



Hello Lowell Families and Community!

First and foremost, the health and safety of all of our staff, students and families is in the forefront of our minds. Many of us first think "Covid" when they hear this, but we want to remind you of the other ways it is important to care for yourself and others during this time.

First, Covid is not the only illness out there. Remember to wash your hands, stay home if you feel unwell, and get plenty of rest. Eating healthy and drinking lots of water is an important step in staying healthy. Mental wellness is also a concern during the dreary winter months. Getting outside and engaging in 30 minutes of physical activity each day will help fight the winter blues. Limit screen time if possible. Engage in hobbies and other activities that you enjoy.

Our commitment to safety must also come from our families and community members. When driving on the Lowell Campus or around the neighboring community, remember to obey the speed limits. You are driving where people live and where our students walk. Please be respectful of our neighbors and look out for our kiddos.

To ensure that our students stay well hydrated and do not share items so that we can illness at bay, Lundy Elementary has provided disposable water bottles to students who need them throughout the day. Currently, we have exhausted our supply. If you, or someone you know, can donate water, we would greatly appreciate it.

Monday, January 17, is a "no school day" in to order observe Martin Luther King Jr. Day.

**If you can't fly then run, if you can't run then walk, if you can't
walk then crawl, but whatever you do, you have to keep moving
forward. --MLK**

As always, be safe, healthy, and kind!