March 27, 2020

Good afternoon Cincy!

Thanks to Mrs. Nicole Rice, we have a new resource available to our community on Facebook. Search for ‘Cincinnatus School Education Website’ and give it a ‘Like’ and you will be able to see what Mrs. Rice is posting regarding information coming from school. As this is a school information page, please be aware that your comments will be public to all.

Governor Cuomo has announced that schools will continue to be closed until April 15, 2020. In the meantime, we will continue to deliver food to our students as well as deliver instruction with a distance learning format.

We are planning to deliver food over Spring Break with our usual schedule but will not be “delivering” instruction during that period of time. We appreciate each of you having the container near the end of your driveway as it makes delivery easier and helps to maintain the social distance that is being advised. Please keep the signs in your windows and notes in the containers coming as we enjoy reading them and sharing them with our crew. I am still on twitter and if you use #cincylionpride I may retweet your message.

I have gathered the following resources from written guidance received from several sources which may help you in dealing with this pandemic yourself or for talking with your children about the temporary school shut down. This memo is also attached to the school website and our recently created Facebook page.

WCNY

Starts March 30.
In order to provide students at home with opportunities for continual learning, WCNY has partnered with the Syracuse City School District to create the TV Classroom network. WCNY’s TV Classrooms are targeted for students in grades K-12 and provide curriculum on the subjects of ELA, math, science, health and physical education, history, and social studies. With schools closed and many children without internet access, WCNY is committed to providing educational opportunities to audiences of all ages. WCNY’S “TV Classroom” will allow children to continue to connect with real teachers and have the continuity of a classroom experience at home in Syracuse and across the 19 counties in Central New York.

The TV Classroom network will be aired from 8 a.m. to 5 p.m. weekdays on WCNY’s GLOBAL CONNECT channel, and will be simulcast from wcny.org and WCNY’s Facebook page via a live stream on YouTube. The classes will also be published on demand on this page.
GLOBAL CONNECT: 24.3 Antenna, 1276 for Spectrum Digital, and 467 for FiOS.

Go Noodle

While many families are stuck indoors, it is especially important for children to keep active. Guthrie’s partnership with GoNoodle gives 50,000+ elementary-age kids in the Twin Tiers Region of Northern Pennsylvania and Southern New York the opportunity to move more at home. GoNoodle’s online movement videos and games get kids running, jumping,
dancing, stretching, and practicing moments of mindfulness right in their living room. Grounded in research, GoNoodle delivers proven results by bettering behavior, more focused time-on-task, and improved academic performance.

The goal of this partnership is to increase physical activity among kids. GoNoodle has hundreds of movement and mindfulness videos, and GoNoodle Plus includes additional games that bring movement and core-subjects together to develop fluency in grade-specific math and ELA topics.

To use GoNoodle at home, kids can create and customize their accounts (with parent verification), and play GoNoodle online, on mobile devices, tablets or using Apple TV. Teachers, parents and kids can sign up for free at gonoodle.com. Courtesy of Guthrie, public and private school teachers, parents and kids in the 12-county coverage area have free access to GoNoodle Plus by signing up at gonoodle.com.

New York State Office of Mental Health (OMH)

The outbreak of COVID-19 around the world has led to the spread of fear and panic for individuals and communities. In addition to following physical precautions guidelines, individuals should be taking care of their psychological well-being.

OMH has also created the New York State Emotional Support Line staffed by specially trained volunteers who can help you. Call 1-844-863-9314.

Talking to Children About COVID-19 (Coronavirus): A Parent Resource
National Association of School Psychologists

- The publication, Talking to Children About COVID-19 (Coronavirus): A Parent Resource, from the National Association of School Psychologists, offers suggestions for remaining calm and assuring, making yourself available to young people, keeping explanations age appropriate, avoiding excessive blaming, monitoring television and social media exposure, maintaining a normal routine to the extent possible, being honest and accurate, knowing the symptoms of COVID-19, reviewing and modeling basic hygiene and healthy lifestyle practices for protection, and discussing new rules or practices for school.

Care for Caregivers: Tips for Families and Educators
National Association of School Psychologists

- The National Association of School Psychologists also offers guidance for caregivers, called Care for Caregivers: Tips for Families and Educators. Parents, teachers, and other caregivers play a critical role in helping children cope with crises, often ignoring their own needs in the process. However, caregivers must take good care of themselves, so they are able to take good care of the children in their charge.

Addressing Grief
National Association of School Psychologists

- The National Association of School Psychologists also offers brief facts and tips for addressing grief for young people.

If you have any additional needs, please let us know how we can assist you and your family.

Be well,

Todd M. Freeman