



YMCA of South Florida Youth Development



Weekly E-Newsletter: April 15th – April 21st, 2020

Digital Content & Resources for Youth (K-5)

Youth Development Families, at the YMCA of South Florida, we are working hard to provide resources and services to you and your family during these unprecedented times. The following resources are available NOW! Stay tuned for additional resources and content on our weekly newsletters which you will receive each Wednesday. Next week we will add Social-Emotional Learning. Topics presented will include internet safety, feelings, emotions and much more!



SPRING IS HERE!

Academic Support – via our academic support calendar, you can schedule an academic support session for topics like, math, literacy, or science. These sessions will help reinforce concepts learned online while instruction continues via virtual delivery. Upon sign up, parents will be contacted by the Academic Support Leader to review the support-needing content and for the Y to be ready to best support their child's needs at the time of their scheduled session. Once scheduled, you will be e-mailed your unique Zoom Session link – you and/or your child simply log on at your scheduled time to participate in your session.

To schedule your session visit: <https://bit.ly/34ng4CSAcademicSupport>

Arts & Crafts – each week we will provide age-appropriate project plans for downloading. Have your little ones follow instruction or walk them through it if needed. When done, e-mail your masterpiece to Ayxis Averhoff, at aaverhoff@ymcasouthflorida.org to get your work posted on the YMCA Youth Development Miami Facebook page. Each submission will get a unique post that can be shared with friends and families remotely!

To download this weeks' projects visit: <https://bit.ly/3ebj75GCrafts>

Literacy (Story Time) – via our Story Time calendar, you can sign your child up and allow them to be a part of an experience that will increase their reading and critical thinking skills through a live online story time with open discussion – make it a tune-in with friends! Upon sign-up, parents will receive a unique Zoom link which you will use to join at the scheduled Story Time. Join us on Mondays, Wednesdays, and Fridays in English and don't miss Story Time in Spanish on Tuesdays. All sessions at 3:00 pm!

To sign up for story time in English visit (M,W,F): <https://bit.ly/34w5OrVStoryTimeE>

To sign up for story time in Spanish visit (T): <https://bit.ly/2UVCWWQStoryTimeS>

For weekly content suggestions, please e-mail John Ortega, at JO Ortega@YMCASouthFlorida.org



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Health and Nutrition – join the following resources to stay active and fit while at home. A weekly plan is listed below for one activity per day. Then join us live on Fridays at 2:00 pm on Zoom, where a Y-Leader will conduct a weekly lesson introducing healthy eating/ lifestyle tips and will encourage healthy food choices. Upon sign-up, parents will receive a unique Zoom link which you will use to join at the scheduled Nutrition Education time. **Get Up, & Get Fit!**

Wednesday 04/15: <https://bit.ly/2yMUdsF>

Thursday 04/16: <https://bit.ly/2JQyRnt>

Monday 04/20: <https://bit.ly/2JQyH8PSFS>

Tuesday 04/21: <https://bit.ly/2x7fWLD>

To sign up for Nutrition Education visit (F):

<https://bit.ly/2y6vizPNutritionEd>

Parent Support Line – the Y parent support line will provide resources to parents to include: YMCA programs and services, both those temporarily closed and those offered through our program continuity plan, community food distributions, Wi-Fi/ Internet Services, information on M-DCPS electronic device distribution, and any other community resources known of.

Call TODAY (M-F) from 10 am – 3 pm! (954) 498-7652

COVID-19 Best Practices:



Wash your hands frequently with soap and hot water for at least 20 seconds, especially before, during and after food prep or eating. If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol.



Cover your coughs and sneezes with a tissue and dispose of the tissue in the trash.



Clean frequently touched surfaces and objects like door knobs with household disinfectant on a regular basis.



Avoid touching your eyes, nose and mouth with unwashed hands.



Stay home when you or a family member is sick or exhibiting early symptoms of sickness.



Avoid close contact with people who are sick.

MDCPS Updates & Resources

• Schools to Remain Closed Through May 1st.

• Meals Distribution

<https://bit.ly/3aXP8fxMDCPS>

• MDCPS Operations Line

(305) 995-3000

• MDCPS Learning Line

(305) 995-HELP (4357)

• MDCPS Mental Health Line

(305) 995-7100

Put Down the Remote and...

- Build a fort!
- Play outside!
- Read a book!
- Plant a garden!
- Bake Something!
- Complete a puzzle!
- Print coloring pages and color away!
- Write thank-you notes to first responders!
- Call your loved ones and tell them why they are important to you!

