TOWN OF GOLDEN BEACH, FLORIDA

RESOLUTION NO. 2676.20

A RESOLUTION OF THE TOWN COUNCIL OF THE TOWN OF GOLDEN BEACH, FLORIDA, AUTHORIZING THE USE OF LAW ENFORCEMENT TRUST FUND (LETF) MONIES TO MAKE A \$2,500 CONTRIBUTION TO TEACH FOR AMERICA (TFA); PROVIDING FOR IMPLEMENTATION; PROVIDING FOR AN EFFECTIVE DATE.

WHEREAS, the Town desires to make a \$2,500 contribution to Teach for America (TFA) to recruit, select, train, and provide ongoing support to corps members in Miami-Dade and Broward Counties; and

WHEREAS, TFA is an organization that recruits committed recent college graduates of all backgrounds to teach for two years in urban and rural public schools; and

WHEREAS, the Town's LETF account includes assets forfeited to the Town by authority of the Florida Contraband Forfeiture Act and by the Federal Asset Forfeiture Statutes; and

WHEREAS, the Town Council desires to utilize LETF funds to pay for this contribution; and

WHEREAS, the monies contained in the LETF are the result of seized assets from both investigations by the Town's Police Department and joint investigations with other law enforcement agencies – not from tax revenue; and

WHEREAS, the Chief of Police has recommended that the \$2,500 cost be taken from the Town's LETF for "other law enforcement purposes" specifically authorized by law; and

WHEREAS, the Chief of Police certifies that this expenditure complies with § 932.7055, Florida Statutes, and / or the Federal Seizure statutes in that the funds will be used for an appropriate law enforcement purpose; and

WHEREAS, the Chief of Police certifies that the Town's LETF is not being used as a normal source of revenue for the Town Police Department; and

WHEREAS, the Chief of Police certifies that the Town's LETF was not considered in the adoption and approval of the Police Department budget; and

WHEREAS, the Town Council finds that it is in the best interest of the Town to proceed as indicated in this Resolution.

NOW, THEREFORE, BE IT RESOLVED BY THE TOWN COUNCIL OF THE TOWN OF GOLDEN BEACH, FLORIDA, AS FOLLOWS:

<u>Section 1.</u> <u>Recitals Adopted.</u> That each of the above-stated recitals is hereby adopted and confirmed.

Section 2. \$2,500 Contribution to TFA is Authorized. That the contribution of \$2,500 to TFA and the use of LETF funds to make the contribution are hereby authorized and approved.

Section 3. Implementation. That the Mayor and Town Manager are authorized to take any and all action which is necessary to implement this Resolution.

Section 4. Effective Date. That this Resolution shall be effective immediately upon adoption.

Sponsored by **Town Administration**.

The Motion to adopt the foregoing Resolution was offered by <u>Vice Mayor Einstein</u>, seconded by <u>Councilmember Mendal</u> and on roll call the following vote ensued:

Mayor Glenn Singer
Vice Mayor Bernard Einstein
Councilmember Judy Lusskin
Councilmember Jaime Mendal
Councilmember Kenneth Bernstein

Aye
Aye
Aye

PASSED AND ADOPTED by the Town Council of the Town of Golden Beach, Florida,

this <u>26th</u> day of <u>May</u>, 2020.

MAYOR GLENN SINGER

ATTEST:

USSETTE PEREZ

TOWN CLERK

APPROVED AS TO FORM AND LEGAL SUFFICIENCY:

STEPHEN J. HELFMAN TOWN ATTORNEY



TOWN OF GOLDEN BEACH

Item Number:

One Golden Beach Drive Golden Beach, FL 33160

MEMORANDUM

Date: May 26, 2020

To: Honorable Mayor Glenn Singer &

Town Council Members

From: Alexander Diaz,

Town Manager

Subject: Resolution No. 2676.20 – Use of LETF Monies to Make a \$2,500

Contribution to Teach for America (TFA)

Recommendation:

It is recommended that the Town Council adopt the attached Resolution No. 2676.20 as presented.

