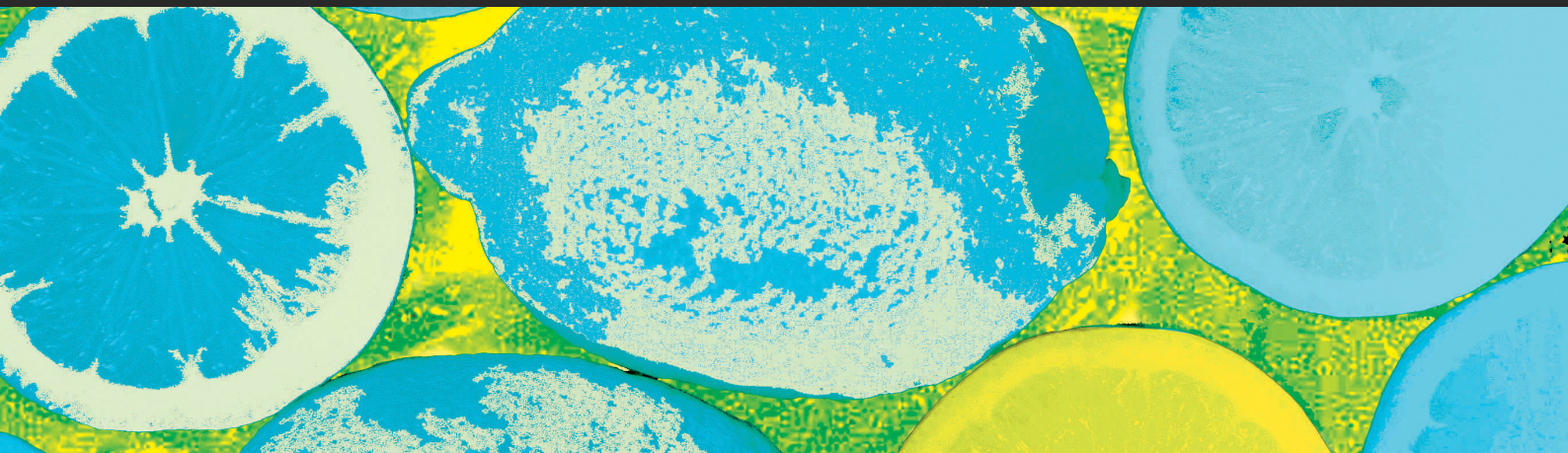


# WHAT'S HAPPENING IN THE GROVE?

LEMON GROVE SCHOOL DISTRICT PARENT NEWSLETTER



## THIS MONTH'S NEWS AND UPDATES:

**COVID-19 Vaccine Facts (Eng/Span) - 2 & 3**

**LGSD Parent Engagement - 4**

**Free Community Resources for Families- 5 & 6**

## MESSAGE FROM SUPERINTENDENT - ERICA H. BALAKIAN

Dear Lemon Grove Families:

I am so excited to announce that we are planning for our Lemon Grove Learners to return to school in the Hybrid Learning Model! We sincerely appreciate your patience and support during the last year!!! Our LGSD parents are truly amazing.

Declining COVID-19 rates in our county and with substantial funding and guidance from the CA. State Legislature and Governor Newsom, we are able to have our students return to school for two full days a week!

We ask that you complete a survey and tell us which model you wish for your child to experience from Spring Break to the end of the school year. Here is a link to the survey:

<https://forms.gle/EDkBSfSZn9CKuS6h7>

Please complete the survey no later than March 13th. Questions? Contact us via e-mail at [communications@lemongrovesd.net](mailto:communications@lemongrovesd.net). Or you can call us 619-825-5600.

# COVID VACCINE FACTS (ENGLISH)

BE COVIDSAFE ✓

## COVID-19 Vaccine: Myth vs. Fact

Several myths are floating around regarding the COVID-19 vaccine. Let's address the facts.

### VACCINE MYTH

### VACCINE FACT



**MYTH:** COVID-19 vaccines give you COVID-19.

**FACT:** COVID-19 vaccines do not give you COVID-19.

None of the COVID-19 vaccines in development in the United States (U.S.) use the live virus that causes COVID-19. The goal for these vaccines is to teach our immune systems how to recognize and fight the COVID-19 virus.



**MYTH:** COVID-19 vaccines cause you to test positive on COVID-19 viral tests.

**FACT:** COVID-19 vaccines do not cause you to test positive on COVID-19 viral tests.

COVID-19 vaccines in the U.S. won't cause you to test positive on current infection viral tests. If your body developed an immune response and tests positive on some antibody tests, a previous infection may have given some level of protection against the virus.



