Message from Dr. Mary Ann Dewan, County Superintendent of Schools

Hello everyone,

It is critically important that we engage in conversations about mental health, much like how we discuss physical health. Increasing awareness and understanding of mental health is a step in a positive direction to build equitable and uplifting support systems and overcome the stigma of mental illness.

This month of awareness and education is a great time to support your mental health and the well-being of others. Here are a few approachable steps to improving your mental health:

- Find Some Quiet Time: Take 10 minutes to yourself. This short time can yield lasting benefits and help recharge our internal batteries. Making time for yourself is important and shouldn’t be seen as a luxury.
- Go Outside: Go for a walk, ride, or sit in the yard. Enjoy the sunshine and fresh air.
- Take A Break from Social Media: Whether 24 hours or 24 days, a social media detox can remove the unnecessary noise and the negative emotional triggers often caused by social platforms.
- Connect with your loved ones: Be an active listener. If they signal any indication of needing help, let them know there are resources available.
- Start a conversation with your family: The National Federation of Families has activity books, worksheets, and additional online resources for children and families.

Mary Ann Dewan, Ph.D.
County Superintendent of Schools
During Mental Health Awareness Month, I encourage you to reduce the stigma by helping to debunk false beliefs about mental illness. Share your learning with the community, and continue to advocate for bettering understanding of mental illness and its meanings in the context of the worlds we have created. Every conversation about the importance of prioritizing mental health creates a ripple that reaches people in your circle and beyond.

We are #StrongerTogether.

Be well,

Mary Ann Dewan, Ph.D.
County Superintendent of Schools

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Community News and Resources

May 2022

VOLUNTEER EVENTS
HELP KEEP OUR PARKS CLEAN

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/01</td>
<td>Sunday in the Park at Roosevelt Park - 9:45 a.m.</td>
<td>901 E Santa Clara St.</td>
</tr>
<tr>
<td>5/07</td>
<td>Community Clean-up at Rosemary Gardees Park - 8:45 a.m.</td>
<td>161 Sosara Ave</td>
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<tr>
<td>5/08</td>
<td>Sunday in the Park at Brooktree Park - 9:45 a.m.</td>
<td>Hickling Ave &amp; Fallingtree Dr</td>
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<tr>
<td>5/14</td>
<td>Alum Rock Trail Crew - 8:45 a.m.</td>
<td>15356 Penitencia Creek Rd</td>
</tr>
<tr>
<td>5/15</td>
<td>Sunday in the Park at Overfelt Gardens Park - 9:45 a.m.</td>
<td>Educational Park Dr, Schute Dr</td>
</tr>
<tr>
<td>5/21</td>
<td>Community Day at Arcadia Balf Park - 8:30 a.m.</td>
<td>2208 Quincy Rd</td>
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<tr>
<td>5/22</td>
<td>Sunday in the Park at River Glen Park - 9:45 a.m.</td>
<td>1600 Parks Ave</td>
</tr>
<tr>
<td>5/28</td>
<td>Community clean-up at Northwood Park - 8:45 a.m.</td>
<td>Autumnvale Dr &amp; Lakewood Dr</td>
</tr>
<tr>
<td>5/29</td>
<td>Sunday in the Park at William Lewis Manly Park - 9:45 a.m.</td>
<td>Llano De Los Robles Ave, Jayhawkers Pl</td>
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Park Clean Ups
Volunteer events serve as great opportunities to earn community service hours, build community or simply volunteer with others who enjoy our local outdoors. No experience is necessary and all tools will be provided. There are multiple park volunteer events happening in September to choose from. To learn more and to register, please visit [https://bit.ly/parkvolunteerevents](https://bit.ly/parkvolunteerevents).

The LEAD Filipino and Santa Clara County Office of LGBTQ Affairs want to hear about the experiences of people who identify as LGBTQ+ and Filipina/o/x. You’re invited to participate in a community roundtable on Thursday, May 19 at 6 p.m. Feedback from the forum will be compiled anonymously to make recommendations to help inform future programs and initiatives launched by the County. Register at [bit.ly/lead-roundtable](https://bit.ly/lead-roundtable)

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Filipina/o/x Community Roundtable

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San Jose Public Library Summer Learning
Spring is here which means summer is just around the corner! If librarians say "summer", they think of **Summer Learning**, which is fast approaching for pre-registration on Tuesday, May 17. The program begins Wednesday, June 1 and runs to Sunday, July 31. All ages can read to learn and win prizes.