Request:

It is requested the Town authorize the use of LETF monies to make a contribution to Teach for America (TFA) in the amount of \$2,500 to recruit, select, train and provide ongoing support to corps members in Miami-Dade County.

Background:

TFA is an organization that recruits recent college graduates of all background's to teach for two years in urban and rural public schools. TFA trains and develops these corps members so that they have an immediate positive impact on their students who are usually attending under performing schools in Miami-Dade and Broward Counties.

The quality of our public education system in South Florida is vital to the regions ability to actively recruit and retain corporations and residents, and thrive as a leading region for economic and social prosperity. The use of LETF Funds for this type of function and purpose is appropriate and at the core of combating delinquency that often leads to egregious criminal acts.

Since 1990, nearly 33,000 leaders have joined TFA to help move the organization closer to a shared vision that one day, all children in this nation will have the opportunity to attain an excellent education. TFA teachers have reached more than 3 million students across 43 urban and rural communities, founded dozens of high-performing schools, boldly led school districts and charter management organizations, and helped pass groundbreaking education legislation.

Financial Impact:

\$2,500.00 from the Town's Law Enforcement Trust Fund.

Attachments: Agenda Item Resolution, & LETF Affidavit

AFFIDAVIT

STATE OF FLORIDA:

SS

COUNTY OF MIAMI-DADE:

Before me, this day personally appeared Rodolfo Herbello who deposes and says that:

"I, Rodolfo Herbello, Chief of Police, Town of Golden Beach, do hereby certify that:

- 1. This request for expenditures specifically is authorized by law and will be used for an appropriate law enforcement purpose;
 - a. this request for a \$2,500.00 expenditure from the Town of Golden Beach's Forfeited Assets Fund to make a contribution to Teach for America (TFA) to recruit, select, train, and provide ongoing support to corps members in Miami-Dade and Broward Counties, complies with the provisions of Florida State Statute 932.7055, known as the Law Enforcement Trust Fund (LETF), as amended or,
 - b. It complies with the requirements of the Federal Asset Forfeiture Statutes under the U.S. Department of Justice publication titled "Guide to Equitable Sharing for State and Local Law Enforcement Agencies" which specifically provides that the equitably shared forfeited asset funds resulting from the participation of a local agency in investigations with Federal law enforcement agencies may be utilized by the participating local agency to acquire law enforcement equipment or certain resources for use by law enforcement personnel that supports law enforcement activities.
- 2. The Town's Law Enforcement Trust Fund is not being used as a normal source of revenue for the Town's Police Department; and
- 3. The Town's Law Enforcement Trust Fund was not considered in the adoption and approval of the Police Department budget."

Rodolfo Herbello Chief of Police Golden Beach Police Department

Subscribed and sworn to before me this $\underline{26^{th}}$ day of \underline{May} , 2020 by Rodolfo Herbello who is personally known to me.

NOTARY PUBLIC STATE OF FLORIDA AT LARGE May 1, 2020

Town of Golden Beach % Mayor Glenn Singer 1 Golden Beach Drive Golden Beach, Florida 33160

Dear Mayor Singer and the Town of Golden Beach,

We have always believed that teaching is an act of leadership. That leadership is critical, now.

How COVID-19 is impacting our educational ecosystem

There is no research to measure what the effect of this massive break in traditional learning will be -- never in American history have schools been canceled for this long. We will likely see pre-existing inequalities exacerbated. More students will experience the challenges our most marginalized kids face and our most marginalized kids will face more extreme versions of the challenges they already face.

Teach For America Miami-Dade staff is working around the clock. Teacher coaches are conducting daily and weekly check-ins with teachers, providing all-teaching corps professional development, and are now providing professional development to over 700 Teacher For America Miami-Dade teachers, alumni, and offering our resources, support, and expertise to non-Teach For America educators.

