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## Message from PATH:

**Welcome to our second quarterly newsletter! These newsletters are filled with educational information, helpful tips, upcoming events, and other valuable information for you to share. As the impacts of COVID-19 and distance learning continue, we hope that this newsletter is a helpful tool and that you and your family stay safe and healthy, both mentally and physically.**



## NAVIGATING DISTANCE LEARNING

## Helpful Tips for Distance Learning

Distance learning is new for everyone and adjusting to it could potentially be stressful. Here are some tips on how to stay organized and support your child while online schooling persists.

- Having a calendar is great for keeping up with assignments, tests and school projects. If you don't want to buy one, you can create one [online!](#)
- A clean, quiet space is best for learning, but may not always be available. However, it would still be beneficial to have a distraction-free zone away from the TV, smart devices, or other electronics.
- [Making a box, caddy or any type of container](#) for school supplies is a good way to stay organized. Having all of their notebooks and supplies in one place could help them

feel more prepared every day.

- Creating a to-do list can also help keep track of assignments and allow them to start setting goals for themselves. This can be done on paper or created [online](#).
- Lastly, communication is an important key to success. This is new for everyone so it's okay to ask the teacher questions. It's also important to check in on your student to make sure they're staying on task and not feeling stressed. Perhaps they can't hear the speaker clearly or maybe they aren't always sure what they should be working on when they're asked to work independently.

## Staying Active Physically and Mentally

Being stuck inside the home due to COVID-19 can be stressful for the whole family. It's a good idea to encourage physical activity to reduce screen time. The change in routine and isolation can spark some anxiety, so here are some ways to keep your family's mind and body busy.

- Do puzzles or crosswords. You can [create one online](#) and use it as a learning tool for your child's school work.
- Go for walks to clear the mind and get some fresh air outside of the house.
- Plan a bike ride around the block or in the neighborhood.
- Go on a scavenger hunt, inside or outside.
- Crafting can ease stress and anxiety. Pinterest is a good source for finding crafts to do

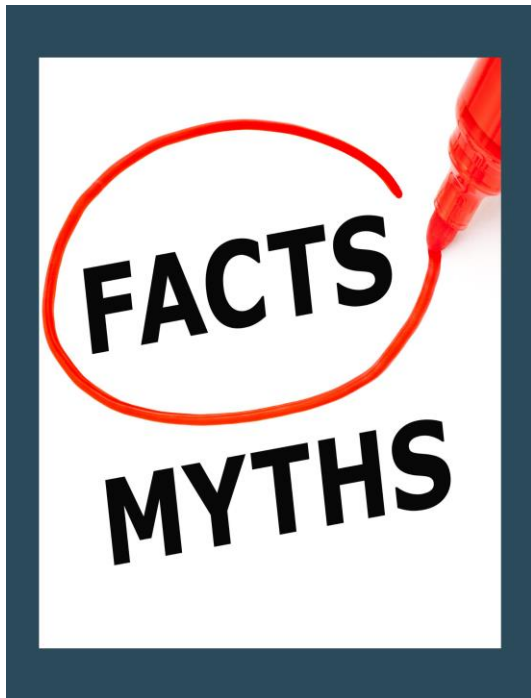


MONTHLY  
PARENT  
TIPS

together or you can try these ["quarantine crafts"](#).

- A family game night or movie night is a great way to ease the mind.
- Since tiktok is really popular with young people at the moment, check out [@alexpresley](#) 's account. He and his family have competitions using household items which could be really fun to recreate.
- Cooking or baking together could be fun bonding time. There's plenty of recipes [online](#) or really great tiktok accounts to check out, like [@newt](#).

**KNOW THE FACTS**



### **According to the Fresno County Student Insights Survey 2018-2019:**

- 59% of Fresno County youth considered marijuana fairly easy to get.
- 68% of students who reported using marijuana got it from their friends and 34% got it from adult strangers.
- Only 52% of students said their parents had talked to them about marijuana in the last 12 months.

There are many reasons why a young person may choose to use marijuana. Peer pressure, curiosity, and a desire to fit in with friends are some of those reasons. Talking to them about marijuana early can help delay or prevent those influences. It's never too early to start a conversation about substance use and making safe choices. If you need advice on how or when to start a conversation, [Partnership to End Addiction](#) is a good resource or you can look at the PATH Project's [resource page](#) as well.

