We are ending week 4 of the shutdown. We have 3 more weeks to go that we know of. I am sure we see the need for structure and self-discipline! Especially in the areas of learning, sleeping, and eating. Let's look at eating: many posts show families overwhelmed with how much the children are eating while being at home all day. We can eat for many reasons: boredom, nervousness, comfort, etc... Eating healthy and sensibly requires discipline. **Here are some tips to tame the hunger beast:**

- Set a schedule for eating. Breakfast(8) – lunch(12) – snack(3) – dinner(6) – snack(8). Create a schedule and stick to it. Their body clock will adjust.
- Pre-prep snacks. Snacks are not full meals. They are small portions that satisfy the need to chew and tame the grumbellies. Examples would be: 3 oreos, 1 serving of dry cereal, 1 pop tart, 1 serving of animal crackers, etc... Put them in a sandwich bag and allow your child to choose the snack they want.
- Pick up the meals that CMSD is offering. CMSD provides breakfast and lunch for 5 days a week. If you trusted us to feed your children in school, trust us to feed them now.

*Click this link for details:*

Carla.hempstead@clevelandmetroschools.org

**EVICITION PREVENTION/ RENTAL ASSISTANCE INFORMATION**  In light of the many hardships inflicted by COVID-19, CHN would like to make you aware of our Family Stability Initiative Rental Assistance Program available to families in the City of Cleveland. [https://chnhousingpartners.org/housing-and-community-services/avoid-foreclosure-eviction/](https://chnhousingpartners.org/housing-and-community-services/avoid-foreclosure-eviction/)
Building relationships with people from different cultures.

Relationships are powerful. Our one-to-one connections with each other are the foundation for change. And building relationships with people from different cultures, often many different cultures, is key in building diverse communities that are powerful enough to achieve significant goals. Click the link to find out more: https://ctb.ku.edu/en/table-of-contents/culture/cultural-competence/building-relationships/main

Financial and utility assistance resources.

During these challenging times it may be hard to adjust to our new normal. Groundwork has compiled a list of resources that can be used for Financial assistance, assistance with utilities, and even ways to occupy your scholars while they are at home. Visit https://www.groundworkohio.org/covid19parents

Field Trip From Your Living Room

Just because you are stuck indoors doesn't mean you can't explore the world around us. The Cleveland Metroparks are using Facebook Live to bring you into their Virtual Classroom. Follow Cleveland Metroparks Zoo at Field Trip From Your Living Room and Cleveland Metroparks for daily field trips from your living room! Every day at 11:00 am get a behinds the scenes look at one of the Zoo's animal exhibits. Then at 1:00 and 3:30 pm join the Metroparks live stream for Outdoor Experiences and Outdoor Recreation!

FREE Online Programming for Your Scholars!

Cleveland Play House is providing CARE Classes and enrichment programming for free to your scholars online. You can log on with Zoom using a computer, tablet, or smart phone. To learn how to join classes, watch this video tutorial: tinyurl.com/zoomcph

See flyer for daily schedule. Eastside flyer, Central Flyer, Westside Flyer, Español

YouTube: A Family Friendly Resource

Discovering YouTube has been the highlight of this “Stay at Home quarantine venture” I have discovered several channels ranging from Fitness, Beauty and Education, just to name a few. I have decided to share 3 Family friendly channels to discover with your scholars at home.

1. Smithsonian Channel If you don't live in or around Washington, D.C., you don't have easy access to the highly educational Smithsonian Museum of Natural History. But, you do have access to the Smithsonian Channel on YouTube. Your kids can learn about hammerhead sharks, monkeys, World War II, and 9/11, all on one channel, created by an unquestionably reliable source. https://www.youtube.com/user/smithsonianchannel/videos

2. The Brain Scoop - Chicago’s Field Museum has created a YouTube channel called The Brain Scoop, which engages kids with such videos as “Why Did King Tut Have a Flat Head?” and “The Human Biology Collection.” 3. Houston Zoo https://www.youtube.com/user/thebrainscoop

If your child has an affinity for animals, check out the Houston Zoo YouTube channel. YouTube often gives kids (and adults) access to many popular educational attractions that are too far away to visit in person. https://www.youtube.com/user/houstonzoo
America Scores Cleveland on line curriculum

We know times are rough and it is difficult being at home and unable to see friends and family and not being able to participate in sports or other activities. Just because we are not in programming right now doesn’t mean we can’t keep writing and speaking our minds, helping our communities and practicing our soccer skills! America Scores will be posting 2 lessons a day. One in the morning and one in the afternoon.

We will be sharing a writing activity and a soccee/fitness activity. Click here for more information:
http://americascorescleveland.org/online-scores-curriculum/

FAFSA Info for Seniors  Sharon.murray@clevelandmetroschools.org

Don’t let the events of these last few weeks derail your college plans. Continue preparing for your transition from high school to college. With that in mind...It’s FAFSA Time!

Begin by creating your Personal Identification Number (PIN) at www.pin.ed.gov. Your PIN will serve as your signature. Your parent will need a PIN too. You and your parent will need to save your PIN in a safe place as you will need it every time you apply for financial aid.

Once you and your parent have a PIN then you are ready to start your FAFSA.
Steps:

1. Gather tax information from 2018 (ideally completed 2018 tax forms).
2. Gather Bank information such as Saving Acct balances
3. Gather un-taxed income information such as Social Security benefits, Child Support, Worker’s Compensation, Unemployment benefits and/or TANF benefits.
4. Go to www.FAFSA.ed.gov to begin application.

Note that the first few screens ask questions about you - the STUDENT. Look at the top of the screen to make certain it reads STUDENT. After the student has entered all information about himself/herself then the questions will be for the PARENT. PARENT will appear at the top of the screen.

As the student and/or parent complete the FAFSA if you have questions contact College Now Greater Cleveland at 216-241-5587. College advisors are available to assist. And continue to look for scholarships. Many colleges have extended scholarship deadlines. Take this time to write essays and complete apps. Fall semester is likely to begin on time and you want to ready.