



Sycamore Community Schools

RESOURCE GUIDE

During COVID - 19

2020

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Food Resources



MEAL SERVICE AVAILABLE OVER WINTER BREAK

Pre-Registration is required by December 13. If you have missed the deadline or have any questions, please contact Child Nutrition Services at (513) 686-1796.

Winter Break Bundle Bag Pick Up Sycamore High School Athletic Entrance

Saturday, December 19th from 10:00 - 11:30 am





Matthew 25 Ministries
Holiday Giveaway

DECEMBER 17 | 1 PM - 4 PM

Join us for our Holiday Giveaway on December 17. Matthew 25: Ministries is partnering with P&G, City of Blue Ash, and Cintas to provide free nonperishable food items and PPE supplies to the Greater Cincinnati community.

Simply drive through the Matthew 25: parking lot to receive free PPE supplies and non-perishable food. This event helps to promote personal and public safety during the upcoming holiday season and helps families with essential food supplies for the holidays.

"Matthew 25: is grateful to be able to serve Greater Cincinnati and help ensure people have what they need this holiday season," says Matthew 25: Ministries' CEO Tim Mettey. "We receive such generous support from our neighbors year-round, and we're thankful to be able to give back to the community through this giveaway."

WHERE: Matthew 25: Ministries, 11060 Kenwood Rd, Cincinnati, OH 45242

WHEN: Thursday, December 17, from 1 PM – 4 PM, while supplies last

IMPORTANT INFO:

- In an effort to best protect public health and maintain social distancing, recipients must remain in their vehicles at all times. Supplies will be loaded directly into the trunk of the vehicle.
- Because supplies are limited, there will be a maximum of two PPE kits and two food boxes per vehicle.

For more information about our COVID-19 relief efforts, please visit their [COVID-19 relief page](#).



Operation Give Back



If you need additional food assistance, you can contact Operation Give Back at 513-489-2023. Together with Neighborhood Bridges they are here to assist you.

Mental Health Resources



Our partnership with Cincinnati Children's Hospital continues to provide families access to private therapeutic support services for students during the COVID-19 stay at home order. All seven Sycamore Community Schools are staffed with full-time school-based therapists.

During our extended closure, our school based therapists will continue to support students remotely. If your child is currently in treatment, or if you are interested in starting treatment, you can email the therapist for your child's school. Our therapists are checking email regularly.

Should you need more immediate information, or need to reach a therapist quickly, please call Cincinnati Children's Hospital at (513) 636-0819 and a member of their team will assist you.

<u>Therapist Name from CCHMC</u>	<u>Buildings Served</u>	<u>Email</u>
Renee Bernecker	Maple Dale Elementary	berneckerr@sycamoreschools.org
Mary Hill	Blue Ash Elementary	hillma@sycamoreschools.org
Kalyn Black	Symmes Elementary	blackk@sycamoreschools.org
Karen Celesti	Montgomery Elementary	celestik@sycamoreschools.org
Nicole Snyder	E. H. Greene School	snydern@sycamoreschools.org
Kelsie McKinney	Sycamore Junior High	mckinneyk@sycamoreschools.org
Laura Capannari	Sycamore High School	capannaril@sycamoreschools.org

Crisis Support Numbers:

If you have an emergency call 911. Otherwise use the resources below:

PIRC (Psychiatric Intake Response Center) Cincinnati Children's Hospital	(513) 636-4124
Hamilton County Mobile Crisis	(513) 584-5098
National Suicide Prevention Lifeline 24 hour crisis text line	Text 4HOPE to 741741
National Suicide Prevention Lifeline	800-273- 8255
Talbert House Crisis Hotline	Text 4Hope to 839863
Talbert House Crisis Hotline	(513) 281-CARE (2273)



Sycamore Community Schools wants to support you as we navigate these unprecedented times. If you are not currently working with outside providers or receiving support from a community agency, you can reach out to our school social worker Belitta Croley. She will assist you in identifying your current needs and possible supports and/or resources within our community. Belitta can be reached via email at croleyb@sycamoreschools.org or you can call her at (513) 615-9656 Monday through Friday during school hours. Due to increased needs in our community during this time, please allow for 24 hours for Belitta to respond.

Lisa Zelvy, Pupil Services Supervisor, is also available to assist you with connecting to care and resources. Lisa can be reached via email at zelvyl@sycamoreschools.org or phone (513) 686-1700 extension 5008.



1N5 continues to support students and families. Check their [website](#) for a multitude of resources as well as a COVID=19 specific set of information



Mindpeace continues to support students and families. Check their [website](#) for a multitude of resources as well as a COVID=19 specific set of information

The Recovery Center of Hamilton County

The Recovery Center is dedicated to hosting virtual, interactive, classes every weekday via Zoom and Facebook Live to provide support to those who may be struggling with cabin fever, anxiety, isolation depression, or just need to chat during this difficult time. A calendar of events hosted virtually can be found on their [website](#).

