



HUMAN RESOURCES *Newsletter*

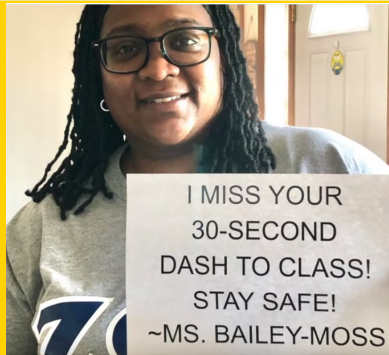


We are all experiencing significant shifts in various aspects of life—from family and community to work and how we socialize. While we may worry about the worst, a positive future is ahead!

Reminder:

It takes less than a minute to check in before 8:30 am!

Students are relying on us to stay diligent and active to keep them motivated to remain studious and committed!



[Click to view the District 206 Staff Message to Students :\)](#)

You are not alone. Isolation is a key contributor to depression, anxiety and other mental health issues. The need for physical and social distancing has only intensified this struggle. Since the beginning of the COVID-19 event, many employers have begun to add to employee support systems as a result of this crisis, but we have already had a viable support system in place. We consider employee wellbeing more holistically, including your mental and emotional wellbeing and not just your physical. You are a whole person, and we are here for you.

Perspectives is open to all employees and employee family members during this time. Please note: Perspectives' definition of "family member" is **ANYONE** that the employee cares about.

No matter where we are working, we are together learning new ways to contribute to the lives of our students and the progression of their futures.

#AloneTogether

P.S. All pictures are links!

Contact Us:

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Click the picture to the left or anywhere you see the word Perspectives to go to the Perspectives EAP site.

Username: BLOOM

Password: perspectives

"Thank you again for your dedication and commitment during this time. We continue to offer hope and confidence to our students and school community that we will endure this pandemic together. We are making a difference in the lives of our students."

-Dr. Lenell Q. Navarre

