



Blueprint for Wellness News

Student & Family Resource Navigators

Promoting the physical, social-emotional, and academic needs of the Whole Child and Whole Community



Engaging parents and community members through workshops, Wellness Program events, and Resource Fairs



Assuring the unique needs of families are met by supporting access to services and resources



Partnering with district programs and community organizations to support schools and families



Healthy Start

For a directory of Healthy Start staff near you

[CLICK HERE](#)



Find Your Inner Power with Positive Affirmations

Positive affirmations are straightforward statements, such as "I am loved" or "I let go," used to accomplish goals, overcome negative thoughts and to boost self-confidence.

Utilizing positive affirmations daily is also a powerful tool for kids and teens too. By creating a positive self-belief system, kids develop a strong sense of self-worth and feel competent to face and conquer adversity or overcome negative life events.

[Click here](#) for affirmations for kids

[Click here](#) for affirmations for parents

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LAUSD's Parent & Community Services focuses on strengthening relationships between families, students, and their schools to improve student success.

This year, "The Family Academy" was launched to empower families in providing support to their children from early primary years through college and career success. To view a course catalogue for all webinars offered through December 2022

[click here for English](#) and [here for Spanish](#)



The Student and Family Wellness Hotline (213) 214-3840

**Helping you find answers
M-F 8:00 am - 4:30 pm**

☒ Health Insurance
☒ Physical Health

☒ Basic Needs - food, shelter, clothing, etc.

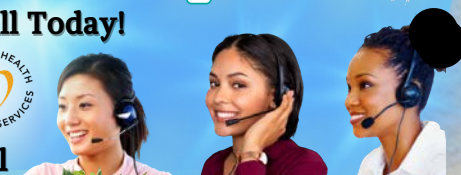
☒ Mental Health
☒ Attendance/Enrollment

Call Today!

[Click Here](#)
for our Student and
Family Resource
Dashboard



hablamos español



Wellness Challenge: Make Connections

This month, focus on connecting with the people you care about. Set time aside to talk, participate in activities, and make happy memories. For our challenge guide, [click here](#)



Season of Connection

Celebrate the season with fun and creative activities to do one-on-one or as a group. Cherish the moments and memories.



Creative Crafts

Create something special with these outside the box [holiday craft ideas](#)

Fun with Food

Make a festive and healthy fruit or veggie tray with [these fun instructions](#)

Cook Together

Cooking together can be so much fun! Try making something new, or teaching someone how to make a traditional recipe. For kid-friendly ideas, [click here](#)

Gift Wrap Doors

Add a unique touch to your decorations this year by using dollar store gift wrap to decorate your doors. [Click here for instructions](#)

Have an Adventure

Make memories and try new things. Check out this list of [50 things to do this holiday season](#), or [100 free things to do in with kids in L.A.](#)

Call ahead to verify, not endorsed by LAUSD

Movie Marathon

Make a list of your favorite holiday movies and have a marathon with a loved one. Stream for free from [LA County library here](#)

Be Kind

Make the world a little brighter with random acts of kindness. For some ideas of things you can do, [click here](#)

Holiday Playlist

Sing and dance to your own holiday playlist. Some song suggestions can be found [here](#)

Be Affirming

Affirmations are a powerful way to increase positivity and confidence. Click [here](#), [here](#), and [here](#) for more on positive affirmations

Holiday Scavenger Hunt

Search around your neighborhood or a designated area for holiday decorations, lights, and more! [Click here for ideas on themes and guidelines](#)

Video Call

You may not be able to see everyone you care for in-person, but you can visit with a video call. For conversation starters, see unique questions you can ask [here](#)

Game Night

Add a little friendly competition to your holiday and have a game night with loved ones. For suggestions on kid-friendly and fun games, [click here](#)



This month, we challenge you to make time to connect with your friends and family for 12 days.



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