# **Happening This Month...**

# CVIIC

Central Valley Immigrant Integration Collaborative



California  
Health Collaborative



LIVE ON  
[FACEBOOK.COM/  
CVIICFRESNO](https://www.facebook.com/cviicfresno)

CVIIC ALONG SIDE  
PATH BRING YOU A  
PRESENTATION ON  
MARIJUANA USAGE  
AND PREVENTION

**THURSDAY  
SEPTEMBER 3RD AT  
4 PM ON FACEBOOK  
LIVE**

THE PRESENTATION  
WILL HELP PARENTS  
IDENTIFY MARIJUANA  
PRODUCTS, USAGE,  
AND HOW TO PREVENT  
IT



# CVIIC

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CVIIC EN CONJUNTO  
CON PATH LES TRAEN  
UNA PRESENTACIÓN  
SOBRE EL USO DE  
MARIHUANA Y  
PREVENCIÓN

**JUEVES 3RO DE  
SEPTIEMBRE A LAS  
4 PM POR  
FACEBOOK LIVE**

LA PRESENTACIÓN  
AYUDARA A PADRES  
IDENTIFICAR  
PRODUCTOS DE  
MARIHUANA, EL USO, Y  
COMO PREVENIRLO

The Performing Above the High Project will be presenting marijuana prevention information to a parent group courtesy of the Central Valley Immigrant Integration Collaborative (CVIIC). Parents will learn about methods of use, current marijuana trends, vaping, warning signs, health effects and more.

[\*\*Click here to join webinar\*\*](#)



California Health Collaborative

JOIN US  
FOR A



# REACT POP UP

FREE EVENT FOR YOUTH  
WHO ARE PASSIONATE  
ABOUT SOCIAL JUSTICE  
AND CREATING CHANGE  
IN THEIR COMMUNITIES

SEPT. 19, 2020

10AM - 2PM

MUST BE A RESIDENT  
OF ORANGE COVE,  
SANGER, PARLIER, OR  
PORTERVILLE

DEADLINE TO  
SIGN UP IS  
SEPT. 14

The Regional Advocates Countering Tobacco (ReACT) program is inviting high school students from Orange Cove, Sanger, Parlier and Porterville to take part in the ReACT Pop Up Event. This event will provide youth the opportunity to participate in fun engaging activities, while also learning about how tobacco is a social and environmental justice issue, as well as the multiple leadership opportunities and benefits to becoming a ReACT youth coalition member.

[Click here to register](#)



Through community town halls, the Fresno County Vaping Prevention Program hopes to provide information to both youth and parents/guardians on the impacts and dangers associated with vaping. There will be youth and adult tracks available for each Town Hall.

Content to be covered will include:

1. Marketing and advertising of vaping devices and e-juices
2. The use of flavors and their impact on youth
3. Long-term and short-term effects on the body and brain
4. COVID-19 and Vaping concerns
5. Resources available to help youth quit vaping

[\*\*Click here to request a Town Hall for your Community\*\*](#)

Lock It Up Project will be starting their Virtual Peer Education Program-Fall Semester 2020 on Saturday, September 12. The Peer Education Program is an opportunity to empower college age adults to educate their community about prescription drug abuse through educational campaigns. It allows participants to obtain knowledge of community involvement while incorporating and expanding their professional skill set.

Lock It Up has a virtual health fair on September 10th. The "Feria De Recursos virtual" (Virtual Health Fair) will be the second installment online health fair providing Fresno County residents with access and knowledge to educational and health oriented resources relevant to them. It will allow participants to inquire about opportunities directly from participating organizations. More virtual fairs are planned in near future.

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**Parents Against Vaping e-cigarettes (PAVe)** is a national advocacy and education organization powered by parent volunteers fighting to protect kids from the dangers of flavored e-cigarettes and the predatory practices of Big Tobacco.

[Click here to visit their website](#)

At the top of the page, you'll see the link to the Teen page on their site as well.

PAVe also has a podcast series. The link below is through apple.com, but the podcast is available wherever you listen to your podcasts.

[Click here for podcast](#)



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