



Newsletter

Your weekly updates from BCS 4th ed.



A message from the superintendent

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." - Maya Angelou

Dear Bessemer City Schools Family,

Congratulations on getting through the first week of e-Learning! I want to commend our parents and educators partnering through this transition to help our wonderful young students succeed. We recognize that for many of our parents, life has not stopped due to COVID-19 disruptions. In fact, many are still working daily. I want you to know your sacrifices for your children are an investment that will pay off.

If you're anything like me, your day starts early and goes nonstop from there. Your plate is full with work, taking care of your family, maintaining a house, cleaning, cooking - and, of course - reminding everyone to wash and sanitize frequently. Then, just as you're climbing into bed after washing your own hands for the 50th time since your day began, you are exhausted. Another day has ended with you pouring yourself into everyone else, while you get leftovers.

It's the reality many of us face during *normal* times; and, it's magnified now with myriad CORONA-related stress factors. That's why, this week's newsletter gives special attention to your mental/emotional health during this worldwide crisis. Let's take care of ourselves, and so that hopefully our loved ones will do the same.



PreK registration!

Get it done TODAY before seats fill up.



Suspended meals

BCS has suspended meals for the safety of our employees. We are working on a community partnership to resume serving our students breakfast and lunch, while also keeping our staff members healthy.



Shelter in Place Order

Effective until April 30th @ 5pm.

SEVERE WEATHER

Spring severe weather season is from March - May.

Please, plan ahead and stay safe.



SCHOOL DAYS

April 6th - June 5th

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I am thankful to our Counseling department for reminding our employees of how important it is to keep their own cups full before pouring into others. Dear Bessemer City family members, please take care of yourselves.

Go to our Facebook page, and tell us how you're getting through this. Are you spending more time with family? Playing board games? Taking walks in nature? Reading books? Writing or blogging? Taking classes? Hint: we have some amazing tips for you later in this publication.

We'd love to see pictures, videos, or just a sentence or two describing what you're doing.

I hope you and your loved ones are safe and well.

Sincerely,

Dr. Autumm Jeter, Superintendent - Bessemer City Schools

BEST OF BESSEMER!!



his week, we spotlight our Instructional Technology Coordinator - **Mrs. LaKorya Jackson!**

Mrs. Jackson has gone above and beyond to ensure that all teachers receive professional development on the various virtual platforms needed to carry out Bessemer City's digital learning plan. She has worked diligently with all departments to provide the technical assistance and training they need to work from home.



She has been a vital piece behind the scene with everything our school system has done to shift to virtual learning for students. Mrs. Jackson is patient, innovative, knowledgeable and a "go-getter!"

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Getting Through this Together

So, how are you doing...really? The mounting COVID numbers, the constant news coverage, self-isolation, business closures, and the list goes on. For most of us, life as we've known it pre-COVID has changed dramatically.

If you're feeling stressed, depressed, anxiety, or mood changes...you are not alone. In fact, according to mental health professionals, it's absolutely normal. Here are some bits of insight that just might help.

And, please - seek professional help if you need it.

Read on.



"Self-Care is Not Indulgence....It Is Discipline"

Bessemer City Schools

Self-care is a discipline because it's not something you do once in awhile when the world gets crazy. It's what you do every day, every week, month in and month out. It's taking care of yourself in a way that doesn't require you to "indulge" in order to restore balance. It's making the commitment to stay healthy and balanced as a regular practice.

If we are being honest, self-care is actually kind of boring. Which is why self-care is a discipline. It takes discipline to do the things that are good for us instead of what feels good in the moment. It takes even more discipline to refuse to take responsibility for other people's emotional well-being and it takes discipline to take full and complete responsibility for our own.

Information Courtesy:

Barbara McCoy,

Director of Counseling & Guidance

NEED HELP?
24 HOUR CRISIS LINE
1-800-273-TALK (8255)

TIPS from the Pros



Turns out, there are plenty of things you can do to cope with the emotional stress you may be feeling at this time. Many of them are productive and FREE, once in a lifetime opportunities!

Check out this list from the National Alliance on Mental Illness (NAMI). For the full article, [click here](#) to go to their website, where you will find a wealth of information and resources to support you.



Find Things To Do/Distractions

Activities that distract you from current events can be helpful. Here are a few ideas:

- Household chores, such as spring cleaning, will give you a sense of purpose and accomplishment when completed.
- Free **online university courses** and courses through **coursera**, such as Yale University's most popular class ever: **The Science of Well-Being**. They offer a great learning opportunity.
- **Movies** are moving from theaters to online. Netflix is also a good option.
- TV programming has expanded during the crisis, particularly through streaming services like Netflix. You can also currently **stream** the Met Opera for free. The **NFL** and **NBA** are also offering complementary access to online streaming platforms.
- **Virtual** parishes, which the Pope and other faith leaders are offering, can help maintain religious connections.

DON'T FORGET:

Stay connected to Bessemer City Schools for the latest information -

- Via website @ bessk12.org
- Facebook @BCSTigers
- Instagram @BCSTigers
- Snapchat @BessemerCitySchools
- YouTube @BCSTigers



COVID19 Safety



SOCIAL DISTANCE

If you must go out, be sure to keep six to ten feet between you and others.



WASH OFTEN

Wash your hands often or use alcohol rich hand sanitizer.



STAY HOME

The best way to protect yourself and others is to stay home as much as possible.