



# BCPS 2024-2025 Extended Learning & Enrichment Academic Support Guide

This guide will include resources and tips for parents and students to access during Winter Break and from January on.



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# Elementary

**Scholastic F.I.R.S.T., an adventure on Ooka Island, secures the foundational reading skills needed for students in Grades PreK–2, creating automatic fluent readers with strong decoding skills.**

**Literacy Pro is an eBook library designed to encourage independent reading. Students tell Literacy Pro their interests and the recommendation engine and eBook library instantly pairs them with books they'll love. Literacy Pro has recently added decodable books for students learning how to decode words!**

**Scholastic W.O.R.D. supercharges vocabulary acquisition with a focus on morphology for students in Grades K–5. By teaching new words in context across the content areas, W.O.R.D. builds vocabulary in service of building background knowledge.**

After winter break, students can expect to continue their path to mastering their standards in the four core subjects (math, science, English language arts, and social studies). Students will be getting ready to start the 3<sup>rd</sup> quarter of school.

As schools prepare for the beginning of the third quarter, they will be reviewing data from the state's progress monitoring system as well as other data to help determine customized pathways for students.

Most, if not all, elementary students have taken their iReady Diagnostic 2 in both math and reading. Parents can access their students report through the iReady portal to see which areas of instruction students may possibly need more assistance with. Their iReady personalized pathway has already been updated to provide additional lessons based on the student's diagnostic results. Students can work on both reading at math iReady from home for additional support in these areas.

The district also has many resources through our district wide implementation of Scholastic. Scholastic can be used to support reading in a variety of ways.

Students also have access to Progress Learning, which is our online resource to help support their science learning.

**All of the above resources are available simply by having your student log in to their Clever Dashboard and click on the chosen tile.** Additional resources can be found below.

| ABC Mouse   | CoolMath4Kids  | Illustrative Math  | Khan Academy  |
|---|--|--|---|
| Interactive lessons and games for primary students that teach numbers, addition, subtraction, shapes, patterns, measurements, and more. There is a 30 day free trial. <a href="https://www.abcmouse.com/">https://www.abcmouse.com/</a> | Fun games, lessons, quizzes, and brainteasers on a wide variety of math topics for students in grades K-5. <a href="https://www.coolmath4kids.com/">https://www.coolmath4kids.com/</a> | A variety of educational resources for students to know, use, and enjoy for mathematics. <a href="https://www.illustrativemathematics.org/">https://www.illustrativemathematics.org/</a> | Offers practice exercises and instructional videos for math from Grades K through Calculus that allow students to work at their own pace. <a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a> |

# Secondary

For after winter break, students can expect to continue their path to mastering their standards in the four core subjects (math, science, English language arts, and social studies). Students will be getting ready to start the 3rd quarter of school.

As schools prepare for the beginning of the third quarter, they will be reviewing data from the State's progress monitoring system as well as other data to help determine customized pathways for students. Many schools will be starting extended learning opportunities (ELOs), please reach out directly to your school to see what opportunities are available for each child.

Some schools use programs such as iReady, IXL, Delta Math, Varsity Tutors, and/or Edmentum, to name a few. Students still have access to these programs after-school and weekends as well as during scheduled breaks (Winter Break, Spring Break). Families can take advantage of these programs to help extend their child's learning.

## CPALMS Tutorial Video



### **Students: Math 6-8 Math, Algebra 1, Algebra 2 and Geometry**

Parents can use CPALMS Student Tutorials to promote learning during winter break by engaging their children with interactive lessons and activities aligned to state standards. These tutorials cover various subjects and provide a fun and educational way for students to reinforce concepts and skills at their own pace. A video guide on how to navigate and use the tutorials is available, making it easy for parents and students to get started.