"Ms. Vargas has been very motivational, she's been very helpful, if you don't get the assignment in on time, she'll help you turn it in. Sometimes she does zoom calls just to check on us, make sure we're doing good, make sure we're well. You know, and that's great as a teacher, some teachers don't even care how we're doing at home, Ms. Vargas does."

Teach For America Miami-Dade responding to the COVID-19 Crisis

School isn't closed for the year. The building is. Teachers, administrators, and support staff are preparing to save the day in ways we have never seen before. Teach For America Miami-Dade teachers are innovating and reinventing how to teach and reach students from their dining room tables. It hasn't been easy, and our teachers are weathering the storm, while continuing to set the bar for excellence high.

Teach For America Miami-Dade teachers are:

- disseminating critical information such as meal and food pick ups;
- collecting and distributing technology;
- innovating and reimagining what the virtual classroom is.

TEACHFORAMERICA Miami-Dade

Our teachers are students' lifelines. Across multiple platforms, students are craving routine and normalcy. The vast majority depend on our teachers for this support. Students are asking for:

- More homework
- "Take home" quizzes
- 1:1 meetings

- More classwork and instruction
- Bedtime story reading
- Tutorials and other instruction in Spanish

"Especially now teachers are in this unique role to really focus on the emotional health of the students because of all the different factors they are dealing with, like the lack of resources and I have some kids who are still working, some are in group homes. some are being moved around. So I think making sure they feel that they have someone who can be an ear for them to listen to.....I think it makes them feel a little bit more open to sharing," Ms. Bonner

Our teachers are rising to the occasion even more now. Ms. Sideris has organized a virtual track club, Ms. Bourlas has been using Instagram to continue to support her students, Mr. Stewart has texted over 80 families to increase student engagement and ensure families know the available resources. Teach For America Miami-Dade has set up platforms for teachers and community members to access for resources that are vital for virtual learning.

Teach For America Miami-Dade is grateful to our sustained partnership with the Town of Golden Beach. A generous renewed investment of \$5,000 is critical support for us right now as we have new and expanded needs responding to the new and expanded needs of our students, the most vulnerable population in our county. Please do not hesitate to contact me if you have any comments, questions, or concerns.

My best,

Samantha Hoare **Executive Director**

Samantha. Hoare@teachforamerica.org

917-284-2546

Taylor Ann Gonzalez Director of Donor Relations and Partnerships Taylor.Gonzalez@teachforamerica.org 305-401-8363



Teach For America Miami-Dade: Navigating COVID-19

A Catalog of Resources to Support Teachers, Students, School Leaders, Parents and Community Members through the current Landscape.

Navigate the resources within by following the <u>Table of Contents</u> on page 2 or by searching the document by using control+f/command+f. Resources will be added and updated on an ongoing basis. If you would like to submit a resource to be reviewed, you can do so by filling out <u>this survey</u>.

Easily share this document with your network by using:

tinyurl.com/tfamiamicovid19



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COVID-19 Updates and Guidance

Stay Informed

Type of Resources	Resources
National	 CDC Webpage Know the guidelines and recommendations the CDC is issuing in response to COVID-19 WHO Stay updated by the World Health Organization's rolling updates Importance of Social Distancing a module showcasing the importance of social distancing
Statewide (Florida)	 Florida League of Cities The Florida League of Cities is working in conjunction with the state's 412 cities, towns and villages to help share vital information and updates regarding COVID-19 Florida Department of Education Stay updated on decisions being made that impact schools.
Local to South Florida	 MDCPS Updates A webpage to stay informed on updates from Miami-Dade County Public Schools as well as to have access to support hotlines City of Miami Updates Daily updates to how COVID-19 is impacting the city of Miami

Talking about COVID-19 with Children

Type of Resources	Resources
Teaching & Lesson Plans	 BrainPop video + lesson plan from PBS (BrainPop + PBS) Just for Kids: A Comic Exploring the New Coronavirus (NPR) Dangerous Numbers? Teaching about Data & Statistics Using Coronavirus Outbreak (New York Times) Speaking Up Against Racism Around The New Coronavirus (Tolerance.org) Coronavirus: Fostering Empathy In An Interconnected World (Morningside) Digital Citizenship Curriculum: News & Media Literacy (CommonSense) Scholastic: Teaching Our World - Coronavirus has a collection of resources broken down by grade-level that will help teachers explain COVID-19 to kids.



