

Good Afternoon Computer School,

March 23rd, 2020

I hope this message finds you and your extended family well as we embark upon CS Distance Learning. To say that this is an unusual and unprecedented experience would be a huge understatement. However, I can be sure that our being engaged, connected, and supportive in our studies, our family lives, health, and our overall well-being will carry us through this new iteration of life and learning in NYC.

I am grateful for you all, and I am proud and in awe of my colleagues for all they are doing to keep your educational experiences full of wonder and discovery.

As you may have seen, I have posted the **Recommended Schedule** and **CS Distance Learning Q&A** on the school website: [www.thecomputerschool.org/](http://www.thecomputerschool.org/)

I created a section, **CS Distance Learning, Spring 2020**

[www.thecomputerschool.org/apps/pages/index.jsp?uREC\\_ID=1607758&type=d&pREC\\_ID=1868078](http://www.thecomputerschool.org/apps/pages/index.jsp?uREC_ID=1607758&type=d&pREC_ID=1868078)

I will also be adding to the Resource Page as I get feedback from you all.

**Please share your GREAT IDEAS or Areas of Struggle here:** [tinyurl.com/CSIdeas2020](http://tinyurl.com/CSIdeas2020)

-You can share suggestions on activities, keeping it all together, including a question asking parents/guardians if they want a virtual Coffee Talk/CS Community Virtual Meet-up.

**All staff and teacher emails are on the website:**

[www.thecomputerschool.org/apps/pages/csfaculty](http://www.thecomputerschool.org/apps/pages/csfaculty)

[www.thecomputerschool.org/apps/pages/KeyContacts](http://www.thecomputerschool.org/apps/pages/KeyContacts)

If you do not hear from a **Learning Specialist about your child's IEP** this week, please let me or one of your child's teachers know in the event they do not have your most **updated contact information**.

-Speaking of which, please let us know if any of your contact info has changed.

-You can change your own email address in Jupiter Ed by logging in and clicking settings.

-Check your SPAM folder regularly as sometimes CS messages end up there.

**Below is:**

-Information on DOE resources

-A few online events/info

-Other ways to enrich your lives during this time

(I know Ms. E. Butler has some great things going on in PE's Google Classroom.

**As stated in the chancellor's email, shared by Mr. Zymeck:**

**-Learn at Home Info:** [www.schools.nyc.gov/learn-at-home](http://www.schools.nyc.gov/learn-at-home)

**-Sign up for a remote learning device:** [coronavirus.schools.nyc.gov/RemoteLearningDevices](http://coronavirus.schools.nyc.gov/RemoteLearningDevices)

**-Free Meals Info:** [www.schools.nyc.gov/freemeals](http://www.schools.nyc.gov/freemeals)

**-Enrollment Center:** [www.schools.nyc.gov/enrollment/enrollment-help/regional-enrichment-centers](http://www.schools.nyc.gov/enrollment/enrollment-help/regional-enrichment-centers)

Also, if anyone does not have a **MyStudent.NYC account**, please let me know.

While's it's not urgent, especially being as we use Jupiter Ed for grading, it's ideal to have one.

Adults, please write to me if you need one, and let me know which email address you would like associated with it.

**NY on Pause: What will be open, what are the latest guidelines in NYC?**

Here is information on what services and businesses are deemed essential. You probably already know this but just in case you haven't. I know there's a lot to juggle.

[gothamist.com/news/new-york-pause-coronavirus-covid-19-stay-home](http://gothamist.com/news/new-york-pause-coronavirus-covid-19-stay-home)

Some zen beauty...

### **NY Botanic Garden Orchid Show Tour Watch Party!**

March 25th, Wednesday, 12 pm

The Orchid Show is a big deal every year at the NY Botanic Garden in the Bronx.

Take a break and enjoy the unique beauty of orchids. :)

[www.facebook.com/events/s/orchid-show-tour-watch-party/2971836119546322/](http://www.facebook.com/events/s/orchid-show-tour-watch-party/2971836119546322/)

I received this from the district and Ms. Hill sent it out as well:

### **Adjusting to the New Normal Webinar**

-March 29th, Sunday, 8 pm

Is your family struggling to adjust to the many challenges of social distancing? Do you dread the thought of another day working from home, while trying to supervise your child's distance-learning? Is ten hours of screen time beginning to sound conservative?