- Video Guide: <https://www.cpalms.org/page816.aspx>
- Link to CPALMS: <https://www.floridastudents.org/#1|0|0|0>

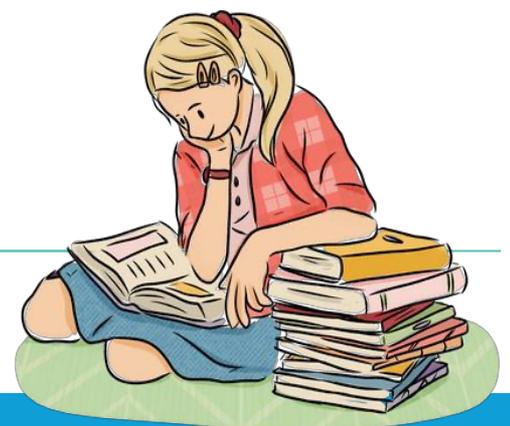
## Khan Academy



### **Students: All subjects 6-12 (including SAT and ACT Preparation):**

Khan Academy offers a wealth of free resources that parents can use to support their child's learning during winter break. With lessons in math and more, Khan Academy provides engaging instructional videos and practice exercises that help reinforce key concepts. Parents can guide their children to explore topics of interest or focus on areas that need improvement, making learning both flexible and enjoyable during the break.

- Guide to parent dashboard: <https://support.khanacademy.org/help/en-us/articles/360039664491-Guide-to-the-Parent-Dashboard>
- Link to Khan Academy: <https://www.khanacademy.org/>



## English Language Arts (ELA) At Home

Just because school is out on break, doesn't mean that the learning needs to stop. Building your brain is like building a muscle—you have to work at it every day. Here are some fun ideas for continuing to build reading and writing skills while students are on winter, spring, and summer breaks:

- Set aside time for reading as a family. Block off half an hour of pleasure reading a day where family members come together and quietly read from self-selected books. Take a few minutes after reading to discuss what is going on in each of the books.
- Travelling somewhere? Keep a travel journal of the trip, noting the itinerary, activities you did on the trip, fun anecdotes, and descriptions of new things that you saw. This can be a private journal, or a fun conversation piece after the trip has concluded.
  - Before the trip, research where you are going and read travel articles about the places that you will be visiting.
- Read a newspaper, print or online version, and share out a summary of what an article reported. Parents can ask their children reporter questions (who, what, when, where, why, how) about the article to support comprehension.
- Have a reading competition among family members (even include friends!). Keep a chart of the books each person has read and treat the winner to a fun reward at the end.
- Visit the local public library and spend some time discovering new authors and genres that sound interesting. Check out some books and add them to your personal reading time.
- Don't miss an opportunity to read and write: Going to a museum? Instead of just looking at objects and artwork, read the descriptions as well. Seeing a movie? Write a movie review afterwards and consider submitting it to your local newspaper. Going to the beach, park, hiking trail? Use the inspiration of nature to compose original poetry or short stories.

## Social Studies Resources

### Social Studies activities students enrich with:

1. MS Civics and MS US History: iCivics
  - a. Students go to <https://ed.icivics.org/games> scroll to the games and select a game.
2. MS Civics and HS US History: CPALMS Tutorials
  - a. Go to CPALMS (<https://www.floridastudents.org/>) through Clever, click subject and tutorial
3. MS Civics and HS Government: Civics 360 <https://civics360.org/>
4. Everyone: Oregon Trail (original) <https://www.visitoregon.com/the-oregon-trail-game-online/>



## Science

For science parents can choose from a variety of CPALMS parent resources for science. Here you can find videos for home discussion, challenge questions, career connections, simulations and much more:

<https://www.cpalms.org/public/search/Resource>

## Advanced Academics

Search for the course you are in and start practicing!

- <https://www.khanacademy.org/>
- <https://www.youtube.com/@advancedplacement>

# Career, Technical, Adult and Community Education (CTACE)

After winter break, we will focus on the following priorities in our CTE classrooms to re-engage students and build momentum for the second half of the school year:

## 1 Review and Goal Setting

- Review accomplishments: We will reflect on the skills, projects, and certifications completed in the first semester.
- Set goals: Students will establish personal and professional goals for skill mastery, industry certifications, and future projects.

