



**El Camino Real  
Academy**  
FAMILY NEWSLETTER  
April 24, 2020



## ECRA FAMILIES

I hope this newsletter finds everyone healthy and safe. Here are this weeks updates and information. Don't forget to check ECRA's website regularly for updates. We hope you have a great weekend!

## OFFICE HOURS

Please feel free to call the school for any information and assistance you may need. Since the school is closed, phone calls are forwarded to Ms. Brenda. Please only call during the hours of 7:00 a.m. to 4:00 p.m. Monday through Friday.



## HAVE YOU REGISTERED FOR SCHOOL YEAR 2020-2021?

Registration is open for everyone and we would not want to see your student lose their spot. The registration link is:  
<https://enroll.aps.edu>  
Please contact the school if you need assistance.

## CLASS OF 2020

We are currently making plans with seniors to figure out the best way to celebrate their accomplishments. We plan to have a virtual ceremony and an in person ceremony once the gathering restrictions have been lifted. Our seniors have worked very hard to get to this point so we want to be sure to recognize their efforts in the best way possible.





## NEW MEXICO STATE UNIVERSITY'S SEED TO SUPPER PROGRAM

## FREE SEEDS AND GARDENING GUIDANCE

New Mexicans have the opportunity to plant seeds and grow a vegetable garden while staying home and social distancing, thanks to New Mexico State University's Seed to Supper program.

Part of NMSU's Cooperative Extension Service, the Seed to Supper program provides free seeds and gardening guidance to New Mexicans who register for the online course or who participate offline with a paper-based booklet on introductory gardening techniques. (The booklet is available in both English and Spanish.)

New Mexico Agriculture Secretary Jeff Witte said this is a perfect opportunity for families during the spring planting season.

"This program aims to support physical distancing and bolster New Mexicans' access to healthy food during the COVID-19 health emergency," said Witte. "It's also an excellent educational opportunity for families to learn about agriculture in our state."

New Mexicans who wish to participate in this free program can sign up at [this link](#), or call 1-877-993-3637 during business hours to speak with someone or leave a message. Participants will receive:

- Four packets of vegetable seeds appropriate to their region of New Mexico. Options may include leafy greens, melons, root vegetables and squash.
- A "Quick tips" guide on how to start a vegetable garden at home (including guidance for families whose housing arrangements require container gardening).

"Now is the perfect time to learn to grow your own food, and we can help," said Sally Cassady, ICAN Food Systems Specialist with the NMSU College of Agriculture, Consumer and Environmental Sciences. "Start with something simple, like growing lettuce in a container. Your confidence will grow along with your garden, and soon you'll be enjoying your own harvest - in your own home."

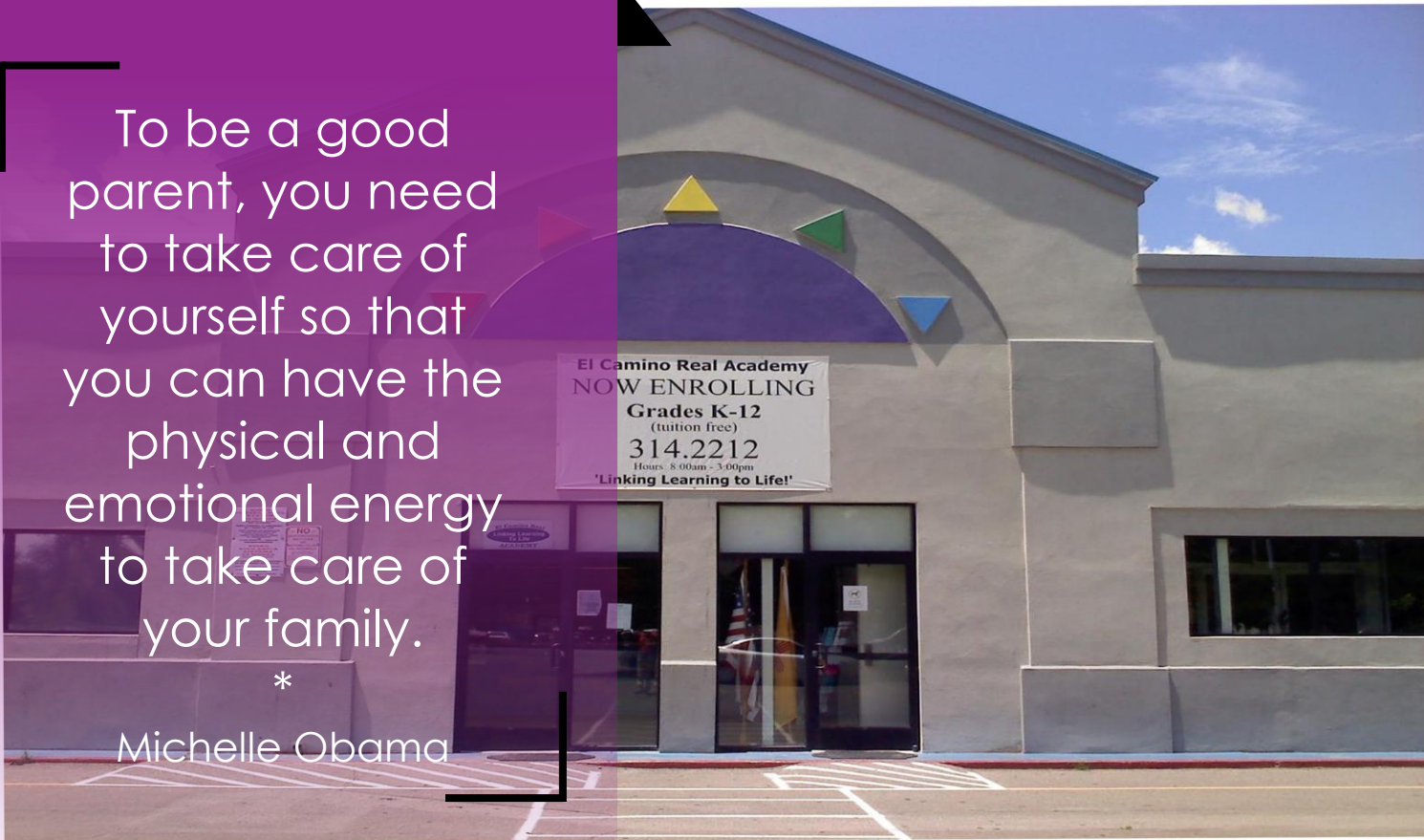
<https://fs24.formsite.com/ican/s2sonline/index.html>