T. II	
Talking to Children	<u>CDC</u> : Talking with Children about Coronavirus Disease - includes tangible guidelines about talking to
	kids
	 CDC: How To Get Your Household Ready For Coronavirus (CDC)
	 <u>Talking to Teens and Tweens About the Coronavirus</u> (New York Times) written for parents, but
	useful for teachers as well.
	 Public Health Emergency: Psychological Tips for Children & Adolescents' Emotions (HEMot)
	• Talking to Children About COVID-19 (Coronavirus) - A Parent Resource (Mount Laurel School District
	/National Association of School Psychologists)
	<u>Child Mind Institute</u> shared an article that explains that kids worry more when they're kept in the
	dark, and it provides ways to talk to kids about the virus.
	 Helping Children Cope a video from Harvard sharing ideas on how to talk to children about the
	virus
Multilingual resources	Coronavirus: Multilingual Resources for Schools
	COVID-19 Printable Fact Sheets

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Support for Students and Families

Type of Resources	Resources
Food Distribution	 Free Breakfast and Lunch Miami-Dade Public Schools and Broward Public school are offering free grab and go breakfast and lunch for students in need. Stay updated on meal distribution here. List of distribution sites Summer BreakSpot A program typically occurring only in the summer will operate now to ensure all students in need have food. Use the link to find sites near you.
Free Internet	 Comcast offers "Internet Essentials" for 60 days to low-income individuals. News Article Link to sign up AT&T offers the "Access Program" which provides low-cost home internet to qualifying households for \$5-10 a month, no deposit or installation fee Link to find out if you qualify and sign-up



 School districts can apply to get access to mobile hearning through the 1Million Project Foundation I 	• • • • • • • • • • • • • • • • • • • •
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Teaching and Learning

Miami-Dade County Public Schools Specific Resources

Type of Resources	Resources
MDCPS Resources	 Instructional Continuity Plan Outlines MDCPS's plan on how to engage students in Distance Learning. Shares the role of students and teachers. Instructional Learning Plan hotline: 305-995-HELP (4357) To support students, parents and teachers in engaging in distance learning. Hours of Operation: M - F from 8 a.m 4 p.m. MDCPS Guidance on Microsoft Teams MDCPS Distance Learning Webpage Essential MDCPS contacts during the emergency school closures

Becoming a Virtual Teacher [Professional Development and Resources]

Type of Resources	Resources
Virtual Platforms	 Edmodo 101 Edmodo is a platform MDCPS is using. This resource provides tips on using it effectively. Zoom is temporarily giving K-12 schools access to video conferencing for free. (Forbes article) This is a great resource for video conferencing and includes the ability to share your screen, create breakout rooms, share a "white board" and many more interactive features. This is also a resource that teachers could use to "record" a mini-lesson or short lecture or guide while sharing their screen with a slides and then upload the video to Google Classroom or email/text to students. Link to sign up - must use school email address. Zoom Task Cards to build your skill in using the platform. WebEx is temporarily making its video conferencing platforms free to teachers. A similar platform as zoom with the ability to share screens, create breakout rooms, and record. Learn more here. RingCentral Office is temporarily offering its platform for free to K-12 educators. It includes video