## 2 Career Readiness Skills

- Soft skills: We will emphasize communication, teamwork, problem-solving, and professionalism.
- Resume updates: Students will update their resumes to include new skills, certifications, and experiences.

## 3 Preparation for Industry Certifications

- We will dedicate time to preparing students for industry-recognized certifications, including hands-on practice, study guides, and mock exams.
- Students will focus on meeting the benchmarks required to earn certifications that align with their career pathways.

## 4 Work-Based Learning and Internships

- Internship preparation: We will equip students with workplace readiness skills, including professionalism, safety, and time management.
- Employer connections: Students will benefit from guest speakers, job shadowing, and site visits to local industries including our Claim Your Future, World of Works and My Next Move events.

## 5 Competitions and Community Engagement

- Students will prepare for CTE competitions through Career Technical Student Organizations.
- We will engage with the community through partnerships with local businesses.





## Chess

### Chess4Life (K-12)

<https://chess4life.com>

Executive functions including memory, self-control, and problem-solving are all used and practiced in chess. Essential skills of focus, choices, and planning are all taught and then played out on a chess board. Players have the unique opportunity to build their mental stamina as well as recover from a mistake and show persistence.

Students at Broward County Public Schools have been actively involved in chess thanks to an initiative including direct services from Chess4life. All K-12 students and teachers have access to high-quality instruction and resources, including video lessons, puzzles, and games. Students and teachers can find their individual access to chess through their Clever app.

## Debate

### Kialo Edu (K-12)

<https://www.kialo-edu.com/>

Starting from a central thesis, students add pros and cons, engaging with each other's arguments to build an interactive map of the entire discussion.

Kialo is an online platform for interactive debates about various topics. Users (students, teachers, parents) can create a free account without entering an e-mail address and participate in closed or open debates.

### iCivics (K-12)

<https://www.icivics.org/>

iCivics exists to engage students in meaningful civic learning. They provide well-written, inventive, and engaging resources that enhance and inspire students to be active citizens in their communities.

Founded in 2009 by Supreme Court Justice Sandra Day O'Connor, iCivics is a nonpartisan organization dedicated to advancing civic learning by providing educators and students with the knowledge, skills, and resources needed to embrace and engage in our civic life together.

### National Speech and Debate Association (K-12)

<https://www.speechanddebate.org/resources/>

The National Speech and Debate Association (NSDA) is the largest national network for speech and debate students. They have tons of free resources for how to coach your students, what competitive events should look like, and plenty of engaging activities students can do at home or in the classroom.

## Music

### Mr. Greg's Musical Madness (K-5)

<https://mrgregsmusicalmadness.com/>

Mr. Greg's Musical Madness is a song-singing, music-making, award-winning PBS "edu-tainer" who combines songs and an engaging comedic style to bring early social and music education together.

### Mr. Henry's Music World (K-5)

<https://www.mrhenrysmusicworld.com/>

Mr. Henry's Music World provides high-quality elementary music education videos & lesson resources for music teachers across the world.

### Music Theory Online (K-12)

<https://www.musictheory.net/>

Music theory activities. Notation, melody creation, chord structure and composition. Available for download as an app too.

### Music Play Online (K-5)

<https://musicplayonline.com>

MusicplayOnline is a versatile teaching tool that encourages active music making in and out of the classroom. Whether you are at school or at home, our resources are designed to fit your teaching needs!

The activities are simple for general music students with downloadable activities and instructions included.

### Education.com (Music) (K-8)

<https://www.education.com/resources/the-arts-music/?cid=10.993>

Education.com celebrates the diversity of our users by offering differentiated resources that can meet a wide range of educational needs - and raise kids' confidence in learning. There are downloadable activities and worksheets with explanations and direction.

