



Happy April!

With the COVID-19 changes, parents have had to take on all roles with their child. To help you, we are creating this newsletter instead of our monthly calendar. This newsletter includes safety information, resources, and suggested activities to do with your child. We understand how challenging this time is for you and your family and want you to know we are here to support you. Please contact us by email if we can support you [rlindsey@bcps.org](mailto:rlindsey@bcps.org) or [lnathan@bcps.org](mailto:lnathan@bcps.org)

## CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.

**Disinfect surfaces around your home and work.**

**Wash your hands for at least 20 seconds.**

**Sneeze or cough? Cover your mouth.**

The American Red Cross continues to closely monitor the coronavirus disease 2019 (COVID-19) pandemic and follow the latest guidance from the Centers for Disease Control and Prevention.

We understand this is a stressful time and people want to know what they can do now to protect themselves and their families. Below are some everyday steps that people in the U.S. can take now. In addition, stay informed about what's happening in your community and always follow the directions of state and local authorities.

## HELP SLOW THE SPREAD OF COVID-19

Follow these steps to help keep you and others safe:

- **Stay home** if you can and avoid any non-essential travel. Avoid social gatherings of more than 10 people.
- **Practice social distancing** by keeping at least 6 feet — about two arm lengths — away from others if you must go out in public. Stay connected with loved ones through video and phone calls, texts and social media. Avoid close contact with people who are sick.
- **Wash your hands often** with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- **Avoid touching your eyes, nose and mouth** with unwashed hands.
- **Clean and disinfect household surfaces** daily and high-touch surfaces frequently throughout the day. High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets and bedside tables. Follow [CDC guidance](#).
- **Cover your coughs and sneezes.** Use a tissue to cover your nose and mouth, and throw used tissues in a lined trash can. If a tissue isn't available, cough or sneeze into your elbow — not your hands. Wash your hands immediately.

### Resources for you and your family

BCPS offers a **webpage** with information about how to access learning, receive support, and helpful ideas for you and your family. You can find this website at:

<https://www.bcps.org/system/coronavirus/>

**Free Grab and Go Meals** (Breakfast, lunch, and dinner) are served in the parking lot in front of Hawthorne Elementary School and Deep Creek Middle School.

**Xfinity is offering free WiFi** to eligible families at <https://www.internetessentials.com/covid19>

**Baltimore County Government** is offering many services and assistance. Find their help at:

<https://www.baltimorecountymd.gov/news/coronavirus.html>

**Find food resources in Baltimore County** or if you have questions or need assistance with food access, call 410-887-2594 or email: [food@baltimorecountymd.gov](mailto:food@baltimorecountymd.gov).

# Talk Read Sing Together

## Week 1: April 1-3

**Breathe together: your safe and you can handle this.** Review the top 4 breathing exercise with your child: Star, Drain, Pretzel, Balloon (maybe add the Bunny or one of your child's favorites from school). Whenever you feel stressed, remind each other that your safe and you have this, just breathe.

**Give your child the job of breathing helper,** their job is to help family members in the house take a breath when they need to relax.

## Week 2: April 6-10

**Sing/Learn a new game:** Here's the Bunny: <https://www.youtube.com/watch?v=WZiBX-UqOFs>

**Read together: The Ugly Duckling –** <https://www.youtube.com/watch?v=4LbJ0qoFxFw> •

**Talk Math:** With the help of your child gather a variety of household items in a bag or basket. After you and your child have gathered the items have your child compare and describe the items (long, short, heavy, light)

**Talk Science: Check out the webcams at the Maryland Zoo in Baltimore** <https://www.marylandzoo.org/animals/live-cams-feeds/> (Remember to check the feeding times to see when they may be most active.) What do you and your child think the animals are thinking/saying to each other? Anything like the Ugly Duckling story?

## Week 3: April 13-17

**Sing/Learn a new game:** Round and Round the Garden <https://www.youtube.com/watch?v=5cz637vFZml>

**Read together:** Jack and the Bean Stalk - <https://www.youtube.com/watch?v=n0KVmHYNHoI>

**Talk Math:** Count to 20 with objects. Together, gather sticks, leaves, beans, shoes, any items you can find around the house. Count to twenty together with the objects. You can also make sets of 1-20 items and see if your child can tell you which set has more – guess first, then count to double check your work.

**Talk Science:** Use items around the house to make a model of the beanstalk and Jack, and maybe the giant. You can use empty toilet paper rolls, newspaper, advertisements or junk mail to cut up and make leaves and the beanstalk. An action figure or photo of a person in the mail

could be Jack. Together, use your imagination to create the model of the book. Encourage your child to act out the story with their model

## **Week 4: April 19-24**

**Sing/Learn a new game:** Twinkle, Twinkle Little Star,  
<https://www.youtube.com/watch?v=GRLPIoep7ul>

**Read together:** The Boy Who Cried Wolf: <https://www.youtube.com/watch?v=QFD4KoyXuu8>

**Talk Math:** Write the numbers 0-5 with your child. Use other items to write the numbers (Shaving cream, pudding, playdoh)

**Talk Science:** Learn about wolves with this story: <https://youtu.be/CifgAvrgtNs> and learn more about them here: [https://youtu.be/FmFazimYU\\_o](https://youtu.be/FmFazimYU_o)

## **Week 5: April 27-30**

**Sing/Learn a new game:** Jack be Noodle  
<https://www.facebook.com/ConsciousDiscipline/videos/jack-be-noodle/2863844300341733/>

**Read together:** The Braves Fish <https://youtu.be/kZYcXDhPEgA>

**Talk Math:** Draw a picture of all the things you are thankful for. Count how many positive things you can find in your day.

**Talk Science:** Think of someone you are thankful for, create a thank you card for them out of items from your home.