

April 2020

Dear HTMS Students,

We wanted to reach out to everyone and check in on how you all are doing since you are now working from home. If you need a physical copy of the Day 11-30 AMI packet, you can stop by school this week ANYTIME to get a copy, or you can find digital copies of all AMI packets [here](#) and also in the Little Free Library at HTMS.



You have 3 options to submit your AMI classwork:

1. Upload/submit your work to the appropriate Google Classroom.
2. Use your phone to take a picture of your work and email it to your teacher. Here are some directions on how to do that on an iPhone:

<https://docs.google.com/document/d/1W2Wl1Hg1vDsY8wL5sscsVgEATcMrDf3ezAaWtDsn1TQ/mobilebasic>

A link for an Android is coming soon!

3. Take your completed AMI paper packet to HTMS to drop it off. There's a big gray box with a green tub on top just before you walk into the front doors. Take a manilla envelope out of the tub, put your AMI work inside. Close it with the clasp, and write your name and your Advisor's name on the front of the envelope. Put your envelope in the big gray box.

We are trying to make this process as easy as possible. If you have problems with submission, please contact your teacher (or Advisor) by email or call the HTMS office at 750-8720.

We have new AMI packets for Days 11-30 available NOW outside HTMS in yellow newspaper stands. Your parents or family can simply drive up and get one out of the stands at any time.

We know working from home can be challenging, so please know that if you have any questions regarding your assignments that your teachers are standing by ready and willing to answer your questions. If you have access to the Internet, feel free to shoot your teachers an email and/or keep up with assignments on Google Classroom. *Did you know that you can access Google Classroom on your PS4 or Xbox One?* Click on these YouTube videos for instructions. For PS4: <https://youtu.be/Wdc-BloIhsk> For Xbox One: https://www.youtube.com/watch?v=ZOqzcrf_Wv4

Resources for if your family needs help:

The HTMS Social Worker is also a great resource for families who are struggling to find food or need some help with rent or other necessary expenses. You can email Alina Anima at aanima@sdale.org.

Northwest Arkansas Resource Map for Covid-19 shows locations in Springdale that are providing services to help during this situation:

https://www.google.com/maps/d/embed?mid=1yHwR6orhXkvNv_PwWbrVyZznn_nOOtJl

Samaritan House Resources for Families: <https://www.samcc.org/additional-resources/>

HARK Resources for Families: <https://www.harknwa.com/getconnected/>

Food Needs

We are also aware that many of you rely on our school breakfasts and lunches, and are potentially feeling the pressure of missing those meals this week. Our cafeteria is still up and running making meals that can be picked up. If someone is able to come to HTMS, we will have breakfast/lunch for pick up 11:30-12:30 outside the bus rider side of the building.

****ALL students eat for free (that includes siblings that go to other schools). And adults can buy breakfast for \$2.10 and lunch \$3.75.***

Meals will be served at HTMS on Monday, Wednesday, and Fridays. For Monday and Wednesday, 2 meals per day will be served: 1 hot and 1 cold lunch along with 2 breakfast meals. Friday will be 1 hot sandwich meal. There will be NO BUS SERVICE DELIVERY of meals.

Here is a list of restaurants offering free meals to children with no questions asked! Also, there is a Facebook page called “NWA Free Food For Kids” that has a list of places as well.

- | | | |
|---------------------------|-----------------------------|-----------------|
| • Wagon Wheel Cafe | • Sam’s club | • Jersey Mikes |
| • DQ | • Beaver Lake Bistro | • Marco’s pizza |
| • Tesoro Beach Restaurant | • CJ’s Butcher Boys Burgers | • Sammich Love |
| • Gusanos | • JJ’s | • Clean Cookin’ |
| • Tacos 4 Life | • Bariola’s Pizza | • Wright’s BB |

Food pantries and hot meals in Springdale:

- Samaritan Community Center 1300 N. Thompson (479-872-1115)
 - Anyone in need (families or individuals) can receive groceries, SnackPacks, and hot meals in a safe, drive-thru process.
 - Tuesday and Thursday, 10:30am-12:30pm
- St. Thomas Episcopal Church 2898 S. 48th St. (479-751-9184)
 - Tuesday 11:00 am-12:30 pm (hot meal)
- Compassion NWA 2407 S. Thompson (479-717-5630)
 - Monday and Thursday 9:30 am-11:30 am
 - Tuesday and Wednesday 5:00 pm-7:00 pm
- St. Raphael Catholic Church 1386 S. West End (479-756-6711)
 - Tuesday and Thursday 6:45 pm-7:45 pm
- First United Methodist (Bread of Life) 206 W. Johnson (479-361-2612)



- Wednesday and Thursday 9:00 am-11:30 am
First Spanish Church 206 N. Westwood Lane (479-387-4473)
- Wednesday 7:00-8:30 pm
- Springdale Christian Church 714 W. Huntsville Ave (479-756-5687)
 - Monday 9:00 am-12:00 pm

THE BRIGHT SIDE OF COVID-19



Positive Perspectives & Actions

FAMILY TIME

With children home from school, this is a great time to bond as a family. Listen, play and explore fun activities with your children. Support them during this turbulent time.

