



EAST LOS ANGELES SKILLS CENTER BULLETIN

May 18, 2020, Vol. 7, Issue 29-NE3



ELASC website: www.eastlaskillscenter.org

Find us at Facebook: www.facebook.com/eastlaskillscenter.org

Items for publication to: Julio Melara, AP at jmelar01@lausd.net

Important Dates

May 17-23 – Emergency Medical Services Week (EMS)

May 18 – National Museum Day (check link in this bulletin for online visits.)

May 20 – ESL Department Zoom Meeting 2:00 pm (every Wednesday)

May 20 – Academic Department Zoom Meeting 12:45 pm (every Wednesday)

May 21 – ELASC CTE Department Zoom Meeting 1:00 pm (bi-weekly)

May 22 – National Work from Home Day (interesting!)

May 25 – Memorial Day (No classes)

Reflection Corner

“We will get through this together.” This is the mantra we hear from the media, friends, relatives and co-workers. And to achieve this herculean task, we will need all the resources we can muster to help our students, and our communities achieve this goal. This global pandemic has given us a global opportunity to make things right by starting at home and taking small steps towards improving our lives and the lives of others. This issue provides a variety of resources for those most affected by Covid19.

Future Ready Certification News

Almost 26,000 teachers, advisors and administrators in the district, who are taking part of the Future Ready Certification training, have identified Problems of Practice (PoP) and have begun to postulate solutions to their vision of a utopian digital world, when “normal” will be what we had imagined, in a not too long past, for our distant future. Our groups are now assembled in smaller cohorts led by a facilitator. Our adult division staff is working together to design learning instruments that will inform instruction and provide better online instructional models.

Happy Birthday to:

Mayra Linares-May 18

Alex Pickering: May 24

Aaron Saenz-May 25

Students Corner

The LA Homeless Services Authority brings the **Safe Parking Program Westlake** to women and families in need. It’s a safe place to stay overnight in a gated parking lot with a security guard on duty, with access to bathroom facilities, hygiene kits and other amenities. Financial assistance for minor vehicle repairs is available. Access to Mobile laundry truck service.



For more information contact Christine at (424) 343-7752.

Rent Problems

Are you having **trouble paying rent** as a result of the Covid19 pandemic? The Emergency Rental Assistance Program can provide up to \$1,000 towards monthly rent for up to 3 months. Applications are due by May 31, 2020. Call 2-1-1 or visit www.211LA.org to learn more.

Childcare services can be found at:

The City of Los Angeles Emergency Childcare Program

<https://ucla.app.box.com/s/p70g6ru1807wcu7tz3vex1bgcnjuga4y>

CA.gov Find Childcare

<https://covid19.ca.gov/childcare/>



The LA County Department of Mental Health

has launched a free resource to help our students cope with the crisis. LA County residents can sign up to this collection of **mindfulness and meditation resources** at:

www.headspace.com/lacounty. residents can sign up for Headspace Plus

subscription and access hundreds of science-backed guided meditations in English and Spanish, as well as workout videos, sleep exercises, and informative content about managing stress and anxiety. Please share with your students. More information on virtual mental health

presentations to share with your students is forthcoming. (by M. Bustillos)

Teachers Corner

As part of CALPRO’s monthly updates on research-based practices, featured below is an issue brief highlighting the importance of health literacy and how it can be integrated to instruction. The article was written by Sabrina Kurtz-Rossi for the American Institutes for Research (AIR) as part of the Teaching Skills that Matter in Adult Education project, a current OCTAE initiative.

<https://www.air.org/sites/default/files/TSTMHealthLiteracyBrief-508.pdf>

Visit collections in art museums all over the world by visiting:

<https://artsandculture.google.com/>

Unemployment Insurance Benefits

If you were laid off, furloughed or had your hours reduced, you may be eligible to receive Unemployment Insurance (UI) benefits from the State of California’s Employment Development Department (EDD). These benefits are available for all CA residents who have authorization to work in the U.S. and meet other eligibility requirements. Go to:

<https://unemployment.edd.ca.gov/guide/benefits>

or visit your Worksource Center.

Boyle Heights/East LA Center
1505 E. 1st St. Los Angeles, CA 90033
323.267.5930

Home Office Ergonomics

With the outbreak of COVID-19, nearly every aspect of our lives has changed, especially the way we work. Many of us are working from home at quickly assembled workstations that commonly entail a laptop at the dining room table, on the couch or in bed. This Safety Alert will guide you in setting up a workstation at home and implementing good work habits to minimize the physical stress on your body. <https://achieve.lausd.net/oehs>