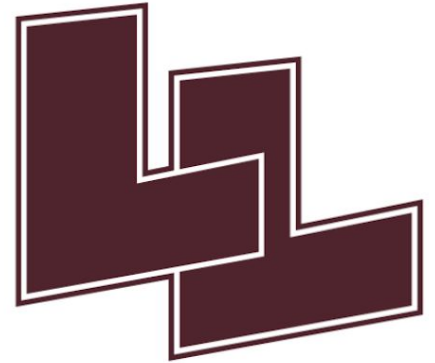


# DISTRICT NEWS RELEASE

## CONTACT:

Christina Courson  
Executive Director of Communications & Community Services  
(512) 398-0033 office  
(512) 738-1413 cell  
[Christina.Courson@lockhart.txed.net](mailto:Christina.Courson@lockhart.txed.net)



## FOR IMMEDIATE RELEASE

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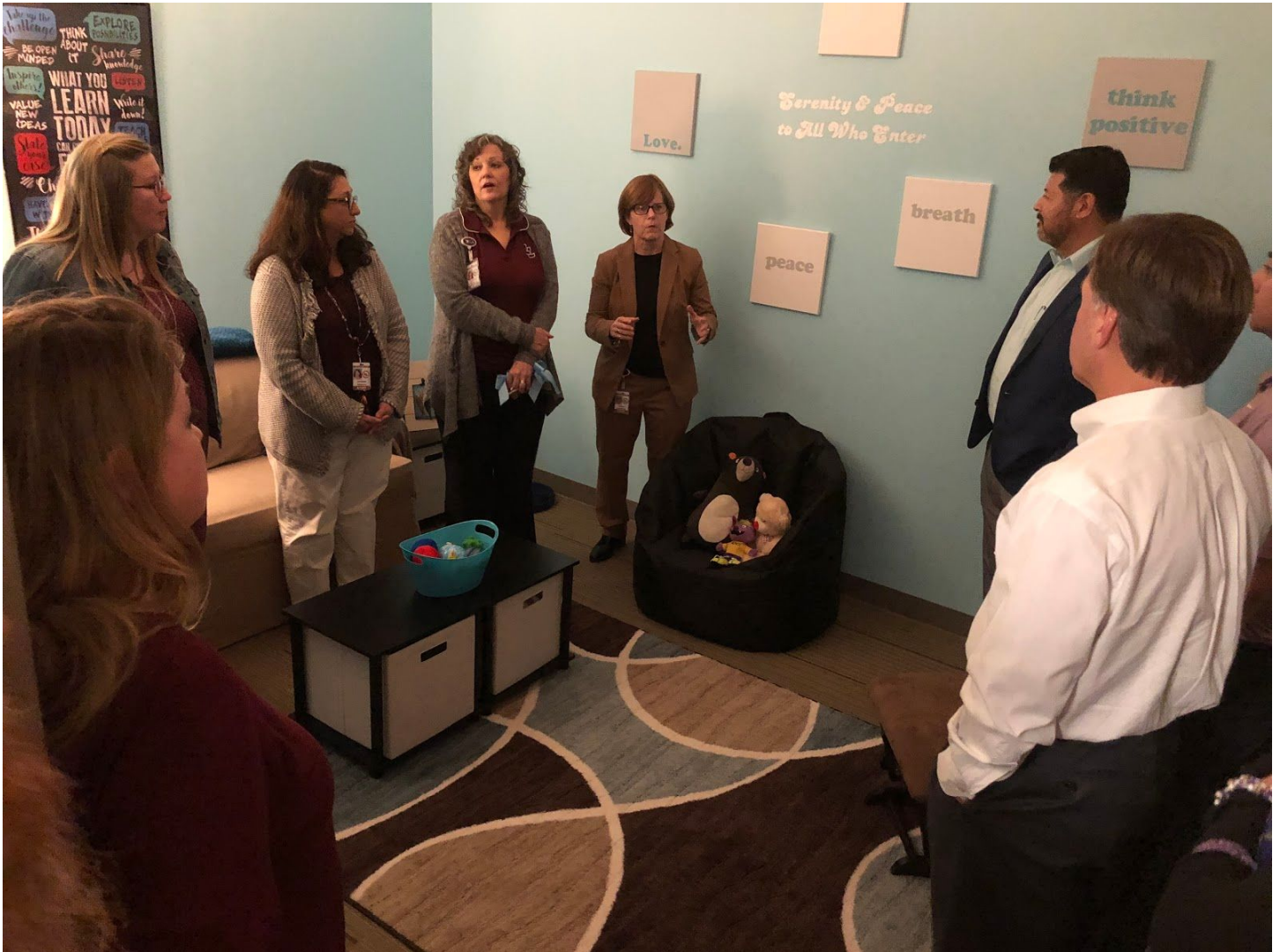
## Lockhart High School hosts ribbon cutting for Serenity Room



The counseling team of Lockhart High School hosted a ribbon cutting ceremony for its new Serenity Room Wednesday evening. The room is designed to be a safe space for students to find serenity in stressful circumstances or wrestling difficult emotions. It was funded by the Education Foundation for Lockhart ISD through a \$2,000 innovative grant awarded to the counseling team in May 2018.

In addition to a quiet, calm space, the Serenity Room offers students blankets, including a weighted

blanket, comfortable seating options, coloring books, the use of an essential oil diffuser, essential oil lotions, stress balls, calming music, and refreshments. Students interested in using the space can reach out to the counselors at the school. Teachers can also help refer students to the counseling office for assistance.



"We teach them coping skills and work with them on developing those skills. Sometimes, they just need 10 minutes away to calm down," said LHS Counselor Cyndi Barnett.

"I want to thank the Education Foundation for Lockhart ISD for supporting our staff when they are innovating," said Superintendent Mark Estrada. "To have a place that is peaceful, where students can get themselves together and develop and practice coping skills to prepare them for the world as adults, is truly a wonderful thing."

The Foundation raises money throughout the year in order to fund grants for teachers with innovative ideas, enhancing the student learning experience. If you would like to make a donation, please visit <http://www.foundation4lisd.com/get-involved/#donate>.

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