**MYTH:** People who have gotten sick with COVID-19 will not benefit from getting vaccinated.

**FACT:** People who have gotten sick with COVID-19 still benefit from getting vaccinated.

People are advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before. Reinfection is possible and getting vaccinated is one of the best ways to protect yourself, your family, and community.



**MYTH:** Getting vaccinated will not help prevent you from getting sick with COVID-19.

**FACT:** Getting vaccinated prevents you from getting sick with COVID-19.

The vaccine is highly effective at preventing you from getting seriously ill or hospitalized with COVID-19. It is the best way to acquire immunity from the disease.



**MYTH:** Receiving a COVID-19 vaccine will alter your DNA.

**FACT:** Receiving a COVID-19 vaccine will not alter your DNA.

Current COVID-19 vaccines were developed using messenger RNA (mRNA). mRNA are instructions for how to make a protein or even just a piece of protein. It is not biologically possible for mRNA from COVID-19 vaccines to alter or change a person's DNA.

For more information on COVID-19 vaccines, please visit:

[coronavirus-sd.com/vaccine](https://coronavirus-sd.com/vaccine)



02-22-2021

## CUÍDESE DEL COVID ✓

### Vacuna contra el COVID-19: Mitos y Hechos

Hay varios mitos circulando acerca de la vacuna contra el COVID-19. Vamos a ver los hechos.

#### MITOS

#### HECHOS



**MITO:** Se va a enfermar de COVID-19 si se pone la vacuna.

**HECHO:** No se va a enfermar con COVID-19 si se pone la vacuna

Ninguna de las vacunas contra el COVID-19 en desarrollo en los Estados Unidos usa el virus que causa COVID-19. La meta de estas vacunas es enseñar al sistema inmune a reconocer y combatir al virus que causa COVID-19.



**MITO:** Las vacunas contra el COVID-19 causan que el resultado en las pruebas virales de COVID-19 salga positivo.

**HECHO:** Las vacunas contra el COVID-19 no van a causar que sus resultados salgan positivos en pruebas virales de COVID-19.

Las vacunas contra el COVID-19 en los Estados Unidos no van a causar que su resultado sea positivo en pruebas virales de infección actuales. Si su cuerpo desarrolla una respuesta inmunológica y tiene un resultado positivo en algunas pruebas de anticuerpos, una infección previa puede haberle dado cierto nivel de protección contra el virus.



**MITO:** Personas que tuvieron COVID-19 no se beneficiarían de vacunarse contra el COVID-19.

**HECHO:** Personas que tuvieron COVID-19 se pueden beneficiar de vacunarse contra el COVID-19.

Se les recomienda a las personas que se vacunen contra el COVID-19 aún cuando estuvieron enfermos con COVID-19 anteriormente. La reinfección es posible y una de las mejores maneras de ayudar a combatir la pandemia es por medio de vacunarse.



**MITO:** Vacunarse no va a ayudar a prevenir que se enferme de COVID-19.

**HECHO:** La vacuna ayuda a prevenir la enfermedad por COVID-19.

No hay manera de saber como le va a afectar el COVID-19. La vacuna contra el COVID-19 ayuda a protegerlo sin tener que enfermarse.



**MITO:** La vacuna de COVID-19 va a modificar su ADN.

**HECHO:** Ponerse una vacuna de COVID-19 no va a modificar su ADN.

El ARN mensajero (ARNm) le da instrucciones al cuerpo para hacer una proteína o un pedazo de proteína. ARNm no puede modificar o cambiar el ADN por medio de una vacuna contra el COVID-19 porque no entra al núcleo de la célula, que es donde se encuentra nuestro ADN.

Para más información sobre las vacunas contra COVID-19, visite a:

**[coronavirus-sd.com/vaccine](https://coronavirus-sd.com/vaccine)**



02-22-2021

# LGSD PARENT ENGAGEMENT OPPORTUNITIES

We have wonderful sessions for you this month! Please take some time to check out the learning and community building opportunities available through our Parent Engagement Office:

Visit the district website for all of our offerings, including links to the Zoom sessions: <https://www.lemongrovesd.net/apps/events/>

**The Positive Parenting Program (Triple P)** by the Jewish Family Service of San Diego. [Seminar Flyer](#)

**Promo video:**    [English](#) .    [Spanish](#)

## **Enrollment assistance:**

Thursday, March 4, Spanish 2:00 - 2:30pm, English 2:30 - 3:00 pm

Monday, March 8, Spanish 3:00 - 3:30pm, English 3:30 - 4:00pm

Enrollment assistance link: [bit.ly/learn-circle](http://bit.ly/learn-circle)

