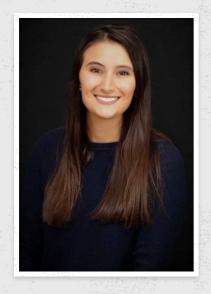
Communities In Schools

Rockbrook Elementary



Ashley Vanderwater, LMSW

Communities In Schools Site Coordinator

*Please send email if you need to reach me via phone





G cisnt.org

Information...

Hey everyone!

If you are needing information regarding district closures, at-home learning or community resources, here are links that could help answer those questions. If you have specific questions that are not answered on here, please feel free to contact me. I would love to assist you and your family navigate information during this difficult time.

Breakfast/Lunch Distribution Map

https://www.google.com/maps/d/u/0/viewer?ll=33.114803407080096%2C-

97.03214127612307&z=12&mid=12kXylkumC2AnfvbfkSJ5y__MHPfT_E8s

District Information

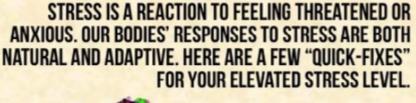
https://www.lisd.net/covid19

Lewisville Resource Information

https://www.lisd.net/covid19resources

Denton County Resource Information

https://www.unitedwaydenton.org/covid-19-resources



Exercise ===



releases endorphins to make you feel better

Slow breathing

lowers blood pressure, relieves muscle tension, and decreases heart rate

Diet *



fruits, vegetables, whole grains, and little caffeine helps reduce stress

Sleep (z

stress leve



8-9 hours is ideal

Talking to others



identifying and expressing emotions helps manage stress

UNDERSTANDING HOW STRESS AFFECTS YOUR BODY HELPS YOU REACT AND COPE WITH DIFFICULT SITUATIONS IN A HEALTHY WAY.