To be a good parent, you need to take care of yourself so that you can have the physical and emotional energy to take care of your family.

\*

Michelle Obama



El Camino Real Academy  
NOW ENROLLING  
Grades K-12  
(tuition free)  
314.2212  
Hours: 8:00am - 3:00pm  
'Linking Learning to Life!'

## FEELING STRESSED?

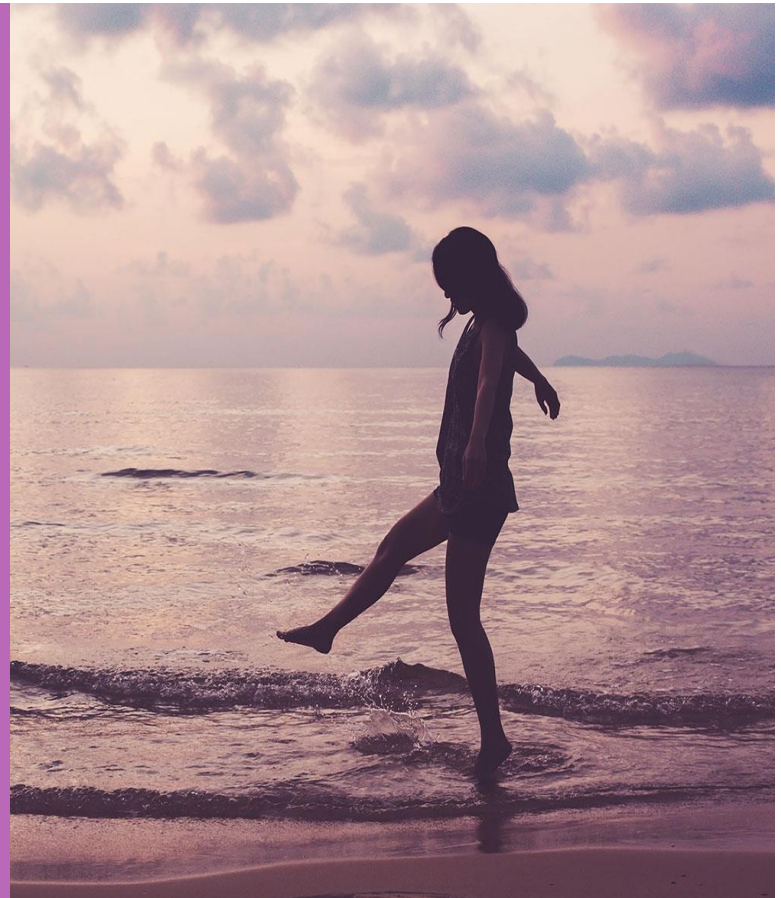
If you are feeling stress about the COVID-19 pandemic, your brain isn't misfiring. Stress is a normal, healthy biological response to perceived threats and challenges. It's a response that gets us ready to act — to protect ourselves and our loved ones.

But too much stress can hijack our ability to reason through a situation; it can put us in fight, flight or freeze mode even if that's not a helpful reaction. And as much as possible, we want to be responsive instead of reactive.

Thankfully there are good tools for calming this stress response, tools that can be used in this or any other situation. Here are a few good websites that can help:

<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>



# BE AWARE OF COVID-19 FRAUD SCAMS

## Do

- Verify companies or individuals before purchasing anything online or by phone
- Beware of imitation websites (ex. ABC.org instead of ABC.com)
- Check online reviews before purchasing
- Alert your bank immediately if you have been victimized
- Beware of unsolicited emails requesting personal information for medical equipment or checks
- Report any concerns about solicitors to local law enforcement or the Attorney General's Office

## Don't

- Give personal information over the phone or by email without verifying the solicitor
- Provide personal information in exchange for larger stimulus checks or faster processing

## WHAT IS SOCIAL DISTANCING?

Social distancing, also called "physical distancing," means keeping space between yourself and other people outside of your home. To practice social or physical distancing:  
Stay at least 6 feet (2 meters) from other people

Do not gather in groups

Stay out of crowded places and avoid mass gatherings

In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.

When COVID-19 is spreading in your area, everyone should limit close contact with individuals outside your household in indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you have no symptoms. Social distancing is especially important for people who are at higher risk of getting very sick.

