



HUTCHINSON

MIDDLE SCHOOL MATH SCIENCE TECHNOLOGY MAGNET

*From March 16th to April 17th, Hutchinson's Front Office will be closed to the public.
You can communicate with Mrs. Padget, Mrs. Bae, Mrs. Jaeger, and all teachers through email.*

STUDY TIPS

Here are some guidelines to help your student manage through this online learning format:

1. Wake up at their normal time and get ready for the day. You will find that this provides some normalcy to their day and prevents the day from slipping away too quickly.
2. Make a plan for work completion. Look at Schoology on a daily basis and write down what needs to be completed for each class that day.
3. Set 1 hour working time blocks per class, incorporating a 10 minute break after each hour and a 30 minute lunch.
4. Communicate with Teachers. If or when clarification is required, email your teachers for assistance. Communicating needs is vital for all of us to be successful.
5. Remember we are a team and will get through this together! Go Hawks!

ADDITIONAL RESOURCES:

Please refer to the attached page for additional resources that can help support you and your family's safety and wellness.

UPDATED MEAL LOCATIONS

Beginning Monday, March 23rd the following school sites will continue to serve meals to children.

Meals will be served 10:30 a.m.-12:30 p.m. at the following locations only.

Chavez Elem.	12110 E. Walnut St., Norwalk, 90650
Dolland Elem.	15021 Bloomfield Ave., Norwalk, 90650
Foster Road Elem.	13930 Foster Rd., La Mirada, 90650
Gardenhill Elem.	14607 Gardenhill Dr., La Mirada, 90650
Glazier Elem.	10932 Excelsior Dr., Norwalk, 90650
Moffitt Elem.	13323 Goller Ave. Norwalk, 90650
Morrison Elem.	13510 Maidstone Ave., Norwalk, 90650
New River Elem.	13432 Halcourt Ave., Norwalk, 90650
Sanchez Elem.	11960 162 nd St., Norwalk, 90650
Los Alisos Middle School	14800 S. Jersey Ave., Norwalk, 90650

TECHNOLOGY ISSUES: HOW TO TROUBLE-SHOOT

Student lessons and assignments will be posted on each class Schoology site. Some of our teachers are providing "office hour" timeframes, video lessons and discussion groups for students continue their learning and interact with their teachers & classes. Please review each class's Schoology page with your student and set aside time each day for lessons and assignments.

If you have internet or Schoology connection issues, trouble-shooting & log-in information is under the Student drop-down menu on our website. Turn off your device to reset, turn it back on & go through these steps.

GRADING UPDATES:

The Quarter 3 term ends on Friday March 20th. Please encourage your student to complete and submit assignments. We understand that there have been some technical issues and some do not have access to the internet. Please have your student do the best he/she can and actively communicate with teachers.

MESSAGE FROM YOUR COUNSELORS

Hello Hutch Families,

Just a friendly reminder that Mr. Arenzana and Miss Min are still available to support you. At this point in time, email is the best way to reach us. Mr. Arenzana can be reached at jarenzana@nlmusd.k12.ca.us and Miss Min can be reached at amin@nlmusd.k12.ca.us

Some helpful tips to support your families are:

- Take breaks from watching, reading, or listening to news stories (including social media). Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, try to exercise regularly and get plenty of sleep.
- Make time to unwind. Try to do some other activities (while practicing social distancing) that you enjoy.
- Create a circle of support by connecting with others via phone or text. Talk with people you trust about your concerns and how you are feeling.

We will get through this time together, Mr. Arezana and Miss Min

ADDITIONAL RESOURCES:

Outreach Concern

[Outreach Concern](#) is a non-profit 501(c)(3) school based counseling agency which currently provides support to many of our schools. Any and all students that need to talk to a counselor at this time, they may call Outreach Concern's Crisis hotline at 1-800-4-CONCERN 24 hours a day, 7 days a week.

CareSolace

[CareSolace](#) is an online resource designed to assist individuals in finding local counseling-related services.

Families can call 1-888-515-0595 or visit

<https://caresolace.com/site/pylusd> to get connected to care.

Early Childhood OC

[Early Childhood OC](#), a community collaborative, offers tips for families to manage children's anxiety and stress surrounding coronavirus (COVID-19).

GoNoodle

[GoNoodle: Good Energy at Home](#) is a free streaming link that includes fun activities for children that may help to relieve some of the tension, stress, and anxiety that many people in our communities are experiencing. This service includes premium content and learning materials including movement and mindfulness videos, as well as downloadable learning resources and ideas for off-screen activities for children.

Calm

[Calm.com](#) provides guided meditations, soothing music, and bedtime stories to help boost confidence, reduce stress and anxiety, and help sleep better.

Khan Academy

[Khan Academy.org](#) provides standards-aligned practice, tutorials, and lessons for every subject area.