## **English sessions:**

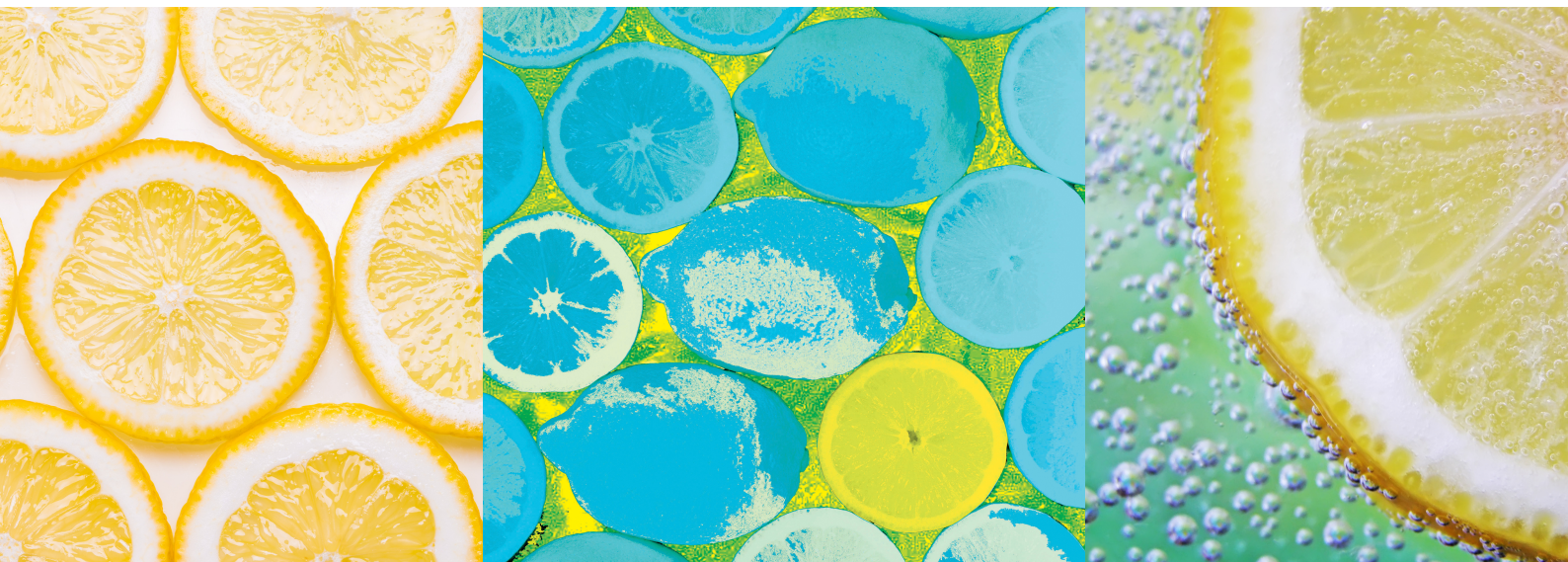
Wednesdays March 10, 17, and 24 at 1:00PM