Join us on Sunday, March 29th at 8 PM, as Cope With School NYC's child therapist, Danielle Jonas, LCSW, supports families during this most difficult time with a free webinar discussion. Danielle will offer concrete suggestions and useful resources to help families cope with these very challenging circumstances. The talk will be followed by a Q and A session.

**To register** for free and receive our guide for parents: "Top Ten Tips for Functioning Well as a Family During Social Distancing" click here: [www.copewithschoolnyc.com/free-webinar](http://www.copewithschoolnyc.com/free-webinar)

#### **Topics Will Include:**

- \* Speaking with children and teens about Covid-19
- \* Maintaining routines in turbulent times
- \* Staying connected to friends and family
- \* Communicating with significant others and children \* Out of the box ways to keep kids engaged
- \* Ways to encourage independence and resiliency
- \* Simple and calming mindfulness exercises you can do as a family and other self-care techniques

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### **FOLLOWING ARE SOME THINGS TO DO!**

#### **Family Time**

I know that many of you are juggling a lot; I've seen funny memes, expressions of stress, advice, heard discussions on WNYC, all addressing working from home while keeping your kids occupied, engaged and, starting today, learning from home and doing their school activities.

#### **Movie, TV, and Book Discussions**

- I know there are tons of shows and movies to stream along with books to read. You can create discussions, talk about favorite characters, how you'd change the story (alternate ending?), critique the acting, et al.

#### **Theme Nights**

Perhaps you can do theme nights - it might make use of old Halloween costumes or give you a chance to reinvent clothes you don't wear anymore. Make food to match the theme...

I am sure at least some of you have capes; create your own superheroes.

**Fashion Show- Project Runway:** One more way to be creative with clothes and costumes. Good for photo sharing, too! *Very grammable.*

## **Teachable moments going both ways**

Kids are experts on things their adults either don't relate to or know little about. Whether it's Minecraft or creating a fun filter, even slang expressions or trends or how to interact with the most up-to-date apps, programs, and technology- **KIDS: Teach your folks!**

As usual, kids, **learn from your adults.** Try new recipes, card games; what were your adults' triumphs and challenges as adolescents, young adults. whatever!

## **Time Out NY**

[www.timeout.com/newyork](http://www.timeout.com/newyork)

[www.timeout.com/new-york-kids/things-to-do/fun-things-to-do-at-home-indoor-activities-kids-will-love](http://www.timeout.com/new-york-kids/things-to-do/fun-things-to-do-at-home-indoor-activities-kids-will-love)

## **Do NYC**

[donyc.com/p/digital-events-this-week](http://donyc.com/p/digital-events-this-week)

## **Mommy Poppins NYC**

[mommypoppins.com/new-york-city](http://mommypoppins.com/new-york-city)

**NYPL** [www.nypl.org/](http://www.nypl.org/)

## **New York Public Library eBooks**

[www.nypl.org/books-music-movies/ebookcentral](http://www.nypl.org/books-music-movies/ebookcentral)

## **Free Audible Audio books**

[stories.audible.com/discovery](http://stories.audible.com/discovery)

Typing Training at [keybr.com](http://keybr.com)

## **News Sources for Kids**

**Time for Kids** [www.timeforkids.com/g56/](http://www.timeforkids.com/g56/)

**Newsela** [newsela.com/](http://newsela.com/)

I heard this today...

## **Philadelphia Orchestra - Beethoven's 5th and 6th Symphonies**

[www.philorch.org/performances/special-performances/live-stream/](http://www.philorch.org/performances/special-performances/live-stream/)

## **Stream Shakespeare from The Globe Theatre**

[londonist.com/london/theatre-and-arts/globe-theatre-streaming-plays-online](http://londonist.com/london/theatre-and-arts/globe-theatre-streaming-plays-online)

## **Museums: For beauty, enlightenment and inspiration!**

As I'm sure you know, many museums offer Virtual Tours and/or they already have a lot to explore on their websites.

-Discuss your reactions, what catches your eye and spirit, what do you really NOT like?

-How is art and expression important right now?

-What projects have you done that connect to what you see on the science museum websites?

Of course there is NO shortage of museums in NYC and around the world... here are some that popped into my head.

## **Google Arts & Culture**

[artsandculture.google.com/](http://artsandculture.google.com/)

TONS Of stuff.

