

December Newsletter

Language Academy of Sacramento

Message from Care Solace

Season's greetings! With the upcoming holiday break, we encourage you to relax, unwind, and settle into an enjoyable holiday season.

While the holiday season brings joy, we all know it may also bring unwelcome guests, like stress and grief. Some of us may be balancing endless to-do lists from shopping to entertaining. Some of us may be experiencing the holidays without a loved one for the first time. While we each celebrate this season's joys, it's also important to stay mindful, acknowledge our feelings, and reach out for help if needed.

Language Academy of Sacramento partnered with Care Solace to support the well-being of students and their family members. Care Solace is a complimentary and confidential care coordination service that can help you quickly find mental health or substance use treatment options matched to your needs regardless of circumstance.

If you or a family member are looking for help with mental health or substance use and would like to use Care Solace to help you find a provider:

- Call 888-515-0595. Support is available 24/7/365 in any language.
- Visit www.caresolace.com/lasac and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone. No matter how you plan to spend your time, we wish you each a safe and restful break! We look forward to when we return on January 10th.

Open Enrollment

Open Enrollment for the 2022-2023 school year will be from January 24th-March 31st. If you have a child who will begin Kindergarten (those born between September 2nd, 2016-September 1, 2017) or TK (born between September 2, 2017-February 2, 2018) next school year, you're highly encouraged to sign up for an information session. Remember that **siblings do NOT receive automatic placement**. Attendance to an information session is highly encouraged and you must complete an application for the enrollment lottery. To sign up for an information session or for any other questions regarding enrollment, please contact Laura Lomeli via email (llomeli@lasac.info) or call the LAS office.

INTERNATIONAL TRAVEL DURING THE HOLIDAYS (repeat)

Please take the following into consideration when traveling with your children

- **Do not travel internationally until you are fully vaccinated.**

- Check your destination's COVID-19 situation and travel requirements before traveling. Countries may have their own entry and exit requirements.
- When you travel to the United States by air, you are required to show a negative COVID-19 test result or documentation of recovery from COVID-19 before you board your flight. The timing of this test depends on your vaccination status and age.
- Wearing a mask over your nose and mouth is required in indoor areas of public transportation (including airplanes) traveling into, within, or out of the United States and indoors in U.S. transportation hubs (including airports).

You might have been exposed to COVID-19 on your travels. You might feel well and not have any symptoms, but you can still be infected and spread the virus to others. For this reason, CDC recommends the following

ALL Travelers

- Get tested with a COVID-19 viral test 3-5 days after travel.
- Find a U.S. COVID-19 testing location near you
- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
- Follow any additional state and local recommendations or requirements after travel

If You Are NOT Fully Vaccinated

- **In addition to the testing recommendations above**
- Stay home and self-quarantine for a full 7 days after travel, even if you test negative at 3-5 days.
- If you don't get tested, stay home and self-quarantine for 10 days after travel.

Mark your Calendar

Parents as Partners Workshop: December 15th

Topic: Adult Mental Health During Covid-19

Time: 5pm

Adult mental health is crucial in this time of uncertainty. We cannot take care of our loved ones if we do not take care of ourselves first. Come learn about how to care for your mental health during pandemic.

Led by LAS counselor, Ariana Pantoja, and psychologist, Evelyn Sandoval

<https://us06web.zoom.us/j/89839488907>

Meeting ID: 898 3948 8907

Spirit Day: December 16th

Pajama Day

Governing Board Meeting: December 17th

5.30pm

Public is welcome. Zoom link can be found on board agenda on LAS website.

No School: December 20th-January 7th



About Us



 Facebook


Mission

The LAS mission is to create a learning environment where students:
Utilize bilingualism and biliteracy (Spanish and English) to achieve academic excellence and apply skills in real-world situations and diverse settings. (BILITERACY) Develop and exhibit positive self-esteem, pride, confidence, and respect for themselves and others. (CONFIDENCE AND LIFE SKILLS) Demonstrate leadership skills in order to build bridges between communities and apply critical thinking skills to solve problems, promote social justice, and create change in society. (LEADERSHIP AND CRITICAL THINKING)

Vision

Our vision is to provide an exceptional Spanish-English bilingual education for all students.

 2850 49th Street, Sacramento, ...  (916)277-7137

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