Medication Resources



CVS pharmacy will waive charges for home delivery of prescription medications, which will help patients avoid visiting their local CVS Pharmacy for refills or new prescriptions

- You need to sign up for text alerts or download their app to participate
- Start that process [here](#)



Walgreens has several options for accessing your medication without entering their stores. You can access their website [here](#). Directions to download their mobile app are at the bottom of the page.

- Your prescription medication is available as well as a limited offering of over the counter medication through the drive through. Use the app to order and you will receive a notice when items are ready for pickup
- Normal delivery is available for patients within a certain radius of each location
- Express delivery through FedEx is available and Walgreens is currently waiving the associated fees.



Sycamore Bridges has volunteers willing to pick up and deliver medications to your doorstep. Just send an email to Sycamore@neighborhoodbridges.org to request assistance.

Unemployment Resources

Seeking Employment

Ohio has created a site for employers to post open positions. Those seeking employment at this time should also visit the site to search for open jobs in their area. That website is

<https://jobsearch.ohio.gov/wps/portal/gov/jobsearch/>

Ohio has two methods to file an application for Unemployment Insurance Benefits:

- **Online**

File online at <http://unemployment.ohio.gov>, 24 hours/day, 7 days/week. Service may be limited during nightly system updating. Check the website for available services. Please be sure to follow the instructions.

- **Telephone**

Call toll-free 1-877-644-6562 or TTY 1-614-387-8408, (excluding holidays) Monday through Friday 7 AM - 7 PM, and Saturday 9 AM - 1 PM.

A comprehensive Question and Answer page is available with additional resources specific to COVID-19 at:

<http://jfs.ohio.gov/ouio/CoronavirusAndUI.stm>

Housing Resources During COVID-19



Rent, Mortgage Payments, Eviction Notices

Housing Opportunities Made Equal (HOME) has COVID-19 information on their website and will continue to update that information as it changes. Information can be found at <https://homecincy.org/covid-19-update/>. There is also a podcast available at <https://soundcloud.com/user-790526164>

If you need additional assistance or have questions, you can reach out to HOME (Housing Opportunities Made Equal) at (513) 721-4663.



Customers may be facing unusual financial hardships as a result of COVID-19. They should reach out to Duke Energy to discuss their account.

For assistance with your Duke Energy service or account:

Duke Energy Ohio & Kentucky

Residential: 800.544.6900

Business: 800.774.1202



Greater Cincinnati Water Works (GCWW)

Cincinnati Mayor John Cranley, City Manager Paula Boggs Muething, and Greater Cincinnati Water Works (GCWW) Executive Director Cathy Bernardino Baily recently kicked-off the GCWW Economic Hardship Water Debt Forgiveness Program.

The program, also known as the "Forgiveness Program," will help customers avoid water shutoffs at their home. Customers must demonstrate they are experiencing economic hardship due to COVID-19 or be at or below specified income levels. GCWW will forgive past-due amounts related to water and City of Cincinnati stormwater services accrued during the pandemic, from March 1, 2020, through September 30, 2020.

To apply:

Visit [Forgive.myGCWW.org](https://www.forgive.mygcww.org) and click on the Application.

Email application to Forgive@mygcww.org

or mail to:

ATTN: GCWW Economic Hardship Water Debt Forgiveness Program

4747 Spring Grove Avenue, Cincinnati, Ohio, 45232

For more information you can contact GCWW Customer Contact Center at 513-591-7700. Longer wait times are expected.

For on-site payment locations visit

<https://www.datatel-systems.com/ext/client%20forms/CheckFreePayZIP.aspx>

Childcare Resources



MAYERSON JCC
of Cincinnati

The Mayerson JCC has created a program to support students in full time virtual schooling. The program is limited to 5 classrooms with 45 total students. Full time and part time options are available. Financial assistance is available. Click [here](#) for more information about the program including contact information.



The Blue Ash YMCA has transformed into a State of Ohio Licensed Pandemic Child Care Center for children 3-12 years old to support essential personnel such as: doctors, nurses, first responders, pharmacists, grocery store employees, those employed by charitable organizations, media, mail/shipping, educational institutions, transportation, and any other businesses that are supplying services or supplies deemed necessary by the State of Ohio.

Our program is currently operating Monday-Friday from 6:30am-6:00pm. The cost of the program is \$35 per day. Our goal is to ensure that the children are in a clean and safe environment, therefore we are implementing strict screening, cleaning, and programming guidelines. Our staff to children ratio is 1:6.

While at the Blue Ash YMCA, the children will participate in a variety of indoor and outdoor activities throughout the day and have designated time to complete school work. Children receive a breakfast snack, a hot lunch, and an afternoon snack every day, at no additional cost.

If you would like to learn more about the program, or would like an electronic copy of the registration packet, please contact Erika Phillips at ephillips@myy.org.

The Blue Ash YMCA is here to support you during these uncertain times and strengthen our community!



