



Let's Stop COVID-19

Stay 
Home
Stay Safe

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WEEK 1: QUARANTINE TIPS!

Hello Laker Family!
The Auxiliary Services staff will provide you with tips on how we have been staying proactive while living "The Quarantine Life."



THE QUARANTINE LIFE



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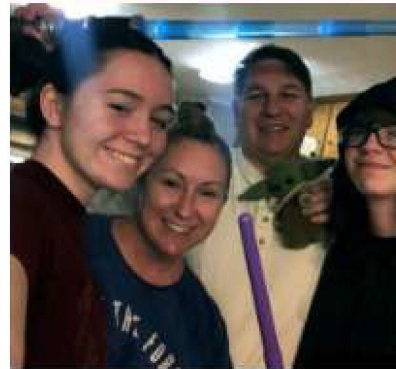
Please continue to practice safety & social distancing!



JULIE SAYS...

"To everything there is a season. Stay safe & well!"

.. Hey Clayton State Fam! I miss all your faces. Quarantining is halld for an E'NFP M e me! Half of my family is introverts so they are surviving well but the other half of us a:ll trying t:o find ways to continue to connect with the outside. We are playing games like Uno, and chess. We've e put a 1000 piece puzzle together (and we ne,ed a new one, but they are nowhere to be found!). But: one of the most: fun things we are doing is having theme nights for dinner. This week, we've had sports night (my son represented Clayton State!), and Star Wars night. Next week's plans include Wacky Wednesday, Movie/TV ohara:cter night, 70's and 80's night, and Disney night. This was actuaUy my introverted daughter's idea and we've a l had fun playingalong:



"I have to admit that I'm enjoying the slower pace of life f,or now. ifa.mHy dinners at the table are hard when y•our kids play sports and must.cal instruments. I'm focusing on tihe blessings to be found in this coHedive "pause", and I hope that you are, too. To everything there is a season. Stay safe and wen, my friendsr



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NORMAN SAYS...

"Can't find Clorox wipes anywhere?
Make your own!"

DIV Disinfecting Wipes



What you need:

One roll of high-quality paper towel

1 cup water

1/2 tsp bleach

Airtight plastic container

(should fit half roll of paper towel)

Mix together water and bleach.

Cut roll of paper towel in half using a good knife.

Place half roll of paper towel in container and pour water/bleach mixture over paper towel to soak.

Remove cardboard roller.

Pull paper towel from center of roll to dispense.

Cover container after use..

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"Bonus idea: Once paper towels are soaked through, remove several sheets. Fold and place them in a zip-lock **bag**. When you go out, take a bag of wipes with you to disinfect the handle of your grocery cart, your steering wheel, and your hands. "



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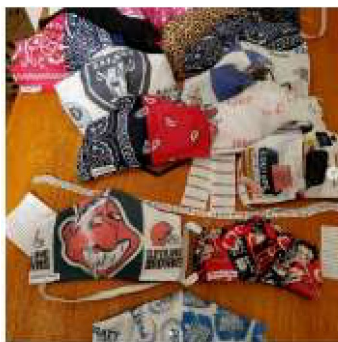


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STEPHANIE SAYS...

"No face mask? NO PROBLEM!
Homemade masks can help!"

My new line of protective face masks are machine sewn using 100% cotton and I make them in a variety of styles. All masks come with an easy to remove and install air filter (Retrete 1500 3m). They can help in reducing the spread of the virus per CDC recommendations of homemade masks." #HandMadeWithLove



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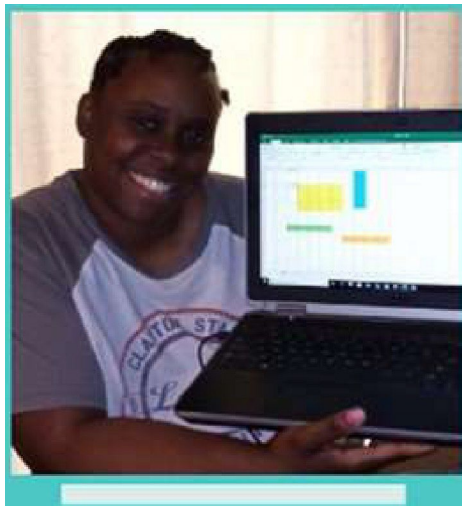


CEDRIC SAYS...

"Take periodic breaks to recharge your battery!"



When you're working from home, create some kind of routine such as having a space in your house that's only for work. Take periodic breaks to get some fresh air or to do something that recharges your battery. Stay safer!



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"Implement educational environments for your children!"

-While managing the accounting for Auxiliary Services.

I also implemented an educational environment for a fourth and seventh grader.



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TRINELLE SAYS...

"Use this time to reconnect and appreciate the time you get to share with loved ones!"

"Not only do I have the pleasure of being able to serve you from home, but I get to try my hand at homeschooling my Pre-K son! There are lots of free boredom busters and helpful sites to use. "

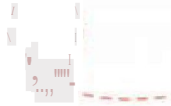
Here are a few:

1. Let's get fit! Counting to 100 with movement <https://youtu.be/JOTgLf3PMOc>
2. Kahn Academy Kids
3. San Diego Zoo live cam for Virtual Field Trip <https://zoo.sandiegozoo.org/live-cams>
4. Georgia Aquarium live cam for several creatures, <https://www.georgiaaquarium.org/webcam/jelly-webcam/>
5. Scholastic Learn at home site (currently free) <https://classroommagazines.scholastic.com/support/learn-at-home.html?caching>
6. You can find tons of worksheets to print or copy! Just search "free preschool worksheets" You can also use coloring books or magazines to create your own puzzles using cardboard and glue!
7. Your local craft store has craft ideas online and free contactless pickup!

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ROSA SAYS...

"Take care of your mental health!"

"I think its very important to take some time out of ouii day to reduce our stress and anxiety levels. n order to clear my brain of any stress anxiety, or "cabin fever" symptoms, I go on long walks in my neighborhood with my little dog Chompi (isn't he the cutest!?). While it is important to,stay up to date with current news I think gfvng yourself a b eak from the screens -phones, ti/s, la,ptops-is a MUST!"



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