COVID-19 Shut Down – *Special Edition 4*

Volunteer recognition, support for teens, Quarantine with a twist, and more....

As we end week 6 of the shut down, we would like to recognize:

**National Volunteer Week April, 19 – 25, 2020.**

Thank you! Thank you! Thank you!

I have truly enjoyed getting to know many of you as you registered to volunteer and contacted me with questions and suggestions for your child’s school and for the school district in general. I’m truly sorry we were unable to have our annual Volunteer Appreciation Reception, however Cleveland Metropolitan School District’s Board of Education will be acknowledging and praising our Volunteer family at next week’s School Board meeting scheduled for Tuesday, April 28, 2020 at 6:30pm to be conducted exclusively via teleconference. CMSD Volunteers can access this Board Business Meeting through a link that will be posted prior to the start of the meeting on the School District website home page at [www.clevelandmetroschools.org](http://www.clevelandmetroschools.org).

We hope that each and every one of you stay healthy and safe. Also, we look forward to having your presence and your smiles back into our schools again.

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CMSD Family Resource web page: [https://www.clevelandmetroschools.org/Page/15615](https://www.clevelandmetroschools.org/Page/15615)
Connecting with your teen

If you have a teenager, you know that even on the best of days, parenting can be challenging. Now that we're in the midst of the coronavirus (COVID-19) pandemic, complete with mandatory school closures and social distancing, you may find that your teen feels disconnected from peers and needs some extra support.

Click the link to find out more:

[https://www.metrohealth.org/simplywell/healthy-teen-content](https://www.metrohealth.org/simplywell/healthy-teen-content)

Field Trip From Your Living Room

One thing the world seems to be noticing in the midst of isolation is the importance of the arts. Cleveland’s own Rock and Roll Hall of Fame has assembled a collection of educational resources to make learning fun through music. Topics such as “Music and Activism in the 21st Century”, a “Bill Withers Research Guide”, and “Rock and Learn” activity sheets. You can search for resources by age group, topic, type of activity, and subject matter. There are even carefully curated playlists! You do have to sign up (it says teacher sign-up, but you are your scholar’s teacher of sorts right now, so go for it!) Go to [edu.rockhall.com](http://edu.rockhall.com) to explore our local resources from your couch!

Helping children cope with changes from COVID-19

With the recent announcement from Governor DeWine of the closure of Ohio schools for the remainder of the academic school year, it is important to remember that these changes impact children more than we know. Click the link to learn how to help children cope with changes from COVID-19:


Quarantine with a twist! Are you bored in the house and you are in the house bored?

Here are 3 ways to Quarantine with a twist:

1. **Cooking** - Create gourmet meals with whatever items currently in the refrigerator/cabinets. Name the meals after family members! (ex. Tonight on the menu we have the Beyonce Bowl, which consist of rice, hotdogs and onions)
2. **Camping** - Create and indoor camping experience. If you do not have camping equipment, try using sheets, towels, lamps, chairs, toys etc... This time can be used to tell stories, read books, or just good conversation.
3. **Board/Card games** - Create a time to put all electronics away and pull out the old board games. Trouble, connect four, monopoly, chess, checkers, Uno, go fish are some of the cool games families can play. If you do not have board games, create your own with items in your home. (card board, coins, paper, crayons etc..)
VIRTUAL SOCIAL EMOTIONAL WELLNESS RESOURCES FOR PARENTS/CAREGIVERS

Now more than ever it is important for parents/caregivers to practice self-care physically, spiritually and emotionally. Please check out Session 2 of Dr. Purnell’s wellness sessions. This week the focus is on Resilience Strategies and Tools for Self-care during the Pandemic.

Preparing for post-secondary education
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Preparing for post-secondary education – education after high school – requires an early (think 6th grade) and sustained commitment by scholars and their care-givers.

As early as the sixth grade students and their care-givers could and should begin to discuss post-secondary options. Because most viable careers (careers that pay $15.00 or more per hour) require education beyond high school, all scholars and care-givers will want to have a clear understanding of the choices before them and the amount of education required for the scholars’ chosen career.

There are short-term post-secondary options such as License and Certification. License and certification programs can be 6-12 months long if the student attends classes on a full-time basis, 4-5 times a week. A few examples of careers that require a license or certification are: Automotive Technician, Cosmetologist, Barber, Electrician, Cross-Country truck driver and Plumber. And there are many more.

All of these careers are viable, they offer an average wage of $15.00 an hour or higher, and are in demand. However, any career that requires a license or certification will require a return to the classroom every 2-3 years to renew the license or certification.

Next week we will review another short term post-secondary option: Associate degree

Txt 216-278-8705 with ideas and topics you would like included in this weekly newsletter.