--NYC, including our neighbors, just to name a few:

**American Museum of Natural History**

[www.amnh.org/](http://www.amnh.org/)

**NY Historical Society**

[www.nyhistory.org/](http://www.nyhistory.org/)

**The Guggenheim**

[www.guggenheim.org/collection-online](http://www.guggenheim.org/collection-online)

**El Museo del Barrio**

[www.elmuseo.org/](http://www.elmuseo.org/)

**The Studio Museum of Harlem**

[www.studiomuseum.org/](http://www.studiomuseum.org/)

**International Center for Photography**

[www.icp.org/](http://www.icp.org/)

**The Met**

[www.metmuseum.org/](http://www.metmuseum.org/)

**NY Hall of Science**

[nysci.org/](http://nysci.org/)

**---DC Area**

**National Museum of African American History & Culture**

[nmaahc.si.edu/](http://nmaahc.si.edu/)

**The National Women's History Museum**

[www.womenshistory.org/womens-history/online-exhibits](http://www.womenshistory.org/womens-history/online-exhibits)

[www.womenshistory.org/resources/general/rosie-riveter-oral-histories](http://www.womenshistory.org/resources/general/rosie-riveter-oral-histories)

**The Smithsonian National Museum of Natural History**

[naturalhistory2.si.edu/vt3/NMNH/](http://naturalhistory2.si.edu/vt3/NMNH/)

**The Smithsonian**

[www.si.edu/](http://www.si.edu/)

**---Some from my childhood in LA...**

**The California Science Center**

[californiasciencecenter.org/](http://californiasciencecenter.org/)

**The Natural History Museum of LA County**

[nhm.org/connects](http://nhm.org/connects)

**La Brea Tar pits**

[tarpits.org/](http://tarpits.org/)

**Los Angeles County Museum of Art**

[www.lacma.org/](http://www.lacma.org/)

**---A few more...**

**The British Museum**

[britishmuseum.withgoogle.com/](http://britishmuseum.withgoogle.com/)

**The Louvre**

[www.louvre.fr/en/visites-en-ligne#tabs](http://www.louvre.fr/en/visites-en-ligne#tabs)

[www.centrepompidou.fr/en](http://www.centrepompidou.fr/en)

**Physical Wellness**

**CS Challenges in PE**

**This site has A LOT - this is a list I found of free youtube, Roku, and Amazon Prime workouts.**

[parade.com/1011717/jessicasager/best-free-workouts/](http://parade.com/1011717/jessicasager/best-free-workouts/)

### **Core Work Out: Stay strong, tweens and teens!**

If you can't run or do higher intensity sports as much as you'd like, stay strong and strengthen your core.

This is also really good for your back, which is especially important being as you may be sitting down a lot more than usual.

[www.teenvogue.com/story/simple-core-moves-for-stronger-abs](http://www.teenvogue.com/story/simple-core-moves-for-stronger-abs)

### **Peleton App**

[www.onepeloton.com/app](http://www.onepeloton.com/app)

The first 90 days are free and there are many classes (not just the biking.)

### **[Yogawithadriene.com](http://Yogawithadriene.com)**

Apparently this one is quite popular!

**Yoga Agora** [www.yogaagora.com/schedule/](http://www.yogaagora.com/schedule/)

**DailyOm** [www.dailyom.com/](http://www.dailyom.com/)

**[MyYogaWorks.com](http://MyYogaWorks.com)** has a great catalog of 1,300+ premium online yoga, meditation, and fitness classes for you to use. They have opened up the entire library of MyYogaWorks classes to you for FREE until further notice. Visit [myyogaworks.com/subscribe](http://myyogaworks.com/subscribe) and apply promo code ONLINE to get started.

### **YMCA @ Home**

[ymcanyc.org/ymca-home](http://ymcanyc.org/ymca-home)

### **YMCA 360**

[ymca360.org/?utm\\_source=ymcatriangle&utm\\_medium=referral&utm\\_campaign=y360](http://ymca360.org/?utm_source=ymcatriangle&utm_medium=referral&utm_campaign=y360)

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Ok, that's a lot, and I'll leave you for now... I sincerely hope that you are all doing well, that your family, friends, colleagues, and neighbors are also OK.

Please reach out if you need anything.

In good health...

Sara Sloves

Parent Coordinator

[www.thecomputerschool.org](http://www.thecomputerschool.org)