

FAMILY AND COMMUNITY ENGAGEMENT

IT'S FACE TIME!

SEASON CHANGES

I feel the season changing, do you? It is exciting, after the many cold days, we can look forward to the warmth of the sun, the gentle breeze, the leaves on the trees, and the colorful flowers. As the season is changing, so is the season for total isolation due to the pandemic. We have many people getting vaccinated, many have adopted health and safety guidelines, and many have simply changed how they live, never to go back to the old way again.

As CMSD starts the Hybrid re-opening, I challenge families to reflect on how engaged you were with your child's education and commit to continuing to be engaged as much as possible moving forward even if your child comes into the building twice per week. Talk to them everyday about their school experience. Discuss with them everyday about what they learned. Check in with the teacher to see how you can support their learning at home. Remember to keep your contact information up to date.

Although we are not completely out of the woods, we can slowly transition into a stronger, healthier way of living and partnering with our child's school for a stronger partnership.

Family - School partnerships are key to our children's educational success!

[CMSD HYBRID RE-OPENING WEB PAGE LINK](#)

Click on the above to find out all the information you need for how CMSD plans to reopen.

A Lesson On Resilience



BUILDING RESILIENCE

Human beings are resourceful, adaptable and resilient. Children, like adults, have natural resiliency. They want to adapt and they want to be a part of a collective society. The Pandemic caused the collective society to become isolated, virtual and remote. Children and adults adapted. Now, almost exactly one-year later schools will re-open. Going back to a physical school building will require children (and adults) to re-adapt. Again, human beings resiliency will be tested.

Read the American Psychological Association on Resilience Guide for Parent and Teachers for ideas and assistance. <https://www.apa.org/topics/resilience/guide-parents-teachers>.

I LOVE MYSELF, AND THAT IS
WHY IT IS POSSIBLE TO LOVE
YOU. SELF LOVE IS THE CURE
TO SELF HATE. SELF LOVE
CAN CURE THE WORLD

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SELF CARE STRATEGIES

Click on the above for ideas on self care strategies.



CELEBRATE VEGETABLES

Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.

CELEBRATE FRUITS

Mix up a breakfast smoothie made with lowfat milk, and frozen fruit - try strawberries and banana, or mango with pineapple or peach. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.

CELEBRATE VEGETABLES

Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with lowfat sharp cheddar cheese.

VIRTUAL COLLEGE TOURS

Please click on the above text to see opportunities to visit college virtually!!!

MAYOR JACKSON SCHOLARSHIP PROGRAM

The Mayor Frank G. Jackson Scholarship Program was created by the City of Cleveland in 2007 to provide scholarship funds to the following individuals:

- City employees
- Dependents of City employees
- High school seniors graduating from the Cleveland Metropolitan School District
- High school seniors in the Youth Development Program or involved with the City of Cleveland Department of Recreation.

Students Invited to Apply for Mayor Frank G. Jackson Scholarship Program

The Mayor Frank G. Jackson Scholarship Program is now accepting applications for the 2021-2022 academic year. The deadline to submit your application is March 28, 2021. To learn more and to apply, [click here](#).

CYBER SECURITY AWARENESS: CYBERBULLYING

A child may be involved in cyberbullying in several ways. A child can be bullied, bully others, or witness bullying. Parents, teachers, and other adults may not be aware of all the social media platforms and apps that a child is using. The more digital platforms that a child uses, the more opportunities there are for being exposed to potential cyberbullying.

Many of the warning signs that cyberbullying is occurring happen around a child's use of their device. Since children spend a lot of time on their devices, increases or decreases in use may be less noticeable. It's important to pay attention when a child exhibits sudden changes in digital and social behavior. Some of the warning signs that a child may be involved in cyberbullying are:

- Noticeable, rapid increases or decreases in device use, including texting.
- A child exhibits emotional responses (laughter, anger, upset) to what is happening on their device.
- A child hides their screen or device when others are near, and avoids discussion about what they are doing on their device.
- Social media accounts are shut down or new ones appear.
- A child starts to avoid social situations, even those that were enjoyed in the past.
- A child becomes withdrawn or depressed, or loses interest in people and activities.

- If you think a child is being cyberbullied, speak to them privately to ask about it. They may also have proof on their digital devices.
- To understand children' digital behavior and how it relates to cyberbullying, increase your digital awareness.
- Develop activities that encourage self-reflection, asking children to identify and express what they think and feel, and to consider the thoughts and feelings of others. Help children develop emotional intelligence so that they can learn self-awareness and self-regulation skills and learn how to have empathy for others.
- Role model, reinforce, and reward positive behavior towards others.
- Encourage peer involvement in prevention strategies.

Always remember **"If you connect it, protect it." Do Your Part. #BeCyberSmart.**

THE OFFICE OF THE OMBUDSMAN IS HERE TO HELP

CMUSD's Ombudsman Office can be an additional resource for parents trying to navigate District processes, resolve differences or overcome barriers. To learn more about the Ombudsman Office please click on the video link below.



SCHEDULE AN APPOINTMENT IN OUR WELCOME CENTER

The CMSD Welcome Center located at 1111 Superior Avenue is open Monday through Friday from 8:00 A.M. to 4:00 P.M. to assist visitors via appointments. You may use the "Appointment Scheduler" link here for:

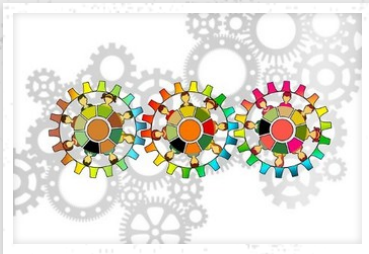
- School Choice and Enrollment
- Special Education Enrollment
- Project ACT Enrollment

APPOINTMENT SCHEDULER

Click on the above text to schedule an appointment.

CLEVELAND METROPOLITAN SCHOOL SATISFACTION SURVEY

ENCUESTA DE SATISFACCIÓN DEL DISTRITO ESCOLAR



CMSD OFFICE OF FAMILY AND COMMUNITY ENGAGEMENT

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