



Superintendent

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Dear Anaheim Elementary School District Families,

This week is Mental Health Awareness Week and it is a good time to check-in with yourself to see how you are doing. It is ok to say that these past few months have been overwhelming because honestly, they have been. Mental Health is about being aware of what you need for your well-being and doing your best to take care of those needs. Sometimes that can look like an hour of exercise or, for many, it can look more like 5 minutes of quiet time to yourself.

As part of Mental Health Awareness Week, a series of videos and activities will be shared with your child through their Distance Learning classrooms, so make sure to check-in with them and ask them about what they learned and how they can apply it. Also this week, our school psychologists and counselors will be posting content for the adults in the family that will be shared on our Anaheim Elementary School District social media accounts, so make sure to follow us on Instagram and Facebook if you have your own accounts.

One of the best ways to teach children about mental health is by having adults model positive behaviors and self-care. I encourage you to find some time this week to take care of yourself and explain to your children why self-care is so important.

Kind Regards,
Dr. Christopher Downing
Superintendent