COVID-19 Shut Down – Special Edition 7
Moving Forward, Relationships, Graduation, Census, Resources, and more….

I don’t know about you, but week 9 of quarantine and schools being closed has been tough. This “new normal” that we keep talking about is hard to deal with and it is challenging to work within its constraints. Let’s instead try to shift our mindsets as we think about what is normal and what is temporary. Social/physical isolation will not last forever; we will make the return to in-person birthday parties, playgrounds, and gathering at places of worship.

While we wait for a vaccine, yes, we will maintain distancing, but this “new normal” does not mean it is the permanent and unchanging norm forever. Some of the habits we develop now may continue beyond this time; we might continue to wear masks in public and make other small shifts. These are small adjustments that will help us get back to a new, new normal that best resembles the normal we miss now. In the meantime, stay hopeful but realistic. Consider the following:

· It is okay to mourn the life we miss. Milestones look different this year, education is different, and how we interact with those that we love has changed. Allow yourself to grieve, and let your children see what that looks like. They are grieving as well, but they may not know what that looks like. If you need to cry, cry; they will know that it’s okay for them to cry too.

· Focus on what is within your control. We cannot control a virus, but we can control how we respond to it. How do you schedule shopping trips, what community resources can you incorporate into your life, and how can you take advantage of the new technology that we are learning to navigate for fun/social purposes in addition to their educational benefits?

You have made it this far, be proud of yourself and your family. Remember that we care about you, want the best for you, and we look forward to developing the new, new normal as the world continues to change around us.

Deborah.Crane@clevelandmetroschools.org
Healthy VS. Unhealthy Relationships

Relationships are a necessary part of healthy living, but there is no such thing as a perfect relationship. Relationships, from acquaintances to romances, have the potential to enrich our lives and add to our enjoyment of life. However, these same relationships can cause discomfort, and sometimes even cause harm. Take a few minutes to learn more about how to protect yourself from developing unhealthy relationships.

Click the link to find out more:
http://depts.washington.edu/hhpccweb/health-resource/healthy-vs-unhealthy-relationships/

10 Big Ideas in Education

In this report, written by Education Week reporters and editors, questions some basic assumptions about how educators do their work, whether they are a teacher, school or district leader, or a policymaker. COVID-19 is changing how its done. Check out these articles:

Congratulations Graduating Seniors!!!!!!!

Thank you for being patient while the details of how to celebrate this momentus moment are being worked out. CMSD is working hard to ensure you are appropriately celebrated while staying safe. Click the following link for details:
https://www.clevelandmetroschools.org/Coronavirus

Exploring Nature in Cleveland

The weather is starting to get nice, so get outside and enjoy nature. If outdoors is your thing or not, here is a list of popular Nature trails right in our own backyard.

1. Euclid Creek Reservation located at 850 Euclid Creek Parkway, Cleveland, OH
2. Nature Center at Shaker Lakes located at 2600 S. Park Blvd, Cleveland OH, 44120
3. Cleveland Lakefront Nature Preserve located at 8701 Lakeshore Blvd, Cleveland, OH 44108
4. Ohio & Erie Canal Reservation located at 4524 e. 49th St, Cleveland, OH 44125
5. Rocky River Reservation located at Valley Pkwy, North Olmsted, OH 44070

These Nature parks consist of hiking trails, fishing, bird watching etc… Remember social distancing!

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Milestones National Autism Conference

Join parents, professionals and individuals with autism online for the first virtual Milestones National Autism Conference, June 11-16, for world-class speakers and support, all from the comfort of your computer, phone or tablet.
CMSD Census Contest

CMSD has been stressing the importance of the 2020 Census and is turning to students to help spread the word. The District is asking students in preschool through 12th grade to create videos that encourage Clevelanders to participate in the Census. Twelve students will win $200 VISA gift cards. Videos should be under a minute and explain why the Census is important to them and their family. Students can choose rap, song, writing, dance, drawing or other creative means to send the message.

Videos can be posted on any social media platform. Instagram, Facebook, TikTok, Twitter and Youtube. Use the hashtag #CMSDCounts or #inthistogetherOhio

Entries should be submitted by 11:59 p.m. Friday, June 5 to https://tinyurl.com/CMSDCensus

Click Here for details.

Even with the modifications of the United States’ education systems due to COVID19 graduating Class of 2020 scholars who are college-bound still have the anticipation of the first day (virtual or otherwise) at the post-secondary school of their choice. Although COVID19 has changed the way educational institutions will operate, having a plan is still necessary.

Caregivers can support their scholar by frequenting the college’s website for upcoming dates and deadlines. All colleges still have essential staff hard at work. If either the scholar or the caregiver has questions or concerns, call the college. Admissions and Financial Aid offices are fully operating – accepting calls and answering questions. Be patient as wait/hold times are longer than usual.

Scholars, with the assistance of their caregivers should:

- Register for Freshman Orientation (virtual dates and times are offered)
- Check-out General Education Requirements (these classes are required for all majors)
- Create a ‘mock’ schedule (minimum of 12 credits, maximum of 15 credits)
- Build tutoring into the ‘mock’ schedule by leaving one (1) hour free after a challenging class (ex. Statistics from 9 am – 10 am, free from 10 am – 11 am for tutoring)
- Take a drive around the college campus (seeing the campus helps make college going a reality)
- If possible, take at least one (1) Physical Ed class (boxing, swimming, Yoga, etc. will help relieve some freshman stress).

Scholars and caregivers should acknowledge that the first semester of college is usually the most stressful. Because when a first-generation college bound scholar goes to college his/her family goes with them (in pride and in spirit).

However, if scholars and their caregivers remember they are both experiencing this transition at the same time they can find comfort in supporting each other.