



# Akron Public Schools LEARNING 2020-2021



ADAPTIVE RESPONSIVE SUPPORTIVE

## WEEKLY UPDATE

Thurs., March 4, 2021

### **Merkle's Mental Health Moment – Finding ways to anticipate the good**

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

As the pandemic wears on, many of us are struggling to find experiences or opportunities we can look forward to doing. We may not have a social event or planned vacation coming up soon, but we can still find ways to reap the mental benefits of anticipation. Research says anticipating positive events can reduce negative feelings in stressful situations; other studies show that thinking about future positive experiences results in wiser choices in the present. Time management consultant Laura Vanderkam offers "[3 Adventures to Plan for a Better Week.](#)" She advises setting away time for one big adventure, one little adventure, and something whimsical to make your calendar feel more joyful.

### **APS prepares for in-person learning**

After nearly a year apart, teachers are preparing for the return of APS students in kindergarten, first and second grades for in-person learning on March 8. Roughly 70% of APS students have elected to return to the classroom, while 30% have chosen to continue the school year with all-remote learning. Our nearly 50 school buildings are ready to reopen after thorough and deep cleaning, which follows all public health standards and guidelines. APS students in early learning and grades three through 12 are scheduled to come back March 15.

### **Ohio Department of Health gives updates on mass gatherings, sports and entertainment**

Ohio Governor Mike DeWine announced changes regarding mass gatherings, sports and entertainment venues. These changes were signed into effect by Ohio Department of Health Director Stephanie McCloud on March 2 and include updates for wedding receptions, proms and other events along with sports and entertainment seating capacity. [Learn more.](#)

### **Free mental health educational videos available for families**

Child Guidance and Family Solutions has free mental health educational videos for children and parents. The videos cover a variety of topics including conflict management, coping with COVID-19 and self-care strategies. Click here to access [the full gallery of videos and for more information.](#)

### **Salvation Army food distribution**

The Akron-Canton Regional Foodbank is partnering with Salvation Army to provide a free food distribution on Wed., March 10. For more information regarding location, time and a food distribution schedule, [view this flyer.](#)

### **Free admission to the Akron Museum of Art**

The Akron Museum of Art reopened Feb. 18 for the first time since Nov. 2020 and is offering free admission for visitors. In preparation for reopening, the museum followed state and county guidelines and discussed concerns with staff and museum peers around the world. [Visit the museum website](#) for hours and attendance guidelines.

### **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](#)