	 conferencing, team messaging, SMS, and fax. <u>Learn more here</u>. <u>Tools for Online Learning</u> - includes a list of apps + platforms that can be leveraged in distance learning to share content and create discussions Common Sense Media has curated recommendations for the best <u>student collaboration tools</u>, <u>messaging apps</u>, <u>lesson-planning websites</u>, <u>interactive video apps</u>, <u>tools for project-based learning</u>, and apps and websites for <u>flipped classrooms</u> and <u>virtual field trips</u>.
Building Skill	 Top Tips for Moving your Class Online Helpful tips as you transition to being a virtual teacher EdSurge 10 Tips to Making Online Learning Work Determine your model: A helpful guide from Instructional Partners about the various models of distance learning (digital, analog, hybrid), with links to tips, guides, and resources. 10 strategies for online learning during a coronavirus outbreak A short guide from International Society of Technology in Education (ISTE) to support teachers with the specific context of transitioning to online learning due to coronavirusa mix of technical, instructional, and general tips Going Online In a Hurry: What To Do and Where to Start. A list of steps to guide your process of transitioning from in-class instruction to virtual setting with a list of both guiding questions and helpful tips. Written with college-level instructors in mind, but still an applicable process of thinking, metacognition and guiding questions. Online Learning Guidelines: OREO This short blog post, including an infographic with links, supports readers to focus in on four of the most essential principles of online learning: Objectives, Responsibilities, Expectations, Organization Global Online Academy's quick advice about the attitudes and ideas to keep in mind as you transition from in-person to online learning as a result of the COVID-19 pandemic
"Live" or Webinar Based Professional Development Offerings	 <u>Edmodo Pre-Recorded Webinar</u> a Youtube video with tips and tricks to build skill using Edmodo <u>Stay the Course</u> is launching a twice-weekly POWER HOUR! Manage the stress of school closure by connecting with a nationwide community of educators, 2) collaborating on best practices in distance learning, and 3) recharge through joyful story-telling and lots of laughter. Sign up <u>HERE</u>. <u>Outschool webinars</u> on "telelearning"45 minute minute webinars for free on moving to online learning for ages 3-18. Offered frequently.



Supporting Student Learning

Type of Resources	Resources
Supporting the Learning of Students in all Grade Levels	 Scholastic Learn at Home day by day projects to keep kids reading, thinking and growing EdPuzzle math and science video lessons organized by grade level and topic Free Coding Apps and Programs for a variety of different grade levels and age ranges Digital Citizenship Lessons helping students understand the impact of their actions in a digital world Iready is the most used program by MDCPS allowing teachers to assign math and ELA lessons. Students engage in learning that is at their level. This app can be accessed in the MDCPS portal. Khan Academy has full courses in K-12 STEM (math and science). It also has ELA beta courses and some Social Sciences courses, as well as college and test prep courses. As a teacher, you can assign lessons to students individually, and the course will auto-assign lessons to students tailored to their performance. Newsela Printables and virtual learning are available for all grades IXL offers math and ELA lessons for Pre-K- 12th grade DuoLingo is a great app to use to support the learning of a foreign language FreeRice The United Nations World Food Programme offers a vocabulary building app that also donates rice to those in need throughout the world. TeachEngineering Searchable, web-based digital library collection comprised of engineering curricula for use by k-12 educators like activities, lessons, units, and more. A List of Education Companies Offering Free Subscriptions
Supporting the Learning of Middle and High School Students	 Math EdPuzzle math video lessons organized by topic and grade 10 Best Math Digital Math Tools for secondary students UPchieve provides free, online math tutoring to low-income high school students. In response to the COVID-19 pandemic, UPchieve is making sure eligible schools can give their students access to UPchieve for free in as little as 24 hours. Science / STEM Gizmos Online Science and STEM simulations that power inquiry and understanding. Teachers and



