources>.

## Resources for Young Children

### *Sesame Street in Communities: Exploring Emotions Resources*

This web page provides fun activities, stories, and videos that can help parents of young children teach them about emotions and help them understand their feelings. You can search for resources by age (0–6), timeframe, and activity type. This web page is available in Spanish by clicking “español” in the upper left corner of the page.

These resources are available on the Sesame Street in Communities Exploring Emotions web page at <https://sesamestreetincommunities.org/topics/emotions>.

### *Sesame Street Emotional Development Playlist*

This playlist features songs, videos, and activities from your child’s favorite Sesame Street characters! Families can view these resources together to start conversations about feelings and emotions. This playlist includes a song that teaches young children about belly breathing, a great self-calming technique!

These resources are available on the PBS Learning Media Emotional Development web page at <https://ca.pbslearningmedia.org/collection/sesame-street-emotional-development>.

## Resources for Older Children and Adults

### *Mindful Meditation App*

University of California, Los Angeles (UCLA) developed this app that you can download for free on your phone using the link below. The app provides meditations in English or Spanish that are appropriate for adults or older children. According to UCLA, “Mindfulness is the practice of training the mind to be present through moment-to-moment awareness of our thoughts, feelings, body sensations and environment. Mindfulness promotes an attitude of openness, curiosity, and a willingness to be with our experience. Through regular practice, taught through this app, you can develop a meditation practice and learn to bring more mindfulness into your daily life.”

This app is available for download on the UCLA Health Mindful App web page at <https://www.uclahealth.org/ucla-mindful>.

## **Social Media and Email**

To stay up to date with new resources and information, follow the CDE English Learner Support Division on Twitter [@MultilingualCA](#).

To subscribe to the English Learner Updates Listserv, send a blank email to [join-english-learner-updates@mlist.cde.ca.gov](mailto:join-english-learner-updates@mlist.cde.ca.gov).