Registration link: <http://bit.ly/reg-ppp>

## **Spanish sessions:**

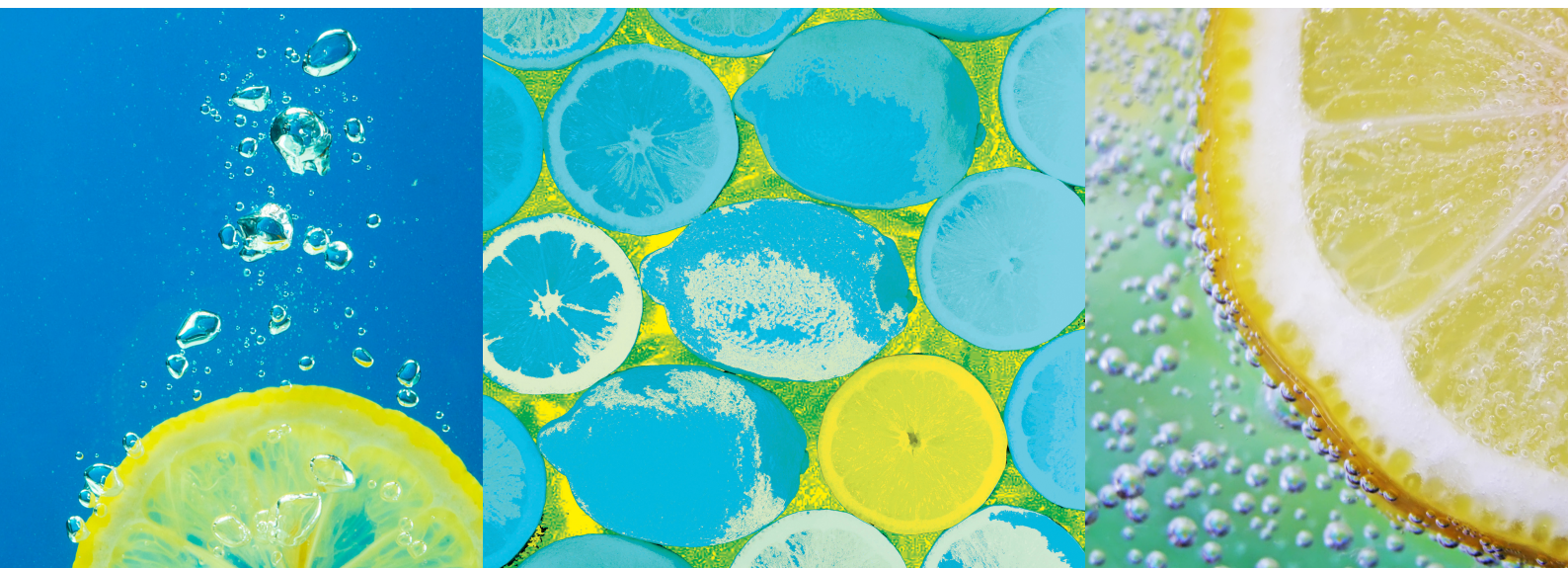
Wednesdays March 10, 17, and 24 at 3:00PM

Registration link: [bit.ly/registro-ppp](http://bit.ly/registro-ppp)



# FREE RESOURCES FOR PARENTS

- **Give Kids a Smile (2/22 – 3/19):** Free dental services for kids 18 and under ([click here](#))
- **COVID-19 Emergency Rental Assistance Program** ([click here](#))
- **Enrollment in Healthcare Coverage (Medicaid or CHIP) through May 15** ([click here](#))
- **SD Nights Online March Events for Youth [Flyer](#)**
  - SD Nights will be holding Facebook Live events and Zoom meetings online, with interactive activities, games, classes, and conversations designed especially for teens – with add-on content to promote health and wellness.
  - All SD Nights VIP Events are free for youth ages 10-18. RSVP required for all events; contact Carl McCullough at 619-961-0159 or [carl.mccullough@sdcounty.ca.gov](mailto:carl.mccullough@sdcounty.ca.gov) for more info.
- **Diaper Drive-Thru**
  - March 13 | 9am – 11am | [Register](#) | [English Flyer](#) | [Spanish Flyer](#)
  - National City Public Library
  - Special appearance by the San Diego Star Wars Society!
- **Dads Corps Program 2021 | [Interest Form](#)**
  - Dads Corps is a FREE fatherhood workshop series that is offered using a virtual format via Zoom. These workshops are conducted in 8-week formats teaching on topics such as Discipline, Communication, Healthy Lifestyles, Financial Security, Job Readiness and more. We support dads by sharing new insights and approaches to parenting allowing YOU to develop new skills and tools to support your family unit regardless of your situation.
- **Fatherhood Collaborative Meeting (Mental Health America San Diego)**
  - **March 10 | 10:30am | [RSVP for Zoom information](#)**
  - This will be a space where organizations and community members can come together to discuss ideas/programs/initiatives which can impact fathers and families throughout San Diego County.



# COMMUNITY RESOURCES FOR PARENTS

## **211 San Diego**

Call 2-1-1 for general questions about COVID-19 or for information about community resources. Click here --> [2-1-1 San Diego Flyer](#) (English & Spanish).

## **Live Well @ Home**

Click here ---> [Live Well @ Home](#) is a free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying at home.

## **The San Diego Access and Crisis Line (ACL)**

Click here ---> [San Diego ACL Website](#), Toll free phone: (888) 724-7240 | TDD/TTY Dial 711 | 7 days a week/24 hrs a day

## **CDC - COVID Parental Resources Kit**

Ensuring Children and Young People's Social, Emotional, and Mental Well-being, Click here ---> [CDC website](#) (available in Spanish)

## **County of San Diego - How to Manage your Mental Health and Coping during COVID**

Click here ---> [County of SD website](#) (available in Spanish & multiple other languages)

## **Food Assistance Resources**

Click here ----> San Diego Hunger Coalition | [ENGLISH](#) & [SPANISH](#)

## **San Diego Food Bank**

Click here ---> [Super Pantry List](#)



**FREE THE CHILD'S POTENTIAL, AND YOU WILL TRANSFORM HIM/HER INTO THE WORLD!**