



# Akron Public Schools LEARNING 2020-2021



ADAPTIVE RESPONSIVE SUPPORTIVE

## WEEKLY UPDATE

Thurs., Sept. 24, 2020

### Merkle's Mental Health Moment

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

How we start each day, including our routines and mindset, establishes the roadmap for everything else we will do that day. Starting the morning calmly and with a sense of purpose allows the day to be more manageable. Likewise, starting the day with dread only heightens our anxieties and takes a toll on our emotional and physical wellness because it activates stress responses in our body. In the Huffington Post article "[How to Create a Morning Routine that Reduces Anxiety and Stress](#)", author Kelsey Borrensen gives us 10 tips we can do each morning to improve our mental health for the rest of the day. Remember, tomorrow is always a new day and different opportunity if today turned out to be "one of those days."

### Student Voices – APS student leaders talk about remote learning challenges and more

When children are encouraged to express themselves honestly with words, they rarely fail us. Our student leadership groups have taken a very direct approach when discussing the realities of their world during the COVID-19 pandemic. Dreama Whitfield, APS career advising manager for K-12, moderates a panel of these amazing students as they share their real thoughts and feelings on topics ranging from virtual learning to mental health. Featured students belong to the student board member team consisting of one member from each high school. Not all team members were able to be present for this recording. [Watch now.](#)

### Watch your speed – school zone lights now active

Just a reminder for those traveling through school zones during all-remote learning. Even though students are not on school campuses every day, they and their parents may be there during lunch time. Since our grab and go meals are being distributed at 37 of our buildings between 10 a.m. and 12 p.m. every weekday, we ask that motorists obey flashing school zone signs to keep folks safe who are going to and from these sites. The city of Akron has reactivated these signs just for this purpose.

### Updated sports schedules available

APS has updated its fall sports schedule in the wake of an incident at a football game last week. Security is being increased and games schedules have changed slightly due to cancellations last weekend. Visit our [APS Athletics](#) update page for the latest information.

### Applications for mortgage and rent assistance accepted through Sept. 28

Summit County CARES Rental and Mortgage Assistance is accepting applications to assist with rent, mortgage and utilities. The deadline is Monday, Sept. 28, at 4 p.m. Rent OR mortgage assistance cannot exceed \$1,250/month and all unpaid balances will be verified and documented prior to payments being made. Cooperation from applicants and landlords is required. Applicants must be: Summit County residents; a member of a household financially hurt by COVID-19; have unpaid rent, mortgage or utility balance, and a have a gross income at or under 300% of the Federal Poverty Guideline limit. For more information, [visit summitcountycares.org.](#)

### Cleveland Clinic offers tips on fun fall activities

When we think of fall, many of us think of hayrides, haunted houses and trick-or-treat. This year will likely look much different for many of these activities due to COVID-19. Cleveland Clinic has provided a list of fun activities you can still do during the pandemic, and tips for staying safe during other fall fun activities. [Read the list.](#)

### Technical resources and support available for students

The district is committed to ensuring that all students and families are able to learn in a remote environment. APS is providing a variety of technical support resources and tutorials for students and parents who may be having issues accessing online lessons and remote learning. Families needing support should first contact their teacher. If additional assistance is needed, they can contact the building technology coordinator, refer to our [online resources and tutorials](#) or complete a [Help Desk form](#).

## 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 \(ODE\)](#)
- [Parent and Caregiver Resources](#)
- [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](#)