ALONE TIME

Being disconnected can seem scary, but use this time to enjoy solitude. Get to know yourself, spend time in reflection and be proactive about how you spend your time alone.

UNPLUG

Escaping the anxieties of this crisis is nearly impossible on social media. Take this as an opportunity to unplug for a bit. You might be surprised at the relief you have as a result of shutting out all the noise.

WORK/LIFE BALANCE

If you are unable to work at this time, you may be stressed or even out of sorts with unfamiliar free time. Embrace the new-found free time as a much needed mental break.

EXPLORE HOBBIES

Our busy lives don't always leave room for hobbies. During this time, explore your hobbies or try a new one! Read, write, create, craft, or just binge a good TV show!

SELF CARE

Explore new ways to proactively support your mental health and wellbeing through acts of self care. Find relaxing, mindful activities that leave you feeling calm, refreshed and confident in life.

RETHINK & GIVE BACK

Rethink Mental Health Incorporated is a nonprofit organization dedicated to the education and advocacy of mental health. Together, we can rethink how mental health is viewed and treated in our society.

During this unsettling time, we choose to look on the bright side of things and proactively taking care of ourselves and others.

Learn more at www.rethinkstigma.org

While Stuck at home...

We know it can be a drag to be stuck at home for days on end. You may feel increased anxiety, worry, fear, or even just boredom. It's important for us all to practice self-care during this time. *DO-spend quality time with your family, read a book just for fun, learn a new skill. *DON'T- spend hours on end on Insta, Snapchat, TikTok, or playing computer games!!!! If you're interested in more social emotional learning activities, check out resources provided by [Rethink](#).

Counselor Concerns

Remember, even when though we are not physically at school together, we still are here for you all in whatever ways you need. The same issues and concerns we have at school do not disappear when we go home, so please utilize the many ways available to reach us if you need!

You can email your counselors at:

Mrs. Henderson, 6th grade counselor-
dhenderson@sdale.org

Mrs. Barron, 7th grade counselor-
hbarron@sdale.org

If you are worried about a friend or relative after normal school hours, please contact the Arkansas Crisis Hotline at 1-888-274-7472.

Beginning 3/18/20, OGC student services will be provided via an electronic format (Zoom). Questions? Call 479-695-1240.



We love this graphic! It is so much about what to focus on during this crazy time. There are a lot of things we can't control about the situation right now.

Believe us, all the HTMS teachers, administrators, and staff are just as worried about what's going to happen and how long it will be like this!

Remember **YOU** can control your thoughts, actions, and responses to this situation. Sometimes watching the news or reading all the Covid-19 posts on social media can bring you down and have a negative effect on your emotions.

Spend time looking at and doing positive things that help keep you in the right frame of mind. Focus on the things that you **CAN** control.

A great resource for families that has all sorts of links to creating a happier, more organized, and calmer break is

<https://www.common sense media.org/resources-for-families-during-the-coronavirus-pandemic>

Also, please remember that if you know of someone else who is in need or that you are worried about, to please utilize the [See Something. Say Something](#) link on our HTMS page.

Did you see something that you need to report to an adult? Something inappropriate, bullying/cyber-bullying, violence/threats, potential fights, drugs/alcohol, weapons, or any other safety concerns? If so, please complete this form to report this information or alert your teacher, counselor, principal, or school resource officer.

Your name will be kept confidential and your report will not be shared with others.

Safety concerns added to this form will ONLY be monitored during school hours (7:30 a.m. - 4:30 p.m.). If this is an emergency, please call 911 or if appropriate, call the National Suicide Prevention Lifeline at 1-800-273-8255.

NEED FREE INTERNET DURING THE SCHOOL CLOSURE?

Cox Communications- 1 mo free, low income service.

<https://www.cox.com/residential/internet/connect2compete.html>

Spectrum-60 days free to students who do not have broadband. [1-844-488-8398](tel:1-844-488-8398)

AT&T-waiving overage fees for AT&T Wireline/Fixed Wireless

Springdale Parks and Rec's list of free WiFi places (Springdale Park):

<http://www.springdalear.gov/629/Free-Wi-Fi>

Tips on Content:

- Include large print, easy to read print!
- Be creative. Drawings are appreciated.
- Stay positive. Maybe include an uplifting quote.
- No need to mention current events. Just wish them well.

- Currently assisted living and nursing homes are closed to visitors.
- Social isolation is tough! If you would like to help, contribute a thoughtful note, drawing, etc.
- They will be printed off and delivered to a local assisted living facility (or more than one if we get a lot).

Options for Creating Something:

Adobe Spark. Google Drawing. Google Docs. Canva. Plenty of others sites online.
Or Make a paper card/ drawing and take a picture of it!

