CREATING CALM FROM CHAOS

Mindfulness at Home

Our team has developed a daily mindfulness app for families, which is an extension of the program used in more than 30,000 classrooms. You and the families of your students can download the app at no cost during, thanks to the generosity of our partners, including LG Electronics and the Allstate Foundation.

'I AM PRESENT' is a neuroscience-based app specifically designed for parents, so they can develop daily mindfulness practice with their kids. @iampresentapp helps parents to raise mindful kids. It is a 90 days evidence-based program that offers secular, guided mindfulness practice to help kids with cope-up with stress, anxiety, depression and pain.

Mindfulness is a tool for staying focused. Experience the most meaningful 10 minutes of your day. Download @iampresentapp to share this experience with your kids or Visit our website to know more.

Be a mindful parent by being fully present in your interactions with children. In this way you are helping them to develop a healthy and happy view of themselves.

Core benefits of daily mindfulness practice:
- **Reduce stress:** Guided breathing and relaxation exercises are easy to do and replace fight or flight responses with calm.
- **Boost immune system:** Regular practice enhances health.
- **Improve learning:** With many students working online and at-home daily use helps kids focus and learn.
- **Foster Resiliency:** Teaches children tools to deal with challenges and the skills will last a lifetime.

Inner Explorer’s: 5-10 minute audio-guided program (in English and Spanish) is easy to use. For mindfulness to be most effective, daily practice is recommended. (Remember: Daily mindfulness practice is to brain health what daily teeth-brushing is to dental health). The app will help kids and families practice at home to create calm and focus during these challenging times. Click this link to register for the free app.

Resources for Families During COVID-19

Click here for tools and resources for talking with children, planning activities at home, coping with stress and anxiety and more.
Recent events are difficult, and situations are constantly changing, but we are here to help share ways to stay calm, stay connected and stay active. Having kids at home around the clock poses challenges, but it’s also a big opportunity to help families develop and maintain healthy routines and habits.

**For Families**
- SEL In An Unplanned Home School Setting
- Low-Cost Internet Service Programs Tool Kit
- Apps for Students With Special Needs

**For School Staff**
- News and Resource Guides
- Education Resources and Latest News
- Social Emotional Learning Resources During COVID-19
- Tips and Tools
- Learnig Keeps Going: Curated Resources and Best Practices
- Teach From Home: Step by Step Guides and Tools
- Remote Learning Resources and Tools
- 100+ Online Learning Tools and Resources
- Accessibility
- Remote Learning Strategies for Students with Limited At-Home Technology
- Low-Cost Internet Service Programs Tool Kit
- Apps for Students With Special Needs
- How To Facilitate E-Learning without Access to Technology

**FINANCIAL/OCCUPATIONAL TIPS**
Lynn Sennett from The Place of Forsyth County posted the following bulletin message.
This is a list of companies who are currently hiring.

- “Big Lots - $12.50/hour during COVID 19 crisis, then $10.00/hour.
- Costco seasonal $15.00/hour
- Southern Companions - CNAs, caregivers email rachel@southerncompanions.net
- Towne Club Windermere Assisted Living, servers, CNA's and LPN's [https://towneclubwindermere.com/](https://towneclubwindermere.com/)
- Luke Pool Service (hiring in mid-April) – contact Lynn@theplaceofforsyth.org
- Kimco (janitorial) - General Cleaners for Duluth
- CVS and other drug stores
- Massey Services MasseyServices.com
  - Sales Inspector - outside sales position
  - Pest & Lawn Technicians
  - Locations: Suwanee, Alpharetta, Cumming, Sandy Springs, Gainesville and Canton
- Domino’s Pizza will hire temp or permanent delivery drivers
- Northside Hospital
- Voice Nation - Contact Christ Suarez csuarez@voicenation.com
  - Accounting Associate - Corporate role
  - Assoc. Degree preferred but must have at least 2 years on the job. This person will assist/support our current Finance Manager
- ServPro (Manual Labor must be able to get into crawl spaces)
  - Crew chief - contents department
  - Technicians and Crew chief - mitigation department
- Industrial Repair Services - Inside sales liz@industrialrepair.net
- Brightstar Care - Caregivers and CNAs, 678 450 1777 (As of 3/18/2020)
- 2020 Census apply at [2020census.gov/jobs](http://2020census.gov/jobs)
- Kroger and other grocery stores including Whole Food @ $15.00/hour
- Super stores
- Amazon warehouse & deliver drivers [www.amazon.jobs](http://www.amazon.jobs)
- Other delivery companies such as UPS, FedEx
- Tyson Food [www.tyson.com](http://www.tyson.com)
- Express Staffing, 678-461-7600 [www.expresspros.com](http://www.expresspros.com)
- Hire Dynamics, 678-990-9757 [www.hiredynamics.com](http://www.hiredynamics.com)
- Lingo Staffing, 770-205-2825 (go directly to their office) 3818 Browns Bridge Road Cumming, GA
- Randstad, 678-852-2823 [www.randstadusa.com](http://www.randstadusa.com)
- Accountant One Staffing, 770-395-6969 [www.accountantsone.com](http://www.accountantsone.com)
- Manufacturing industry (usually through staffing agencies)