



# Akron Public Schools LEARNING 2020-2021



ADAPTIVE RESPONSIVE SUPPORTIVE

## WEEKLY UPDATE

Thursday, Feb. 11, 2021

### **Merkle's Mental Health Moment – More stressed lately during COVID-19? You're not alone.**

*Dr. Erich Merkle, Pupil Adjustment Program, Office of Special Education, Akron Public Schools*

The past year has been unsettled and uncertain due to many factors including the election, social injustice, a shaky economy and COVID-19. As a result, the American Psychological Association says 84% of U.S. adults believe the country has serious societal stress issues that need to be addressed. Many of us are also stressed about returning to school, taking the COVID-19 vaccine and planning for what happens next. These shared experiences are called "collective trauma," which is impacting our emotional and physical wellness. "[Healthline](#)" [explains the broad ways we are experiencing such stress and offers guidance on how to manage it.](#) Reporters from NBC's "Today Show" offer additional guidance on [how to cope these days](#) based on the APA's recent Stress in America survey.

- American Psychological Association: [Stress in America 2021 Report](#)
- [Identifying signs of stress in your children and teens](#)

### **Superintendent Dr. David James delivers his final State of the School Address**

On Thursday, Jan. 11, Dr. David James delivered his final State of the Schools Address after 13 years as superintendent. During the address, he discussed issues facing students, educators and the school district, along with other topics including budget, funding, and COVID-19. [Watch his full speech here.](#)

### **Complete the family selection survey**

Feb. 19 is the deadline for parents to complete the family selection survey for their child's/children's placement for remote or in-person learning for the remainder of the year. [The survey](#) closes at 5 p.m. on the 19<sup>th</sup>.

### **APS develops academic COVID-19 catch-up plan**

Governor Mike DeWine has asked schools around Ohio to submit plans which outline ways they will help students catch up on academics after falling behind due to COVID-19. APS personnel have been discussing options for several months and plans will likely include expansive summer programs to keep students current with their coursework. The plan is due to the governor's office by April 1.

### **Prescription medication assistance available to families**

FamilyWize is offering a prescription drug discount card that allows consumers to receive discounted pricing on prescription drugs. Those with or without insurance are eligible for the card, which averages savings at 45%. [Learn more](#) about this offer and how to apply.

### **Helpful steps to address unemployment fraud**

There has been documented wide-spread unemployment fraud during the COVID-19 pandemic. Make sure you pay attention to make sure it doesn't affect you. If you or someone you know has been a victim of unemployment fraud, follow these helpful steps:

- Step one: Report fraud to Ohio Department of Job and Family Services [use this form](#).
- Step two: File your taxes. Use the [federal tax guidelines](#) and [state guidelines](#) regarding identity theft.
- Step three: Protect your identity using these resources:
  - [Ohio Department of Public Safety](#)
  - [Federal Trade Commission](#)
  - [Annual Credit Report](#)

### **APS *plus* After-Hours Support for students and families**

After-hours support has reopened for the semester. APS *plus* After-Hours Support assists students and families with K-12 tutoring and academic support, family support services, social-emotional urgent support, technology and Google Classroom troubleshooting. Hours are **Monday-Thursday from 4-7 p.m. and Saturday from 10 a.m. to 2 p.m. It will be closed on holidays.** Call 330.761.7943 for assistance. For information, visit [akronschools.com](#).

## HELPFUL RESOURCES

All the resources below have clickable links for your convenience.

#### General resources

- [Akron Summit County Library](#)
- [APS Covid-19 Dashboard](#)
- [APS District Website](#)
- [APS Family Resources](#)
- [APS Learning 2020-21 Google Site](#)
- [Get 2 School/Stay in the Game](#)
- [Ohio Department of Education \(ODE\)](#)
- [Summit County Public Health](#)
- [United Way 2-1-1 Resource Referral](#)

#### Forms and downloads

- [Bullying/harassment Complaint Form](#)
- [Help Desk Form](#)

#### Educational and mental health resources

- [5 Things Parents Can Do to Support Learning at Home](#)
- [9 Tips for Parents Navigating Online Learning](#)
- [22 Remote Learning Tips for Parents](#)
- [CDC: Help Children Learn at Home](#)
- [Online Learning Tips for Families](#)

#### APS social media

- Facebook [@akronpublicschools](#)
- Twitter [@akronschools](#)
- LinkedIn [@akron-public-schools](#)
- YouTube [@Akron Schools](#)