Kids First LEARNING CENTER

**E-Learning Support for
Active, Responsible Kids**

FULL DAY E-LEARNING SUPPORT

Students will select from their school district's e-learning platform or an online public school. The Learning Center is a self-guided virtual education option for students who are intrinsically motivated and ready to learn!

Parents manage their child's curricular selection and Kids First staff are the support system and oversight during the day to get things done!

If your child has an IEP or might require some extra support, please contact Dr. Rachel Lott for information about our school year SOAR program at rlott@kidsfirstsports.com

DAILY PHYSICAL EDUCATION

Students will have a 108,000 square foot playground for recess and physical education!

- | | | |
|-------------------|----------------|---------------------|
| - Ninja + Parkour | - TaeKwonDo | - Swimming |
| - Gymnastics | - Self-Defense | - Volleyball |
| - Trampoline | - Yoga | - Pickleball |
| - Basketball | - Soccer | - and so much more! |

EXPERIENCED EDUCATORS

We will have a certified teacher onsite during learning hours.

Every pod will have a dedicated education facilitator that:

- Provides structure and daily routine
- Assists with any questions or concepts
- Helps complete assignments
- Keeps your child engaged & the learning experience fun!

WHY KIDS FIRST?

We know kids! We also know that movement activates learning. Research shows that kids focus better when they have been able to engage in physical activity and there's no better place than Kids First.

When it comes to education, parents are being faced with incredibly difficult decisions. We believe that Kids First is a great alternative to classroom learning.

WHAT WE OFFER

- Safe, clean learning environment
- Peer interaction with small group size
- Daily physical education
- Licensed teacher support and education facilitator
- Supplemental learning opportunities including:
 - Abakadoodle Art Classes
 - CPR/First Aid Classes
 - Leadership Training

For Kindergarten-12th Grade

PRICING:

FULL WEEK, 8am-3pm/9am-4pm - \$290/week

FULL WEEK, 8am-12pm/12-4pm - \$200/week

2-3 DAY FLEX SCHEDULE, Full Day - \$80/day

8a-12p/12-4p - \$50/day

\$25 Non-Refundable Deposit on each week

Sign up week by week or for the full semester. Registration closes the Wednesday prior to each week or as capacity allows.

***Limited capacity available*

For questions, please contact Jenn Ramage, Virtual Learning Department Leader, jramage@kidsfirstsports.com

If your child has an IEP or might need extra support, contact Dr. Rachel Lott for information about our school year SOAR program at rlott@kidsfirstsports.com

7900 East Kemper Rd. | Cincinnati, OH 45249 | (513)489.7575 | www.KidsFirstSports.com ...where Kids LOVE to Learn

Exercise Resources



The YMCA of Greater Cincinnati has created online videos for adults, seniors, and children to continue to promote physical health. They can be found on their website at <https://myy.org/my-y-videos>



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Check out this [comprehensive list](#) of online classes being offered

Ways I Can Help



Sycamore Bridges is creating a database of "helpers" to assist community members with service-based needs, such as yard work, delivering groceries and medications, and tutoring via FaceTime. Our helpers will only be asked to participate in services that promote physical distancing. If you would like to be added to our database, please click on the following link:

www.neighborhoodbridges.org/community/Sycamore.

Sycamore Bridges is collecting monetary donations to help fill our weekly grocery bags and any additional needs that arise. If you would like to make a donation, please visit www.neighborhoodbridges.org/community/sycamore and click on the green DONATE button under the logo.



Hoxworth Blood Center continues to have an urgent need for blood donation. If you are interested in helping, visit their website below with information about how to protect yourself. You must make an appointment to donate. To find the nearest location visit <https://donateblood.uc.edu/donor/schedules/zip>

For more information about your safety and the blood donation process during the COVID-19 stay at home orders visit <https://hoxworth.org/donors/eligibility/deferrals-restrictions/covid19.html>



Operation Give Back

Operation Give Back is currently hosting their back to school supply drive. The school supply giveaway takes place on August 8, 2020. If you are in need of supplies, you must contact OGB at (513) 489-2023 to schedule an appointment. Pre-registration is required. Phone registration is available on Tuesdays, Wednesdays, and Thursdays from 10am-1pm.

Educational Resources for Kids During School Closures



If you need assistance with a particular school subject, you can contact Sycamore Bridges. They will match you with a volunteer tutor who will reach out via FaceTime or another online platform to help. Just send a detailed email to Sycamore@neighborhoodbridges.org.

Online Resources

The Public Library of Cincinnati and Hamilton County brings you this comprehensive list of local online resources

<https://blog.cincinnati.library.org/Blog/learnathome>

Travel + Leisure offers virtual tours of 12 famous museums at

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

INFOhio is Ohio's PreK-12 digital library, filled with ideas, activities, and supports for learning.

<https://www.infohio.org/>

Scholastic Learning Online: 20 days of activities divided by grade level

<https://classroommagazines.scholastic.com/support/learnathome.html>

[Free resources to learn English](#)