

# NAVIGATING THE SCHOOL YEAR: MAINTAINING WELLNESS IN A TIME OF CHANGE

## RESOURCE MATERIALS



Brief Description	FOCUS				Source
	Children	Teens	Young Adult/College	Adults	
<b>Overall Health for Families During COVID-19</b>					
The CDC Parent Resource Kit for coping with COVID-19. Provides advice on a variety of topics and is grouped by developmental age.	✓	✓	✓		<a href="#">LEARN MORE</a>
<b>Mental Health and Emotional Well-Being</b>					
Article written by Dr. Sandra Chafouleas on sending students to college with a wellness plan.		✓	✓	✓	<a href="#">LEARN MORE</a>
A comprehensive guide to mental health, which includes how to build a wellness plan for younger ages.	✓	✓			<a href="#">LEARN MORE</a>
Article by the American Psychological Association on mindfulness meditation.			✓	✓	<a href="#">LEARN MORE</a>
<b>Physical Health</b>					
Physical activity and movement ideas by age group.	✓	✓			<a href="#">LEARN MORE</a>
GoNoodle® for Families. Provides movement and mindfulness videos created by development experts.	✓				<a href="#">LEARN MORE</a>
Sleep recommendations for children based upon the American Academy of Pediatrics.	✓	✓			<a href="#">LEARN MORE</a>
<b>Screen Time</b>					
Screen Time During the Coronavirus Crisis - What limits are appropriate.	✓	✓			<a href="#">LEARN MORE</a>
<b>Academic Supports</b>					
Take N.O.T.E. strategy helps families work through getting help for various challenges.				✓	<a href="#">LEARN MORE</a>
COVID-19 toolkit supporting students with autism. Provides examples of social stories and uses pictures with descriptive words to help children process situations.	✓	✓			<a href="#">LEARN MORE</a>

Scholar's Edge® ("Scholar's Edge" or the "Plan") is operated as a qualified tuition program offered and sponsored by The Education Trust Board of New Mexico (the "Board") and is available to all U.S. residents. Ascensus College Savings Recordkeeping Services, LLC is the Program Manager for Scholar's Edge and Principal Funds Distributor, Inc. is the distributor of Scholar's Edge. Principal Global Investors, LLC, ("PGI"), an affiliated company of the Distributor and a member company of the Principal Financial Group®, serves as the investment advisor to the Plan. Responsibilities of PGI include providing recommendations to the Board for the Underlying Investments in which the Scholar's Edge Portfolios invest, monitoring and rebalancing the asset allocations for the Year of Enrollment and Target Risk Portfolios, and monitoring the Portfolios' compliance with the Board's Investment Policy Statement and applicable law. The Program Manager is not affiliated with any member company of Principal Financial Group.

Accounts in Scholar's Edge are not insured or guaranteed by the Federal Deposit Insurance Corporation or any other government agency. The securities held in the Plan accounts are neither FDIC insured nor guaranteed and may lose value. The Board has no legal obligation to provide financial support to the Plan or Plan accounts, and you should not expect that the Board will provide financial support to the Plan at any time. Account Owners do not invest in, and do not have ownership or other rights relating to the underlying investments held by the Plan's investment options. The underlying investments are not deposits or obligations of any bank, are not guaranteed by any bank, are not insured by the FDIC or any other agency, and involve investment risks, including the possible loss of the principal amount.

This material is provided for general and educational purposes only, and is not intended to provide legal, tax or investment advice, or for use to avoid penalties that may be imposed under U.S. federal and state tax laws. Contact your attorney, tax professional or other financial professional regarding your specific legal, investment or tax situation. Some states offer favorable tax treatment to their residents only if they invest in the home state's own plan. Investors should consider before investing whether their or their designated beneficiary's home state offers any state tax or other benefits that are only available for investments in such state's qualified tuition program, such as financial aid, scholarship funds, and protection from creditors, and should consult their tax advisor.

Dr. Sandra Chafouleas is not affiliated with any member of the Principal Financial Group. The views and opinions expressed in this presentation are those of Dr. Chafouleas and should not be considered those of the Principal Financial Group.

**Before investing in Scholar's Edge, investors should carefully consider the investment objectives, risks, charges and expenses associated with the Plan's municipal fund securities. The Plan Description and Participation Agreement contains this and other information about the Plan, and may be obtained by asking your financial professional, by visiting [scholarsedge529.com](http://scholarsedge529.com) or calling 1.866.529.SAVE (1.866.529.7283). Investors should read these documents carefully before investing.**

Scholar's Edge® is distributed by Principal Funds Distributor, Inc. a FINRA Member  
620 Coolidge Dr., Suite 300  
Folsom, CA 95630

Securities and advisory products offered through Principal Securities, Inc., 800-247-1737, Member SIPC, and/or independent broker/dealers. Principal Funds Distributor, Inc. and Principal Securities are members of Principal Financial Group®, Des Moines, IA 50392

Scholar's Edge® and the Scholar's Edge® Logo are registered trademarks of The Education Trust Board of New Mexico used under license.

Investment management by:



© 2020 Principal Financial Services, Inc. All rights reserved. Principal, Principal and Symbol design and Principal Financial Group are trademarks and service marks of Principal Financial Services, Inc., a member of the Principal Financial Group.