	students can access this application in their MDCPS portals. EdPuzzle videos organized by topic and grade level (third tab for science) ELA / Social Sciences Open Library "Borrow" books and read a book on a web-browser or by downloading a PDF. Many books also have audio-book or "listen" options. Users need an email to create a log-in, but otherwise is open-access and free. NoRedlink NoRedlink builds stronger writers through interest-based curriculum, adaptive exercises, and actionable data. Hundreds of free practice topics that allow your students to work independently toward mastery on a host of important writing, language, and critical thinking skills. CommonLit over 2,000 high-quality free reading passages for grades 3-12, complemented by aligned interim assessments, growth-oriented data, and expert-led teacher development. Lessons specifically tailored for Coronavirus school closures with mini-units and texts linked here NY Times writing curriculum A flexible program for middle and high schools based on the real-world writing found in newspapers, from editorials and reviews to personal narratives and analysis essays iclivics Free virtual lesson plans and games designed to guide students through meaningful civic learning. College and Career Readiness College and Career Readiness CollegeGreenLight Help students get a jump start on planning for college through multiple online free resources and scholarship search engine geared towards first gen, students from low-income backgrounds (has a teacher/counselor platform so you can see if/when students complete tasks) CollegeBoard Help students get a jump start on planning for college through multiple online free resources. Also provides scholarship opportunities. Shmoop Online courses, college readiness prep, award-winning test prep, and free study guides balance a teen-friendly, approachable style with academically rigorous materials.
Supporting the Learning of Elementary Students	 Math EdPuzzle math video lessons organized by topic and grade REFLEX Math allows students to build number fluency in multiplication and addition. All MDCPS teachers and students have access to this program. Zearn Math - Zearn K-5 Math curriculum - including 400 hours of digital lessons with on-screen teachers and supportive remediation. Resources, curriculum and webinars provided free during COVID-19.



	 Science / STEM Gizmos Online Science and STEM simulations that power inquiry and understanding. Teachers and students can access this application in their MDCPS portals. National Geographic Kids offers games, articles and activities for students to engage in. EdPuzzle videos organized by topic and grade level (third tab for science) ELA / Social Sciences MyOn MDCPS has bought this digital library and students/teachers have access to this via the MDCPS portal. Teachers can create projects and assign quizzes for students. Think AR but digitally. Reading A to Z Printable books, passages, and resources for students Time for Kids Student articles on a variety of topics Scholastic released video & text-based lessons for grades K-6 for distance learning. "Day-by-day" projects, videos, & lessons for distance learning and home learning iCivics Free virtual lesson plans and games designed to guide students through meaningful civic learning.
Supporting the Learning of Pre-K Students and Toddlers	 Resources for Kids Under 5 A list of resources for parents to use with kids under the age of 5 NAEYC: Math Learning at Home (Toolkit of 20+ resources) NAEYC: Creating Mini Centers at Home (Inspiration, ideas, and directions for setting up classroom-like Centers at home) Playdough Power: Learning Extensions and Recipe PBS Kids Games (Math, Feelings, Literacy) Sesame Street Learning Videos Cox Campus: Emergent Writing Activities for Families Erikson's Big Ideas in Early Math (each concept links to relevant lessons and activities) Caribu is an app with hundreds of E-books and allows for reading to happen with family members at a distance. Think Kindle meets Facetime. Caribu is giving FREE and UNLIMITED access for families to use during the COVID-19 outbreak. E-Books published by Rollins, available via Cox Campus
Supporting the Learning of Students with Disabilities & Special Education	 <u>List of Google Chrome extensions</u> that serve as Assistive Technology to support a wide range of needs, including Text-To-Speech, Readability, and Navigation. <u>Considerations for Special Education Administrators</u> (from the Council of Administrators of Special Education) - including information for schools, questions to consider, and other resources. <u>Office of Special Education and Rehabilitative Services (OSERS) Q&A</u> document on providing services



	 to children with disabilities during COVID-19. Accessible Teaching in the Time of COVID-19 - written for universities shifting to virtual learning but contains lots of practical considerations for how to increase accessibility that all teachers could benefit from, including how to prepare to shift to virtual learning by checking in with students. Supporting Students with Disabilities in K-12 Online & Blended Learning - a guide from the Michigal Virtual Learning Research Institute
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Resources for Parents