# Electives

| STEM+CS                                |   |
|--|---|
| <b>Code.org (K-12)</b>                 | <a href="http://code.org">http://code.org</a><br>Learn to code through available courses or create a story. Code a picture, or make a game using Sprite Lab, Artist, Game Lab or App Lab. (Available through Single Sign On for students)   |
| <b>Sci Starter (K-12)</b>              | <a href="http://scistarter.com">http://scistarter.com</a><br>Find and participate in citizen science projects that meet your interest and are easy to conduct.  |
| <b>Minecraft (K-12)</b>                | <a href="https://education.minecraft.net/en-us">https://education.minecraft.net/en-us</a><br>Utilize Minecraft Education Edition to participate in content area lessons, build challenges, and coding activities.   |
| <b>Design Squad Global (K-12)</b>      | <a href="https://pbskids.org/designsquad">https://pbskids.org/designsquad</a><br>Find ideas for engineering projects that you can complete. PBS Design Squad includes guides, videos, and a variety of suggestions on various grade levels.   |
| <b>77 Daily STEM Activities (K-12)</b> | <a href="http://dailystem.com/77-stem-activities-for-families">http://dailystem.com/77-stem-activities-for-families</a><br>Daily STEM lists fun STEM activities for families available in several different languages.  |
| <b>Ranger Rick (K-6)</b>               | <a href="https://rangerick.org/">https://rangerick.org/</a><br>Ranger Rick provides environmentally aware interaction with games, videos, crafts, activities, and more from the National Wildlife Federation.   |
| <b>Khan Academy (K-12)</b>             | <a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a><br>Khan Academy includes STEM videos, quizzes, and practice problems on all topics. Teachers can set up classes and monitor students' progress as they complete tasks. Students can work towards earning digital badges. (Available through Single Sign On for students)  |
| <b>PhET Simulations (K-8)</b>          | <a href="https://phet.colorado.edu/en/simulations/browse">https://phet.colorado.edu/en/simulations/browse</a><br>There are lots of good elementary science and math sims. Each simulation has a variety of lesson plans already created. Please read over these lessons and make any modifications to best suit your students' needs. Lessons are often translated in several languages.  |
| <b>Computer Science for Fun (K-12)</b> | <a href="http://www.cs4fn.org/">http://www.cs4fn.org/</a><br>Various computer science activities by grade level.  |
| <b>EarSketch (6-12)</b>                | <a href="https://ears sketch.gatech.edu/landing/#/learn">https://ears sketch.gatech.edu/landing/#/learn</a><br>EarSketch is a free educational programming environment. Its core purpose is to teach coding in two widely used languages, Python and JavaScript, through music composing and remixing.  |
| Visual Arts                            |   |
| <b>Dick Blick (5-12)</b>               | <a href="https://www.dickblick.com/project-ideas/?srsltid=AfmBOopWLtkJOVgBjkSGglnPyyLRRNbf6iNk8EvWQfi-8L6L2gVv74VY">https://www.dickblick.com/project-ideas/?srsltid=AfmBOopWLtkJOVgBjkSGglnPyyLRRNbf6iNk8EvWQfi-8L6L2gVv74VY</a><br>Dick Blick supports artists at all stages of their artistic journey. As a leading art supply company, they provide artists, educators, students, and our associates with the tools, assistance, and training needed to grow, innovate, and reach their creative potential. |
| <b>#metkids (K-12)</b>                 | <a href="https://www.metmuseum.org/art/online-features/metkids/">https://www.metmuseum.org/art/online-features/metkids/</a><br>#MetKids has been inspired, tested, and approved by real kids ages 7–12. We think that everyone can learn something from a kid-friendly explanation, and especially from the questions you are bold enough to ask.   |