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**Sacred Heart Community Service Needs You!**

Help us build a community united by signing up for one of our volunteer shifts below:

- **Tuesdays** 3:30-6PM
- **Wednesdays** 11:30-2:30
- **Thursdays** 11:30-2:30

**Calling all Volunteers!**

**Sacred Heart**

Sacred Heart Community Service needs volunteers who can help distribute food to families.

Open shifts:

- Tuesdays from 3:30-6 p.m.
- Wednesdays and Thursdays from 11:30 a.m.-2:30 p.m.


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**Wildfire Preparation**

Learn more about what you can do to protect yourself from the devastating impacts of a wildfire by visiting [PrepareSCC.org/Wildfire](http://PrepareSCC.org/Wildfire).
Celebrate Alum Rock Park’s 150th Anniversary on Saturday, May 14 from 11 a.m. to 4 p.m. This event is open to all and parking is free all day. Join us to enjoy fun activities for all ages, music, and food. For more information on Alum Rock Park events, please visit bit.ly/arp150.

There’s still time to register for the Construction Contracting Seminar Series 2022 Digital Experience – head over to www.sanjoseca.gov/constructionacademy to register and access free webinars and resources for public works project coordination.

**District News and Resources**

Discover more lesson plans, student tools, and other digital resources to expand your distance learning toolset. **Explora for Educational Professionals** is designed with teachers in mind. Develop new ways to teach kids and teens of all ages.

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**Alum Rock Anniversary**

**City of San Jose Construction Academy**
SCCOE is hiring

The Santa Clara County Office of Education is currently recruiting for several classified job opportunities. The SCCOE is seeking individuals committed to serving the public. To view job opportunities with the SCCOE, please visit https://www.schooljobs.com/careers/sccoe

**Articles of Interest**

- How Arts Practices Can Be the Foundation of Teaching and Learning
- Fostering Emotional Literacy Begins With the Brain
- We Can Create Change Together (Understanding key concepts about solidarity and the power of diverse coalitions can help students work toward justice.)

**SEL Integration**

Looking for practical ways to introduce and broaden the use of SEL practices in classrooms, schools, and workplaces? Check our CASEL’s three signature
practices; they can help integrate SEL practices into any classroom, meeting or youth-serving agency to promote community-building and deeper engagement.

Why be a self-talk superhero? Positive self-talk improves mental, emotional, and physical health; it also sets us up to better reach our goals.

If we practice using positive self-talk, then we will build positive identities and mindsets, so we can appreciate our strengths and be able to harness them in pursuit of goals.

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Health & Wellness

When a flashlight grows dim or quits working, do you just throw it away?

Of course not.
You change the batteries.

When a person messes up or finds themselves in a dark place, do you cast them aside?

Of course not!
You help them change their batteries.

Some need AA... attention and affection;
some need AAA... attention, affection, and acceptance;
some need C... compassion;
some need D... direction.

And if they still don't seem to shine... simply sit with them quietly and share your light.

~Unknown

Mindfulness Reminder
JO-ANN Stores is partnering with On Our Sleeves, the movement for children’s mental health powered by behavioral health experts at Nationwide Children’s Hospital. Show your support by giving to the cause. They encourage everyone to find empowerment through crafting. Discover crafts your kids can use to feel creative or help express how they’re feeling. There is something for everyone.

Visit the Older Adult Resource Fair at the SCFHP Blanca Alvarado Community Resource Center on Saturday, May 14 from 10 a.m. to 2 p.m. This free event will feature diverse activities, including a live cooking demonstration, workshops, and information booths from various local vendors and agencies. Register by calling 408-874-1750. Pre-registration is required for free lunch.

The County Of Santa Clara Behavioral Health Services Department has many programs and resources that help thousands of people every year. Learn more by visiting https://bhsd.sccgov.org/home.
Announcements

News Release:

- Santa Clara County Office of Education Increases Fentanyl Awareness
- Santa Clara County Office of Education Hosts Zarcone Classroom Naming Ceremony

About the Santa Clara County Office of Education
Working collaboratively with school and community partners, the Santa Clara County Office of Education (SCCOE) is a regional service agency that provides instructional, business, and technology services to the 31 school districts of Santa Clara County. The County Office of Education directly serves students through special education programs, alternative schools, Head Start and State Preschool programs, migrant education, and Opportunity Youth Academy. The SCCOE also provides academic and fiscal oversight and monitoring to districts in addition to the 22 Santa Clara County Board of Education authorized charter schools. For more information about the Santa Clara County Office of Education, please visit www.sccoe.org.

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May 2022 Events Calendar

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