Type of Resources	Resources
Engaging your Child in Learning and Activities	 Live Mindfulness Classes for Kids join free mindfulness class on Tuesdays, Wednesdays & Thursdays Check out any of the Supporting Students Resources within this document for additional learning activities or the Talking to Children about the virus resources to help children cope during this time Caribu is an app with hundreds of books and allows for reading to happen with family members at a distance. Think Kindle meets Facetime. Caribu is giving free and unlimited access for families to use 8 Fab Tips to try with your children during this time (hands-on activities, virtual playdates, etc) Munchkin Fun At Home is a collection of crafts, STEM activities, distance learning, recipes & volunteering projects families can do at home. Completely free for parents. Resources for Social Distancing with Kids a collection of activities grouped by age At Home Learning Resource and Schedule recommended for upper elementary and middle school A Twitter Thread on homeschooling resources for all ages. Supporting Children's Social, Emotional Learning during COVID-19 Virtual Classes and Experiences for Toddlers and young children (music classes, yoga, etc) Literacy and Enrichment Resources Virtual learning is a wonderful way to provide children with enriching experiences, even when you are stuck indoors. Check out these fabulous resources!
Balancing Working from Home and Parenting	 <u>Forbes: School Closed- Working from Home. How to make it Happen?</u> Tips and tricks on how to make this all work. <u>5 Tips</u> for effectively working from home when you have kids



Resources for Leaders

Type of Resources	Resources
Being a Virtual Leader	For Anyone and Everyone Top 12 Insights into Virtual Learning and Knowledge by Teach For All, a primarily remote org The Art of Participating Virtually Mural's Suddenly Working From Home Webinar How to Practice Self-Care When Working From Home HBR's The Virtual Manager Collection Tips for Managing a Newly Remote Team Tips for Coaching Someone Remotely For Systems and School Leaders Resource Hub for Systems and School Leaders. The hub provides resources, tools, and guidance in planning for school closures and supporting continued learning for students. UPchieve provides free, online math tutoring to low-income high school students. In response to the COVID-19 pandemic, UPchieve is making sure eligible schools can give their students access to UPchieve for free in as little as 24 hours.
Leadership Development	 450 Free Online Ivy League Courses anyone can opt into taking right now Leadership Resources for Times of Crisis complimentary, practical resources on topics of crucial importance today — crisis leadership, building resilience, virtual teamwork, and digital learning.



Wellness

Type of Resources	Resources
For the Mind	 MDCPS Mental Health Services hotline: 305-995-7100 To assist students and their families with mental health support. Hours of Operation: M-F from 9 a.m 5 p.m. National Alliance on Mental Illness created a resource addressing COVID-19 questions and concerns Taking Care of Your Mental Health in a Time of Uncertainty Mindful.org has many resources (body scanes, breathing exercises, etc) Care For Your Coronavirus Anxiety Small Steps to Taking Better Care During Scary Times Audio wellness app Simple Habit launched an entire collection of free guided meditations The Daily: Learning to Live with the Coronavirus (Podcast) Headspace app is great to use for guided meditations. It is free for teachers. PSYCHOLOGICAL TIPS FOR CHILDREN AND ADOLESCENTS' EMOTIONS
For the Body	 9 Totally Free At Home Workouts to try while social distancing An In-Home Workout list brought to you by Sweat440 Another list of Free at Home Workout Services Virtual Yoga a guide to the best online yoga classes Peloton is offering 90 days free access to their on demand workouts that include yoga, cardio, strength and more. You do not need to own a Peloton to engage in their streaming service.
For the Soul	 <u>Social Distancing Podcast Playlist</u> created by @educatedperiod (instagram) <u>Movies and Shows</u> to stream while social distancing <u>Top Books of 2020</u> to add to your reading list



Exploring the World Virtually

Type of Resources	Resources
For the Whole Family	 15 Broadway Plays and Musicals you can enjoy from home a night at the theater with the family Virtual Tours of Museums and Galleries take a trip to museums all across the world National Park Virtual Tours spend the afternoon at the park Watch Zoo Animals the San Diego zoo gives you access to watching the animals from home Sharks, Otters and More the Monterey Bay Aquarium has webcams on some of their animals The Great Wall of China offers virtual looks at it's never ending beauty Sports Arena/Stadium Tours many stadiums/arenas offer virtual tours on their websites