CARDS & DRAWINGS FOR SENIORS

How to "Turn In"

Place in Google Folder or upload to Google Form or
Bring Physical Cards/ Drawings to HTMS Little Free Library



**MARCH
17**



FOR MORE INFORMATION, CONTACT MARTY AT (281) 382 2201

Watch this great YouTube video to understand why you need to wash your hands often and keep your hands AWAY from your face:

<https://youtu.be/l5-dl74zxPq>

Great video for Online Classroom Etiquette:

https://youtu.be/8yhOxIWCSr0?list=UUvJ8_M-wGan9FP7fXDEswdQ

Here are some fun, feel-good things to do at home:

<https://docs.google.com/document/d/1aYo-iMrgf-UwQL8BDwXlrk3iHluUDtzmlSeaXkiMJZA/edit?usp=sharing>



Here are 16 Apps to help you cope with anxiety:

Apps can help children and teens manage when they are feeling anxious. Some apps can also help children get through an anxious moment. And there are still other apps that can help by distracting them.

Mindfulness for Children (Free version and Pro Version \$4.99/One Time Fee) The free version has five guided meditations for children. They give more detailed information about each of their meditations and instructions on how to do mindfulness.

Relax Melodies (Free version and paid Pro Version available) Not specifically targeted for children, but can be used by people of all ages. There's a huge variety of sounds you can play, but there are also guided meditations. There are a lot more options in the pro version. Calm (Lite version or \$4.99/month for the year)

Calm is a popular app among adults for mindfulness and meditation. Did you know there's a section called Calm Kids? You can get access to it with a subscription. If you use the app for free, there's also a daily calm series inspired by the characters in Winnie the Pooh.

Positive Penguins (\$0.99) This is good for upper elementary children who are strong readers and typers. This app helps children figure out why they are feeling a certain way and then encourages them to think of things in a different way. There's also a five-minute guided meditation. Cool fact—this app was created by children!

Mindful Minutes by Oops Yay (\$1.99) Super cute and child friendly. This app has relaxing music and no ads. There are four different little minutes you can do—with a fish, a balloon, a star, and a gem. Children hold down the image as it goes up through relaxing scenery. This is super calming even for adults.

Bedtime Meditations for Kids by Christiane Kerr Can be helpful at bedtime to help children settle down and transition into sleep.

Headspace (Free limited access version, but you can upgrade for the full experience for \$7.92/month for a year, or \$12.99/monthly) A popular one for adults, this also has a section just for children. It's divided by age (under 5, elementary children, and pre-teens) and covers topics like calm, focus, kindness, sleep, and wake up. There's an introduction video to help you get started.

Stop, Breathe, and Think: Meditations (Free, Premium version available starting at \$4.99) This is another app that is for adults, but also has a family section with three guided meditations for families to use together.

Recolor: Coloring Book for Kids (Free) A coloring app that's very easy to use. Just pick a picture and a color palette. Touch the color you want and tap the area of the picture you want to color in. You can zoom in on details. What a neat way to distract children!

Tanzen Free (Free) Relaxing tangram puzzles. They have all the pieces out for you; all you have to do is arrange them.

Blox (Free) This is a beautifully minimalist 3D physics game. Relax and enjoy the peaceful waves and calm sounds as you swipe away blocks from an endless tower. Be sure to keep the diamond on top while you move out the blocks below.

Mekorama (Free) You lead a cute little robot through puzzles with no timers or buzzers. It's adorable!

Breath of Light: Relaxing Puzzler (\$1.99) It's gorgeous and the background music is quite relaxing.

Monument Valley (\$3.99) It's a puzzle game where you are changing the environment to get from a starting point to the end. The music is so soothing.

Highlights Hidden Pictures (\$3.99/month) You can zoom in on pictures and find the images. You can do free play, timed play, or find the clues in a particular order.

Audible (\$14.95/month after free 30 day trial) Listening to books can be a great way to distract children and have them focus on something else other than their anxiety. This app is connected to Amazon, and it's a way you can listen to audiobooks. There are a ton of books available. It can be used across devices, so you are always in the right place in a book. Children can listen to books such as *Harry Potter*, *Magic Tree House*, *Eragon*, and *Diary of a Wimpy Kid*.

Want some soft skills/social skills tips? Check out these articles from *Scholastic Choices*:

Want friendship help? How you can be a good friend to others!

https://choices.scholastic.com/issues/2017-18/020118/how-to-be-a-good-friend.html?promo_code=2004&magazineName=ch

Am I the Jerk? Practice some conflict resolution skills!

https://choices.scholastic.com/issues/2019-20/120119/am-i-the-jerk.html?promo_code=2004&magazineName=ch

The 7 types of toxic friends. Is your BFF bad for your health?

https://choices.scholastic.com/issues/2019-20/110119/the-7-types-of-toxic-friendships.html?promo_code=2004&magazineName=ch