

Spring/Summer 2020

## Stay Home and Stay Safe

Chartwells would like to remind you that as families struggle with so much change, resources are available to you.

**Crisis Line** 24 hours a day.

Stress \* Depression

**Warm Line** to call and connect with a peer.

[1-855-NMCRISIS \(662-7474\)](tel:1-855-NMCRISIS)

**Warm Line**

Call or TEXT

1-855-4NM-7100

1-855-466-7100

**Call 3:30pm-11:30pm**

**Text 6pm-11pm**

## Los Alamos School District

Chef Laurence Pena has had an incredible year, as the Chartwells Food Services Director. Chef Laurence Peña's passion for cooking, and love for staff and students, are apparent in his work ethic.

The Chartwells team has made huge strides in menu choices, Zero Waste projects and a new drive thru service, to keep the school community children fed, during tough times.



### The Chartwells Food program continues!

Chartwells and LAPS are participating in the Free Emergency Meals Program, for any child 18 and under. We will provide breakfast and lunch meal distribution, twice a week. The single pick up will occur Tuesday and Friday, curbside 11am-1pm at Aspen Elementary. Then at and Chamisa Elementary pick-up will be from 12pm-1pm. Friday meals will be packaged for use on Friday, Saturday, Sunday & Monday. Tuesday meals would be for Tuesday, Wednesday and Thursday. You can look at menu details by going to <https://laschools.nutrislice.com>.

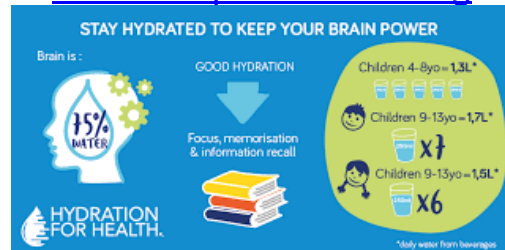


### SLEEP & HYDRATION

You may get to do homeschool in your pajamas, but remember how important sleep and hydration are for everyone.

Learn how screen time affects sleep and happiness.

[www.sleepfoundation.org](http://www.sleepfoundation.org)



## Hydration

[www.familydoctor.org](http://www.familydoctor.org)

You may not think you're thirsty, but headaches, confusion, dizziness or light-headedness are all symptoms of dehydration.

BOOM

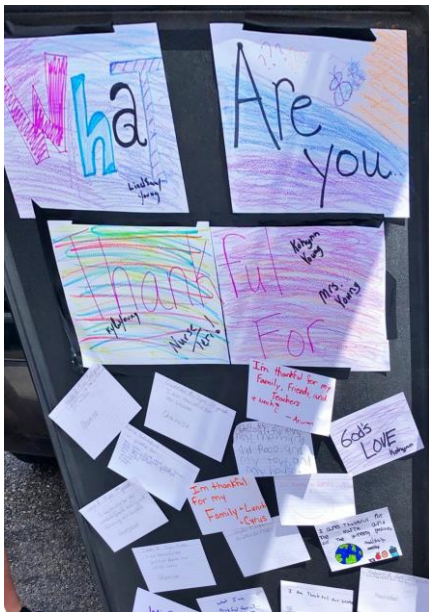
health lesson, extra credit!

Keep in touch, we are here for you always 😊



[Laurence.Pena@compass-usa.com](mailto:Laurence.Pena@compass-usa.com)

## Be Thankful Each Day!



We will continue to adapt as the situation requires, there may be adjustments to the menu, due to supply chain issues.

Some of the items we may be offering are take and bake at home options.

The program is sponsored by LAPS, and paid thru funding from CYFD. All meals meet USDA guidelines and were developed by Chartwells chefs.

## TEACHER APPRECIATION WEEK May 3<sup>rd</sup> thru May 9th



One of our own will retire after 35 years of service to education.



Rita Sanchez salutes the Class of 2020, with her senior portrait. If she was one of your teachers, let her know what you remember.

Send cards and letters to:

Rita Rising!  
P.O. Box 4741  
White Rock, NM 87547