



Maintaining Wellness During the Pandemic by BBS Child Development Specialist, Phoenix Ries

Fall is in the air. Its the time when kids go back to school, hunting trips are planned, and the college football season begins! But this year so much of what we look forward to is shaping up to be very different. This can leave many of us feeling anxious and uncertain about what to expect, feeling sad and lonely because we long for "the good old days" feeling tired and depleted from all the change, worry, uncertainty and unrest in our world right now.

We would like to offer these reminders as ways to maintain mental health as we head into fall:

- Maintaining daily routines helps regulate our nervous system.
- Aim for 30 minutes of exercise each day.
- We should avoid "blue screens" within an hour of bedtime.
- When working from home, establish a "work space" that avoids using the bed as a workplace.
- Avoid over consumption of alcohol/drugs.
- Explore wellness activities such as meditation, yoga, breathing and relaxation exercises proven to have a direct positive effect on the human nervous system.
- Stay connected to friends and family. When you are able to connect "live" for social gatherings maintain social distancing guidelines and imagine the day you can hug your friends again!
- Seek help right away if you or your loved ones are struggling with depression or thoughts of suicide. The National Suicide Prevention Lifeline number is 1.800.273.TALK (8255). It is available 24/7! You can find more resources at suicidepreventionlifeline.com.

We truly hope that our community can remain safe mentally and physically during this challenging time.

Black Butte School is Back! Update from The Head Teacher by Delaney Sharp

It has been almost 6 months since the staff and students of BBS sat together in a classroom. It feels even longer. But we persevered. We made it through distance learning in the Spring despite the lack of preparation and inadequate internet. Then we watched anxiously as COVID-19 cases spiked through the summer making a safe return to class this Fall seem out of reach. But here we are. Just in time for school the number of new infections in our region has drastically declined. And so the staff of BBS are quickly pivoting once again to be ready to reopen our doors for the first time since March. Just this week we hit the thresholds established by the Health Authorities to be able to welcome students back inside the building. What a relief!

Of course even with students and staff back in the classroom, this year will be unlike any other. Masks, cleaning products, and physical distancing will be our daily reality. There are many questions still unanswered, like what will happen if the virus surges again in our region? But at least we will be navigating this challenging school year together. So when you see the flag up on the flag pole again, and kids running and laughing in the field, just know that we all made this happen. We all sacrificed, we slowed the spread of the virus, and now our students can go to school. BBS is back!



Staff getting the school building safe for the arrival of students