## Theater

|                                |  |
|--------------------------------|--|
| <b>Share my Lessons (K-12)</b> | <p><a href="https://sharemylesson.com/subject/drama">https://sharemylesson.com/subject/drama</a></p> <p>This site contains lessons and activities shared by Theater/Drama teachers for all grade levels. (Set design, script writing)</p>  |
| <b>Child Drama (K-12)</b>      | <p><a href="https://www.childdrama.com/lessons.html">https://www.childdrama.com/lessons.html</a></p> <p>Child Drama contains simple lesson plans for teachers/parents. It also has the fundamentals of acting, short interactive activities, play scripts and performance suggestions. Lesson instructions are included.</p> |
| <b>Drama Notebook (K-12)</b>   | <p><a href="https://www.dramanotebook.com/">https://www.dramanotebook.com/</a></p> <p>Drama lessons for elementary, middle school, and high school.</p>  |
| <b>Kamplays (6-12)</b>         | <p><a href="http://www.kamplays.com/lesson-plans.html">http://www.kamplays.com/lesson-plans.html</a></p> <p>Theater/Drama Lessons and Activities geared toward the secondary drama student.</p>  |

## Physical Education

|  |   |
|--|---|
| <b>PE Central (K-12)</b>                   | <p><a href="https://www.pecentral.org/">https://www.pecentral.org/</a></p> <p>PE Central includes videos on fitness, dance and other fun ways to stay fit. The PE lessons also include social and emotional learning.</p>   |
| <b>Action for Healthy Kids Blog (K-12)</b> | <p><a href="https://www.actionforhealthykids.org/game-on-activity-library/">https://www.actionforhealthykids.org/game-on-activity-library/</a></p> <p>Action for Healthy Kids is a national nonprofit that brings together dedicated volunteers and partners to make schools healthier places where kids thrive.</p> <p>They incorporate nutrition information into your home, show how technology and mental health can craft the next generation of physical education, making healthier meals and more!</p>  |
| <b>American Heart Association (K-12)</b>   | <p><a href="https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-children">https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-children</a></p> <p><a href="https://www.heart.org/en/healthy-living/fitness/fitness-basics">https://www.heart.org/en/healthy-living/fitness/fitness-basics</a></p> <p>In today's digital world, it can be hard to coax your kids to put down the devices and get moving. But with a little effort, you can help them learn healthy habits now and find activities they can love for a lifetime.</p> <p>The American Heart Association shares physical activity, healthy living, and fitness basics recommendations for kids.</p> |
| <b>US Games OPEN Curriculum (K-12)</b>     | <p><a href="https://openphysed.org/">https://openphysed.org/</a></p> <p>OPEN was created with one idea in mind: provide the highest quality curriculum resources FREE to every school to provide equity of access to the entire physical education community.</p> <p><a href="https://openphysed.org/activeschools/activehome">https://openphysed.org/activeschools/activehome</a></p> <p>Use the link to find activities and calendars for families to use to make your home an Active Home.</p>   |

# Bilingual/ESOL

Below is a detailed outline of the academic resources, tools, and strategies provided by the Bilingual/ESOL Department to support students and their families.

## 1. Academic Outline and Resources

### Dual Language Program

- *Benchmark Adelante* (SLA) and *Advance* (ELA) are available in Spanish for dual-language schools.
- *Gallopade* is accessible in print and digitally in both English and Spanish for Social Studies instruction.
- *STEMscopes* and *Envision Math* are available digitally in English and Spanish, with paper-based materials for *Envision Math* in Spanish used in the 2 1/2-hour teaching model.
- Additional tools include *IStation Español* for Language Acquisition, *Learning A-Z RAZPlus* and *RAZPlus Español*, and *Time for Kids* for Social Studies and Science.
- Supplemental classroom resources such as teacher libraries and poetry materials are also provided.

### World Languages

- Students can access textbooks and workbooks through Canvas, which include:
- Spanish: *Senderos* (I-IV), *Galeria A-C* (Spanish Speakers I-IV), and *Temas*.
  - French: *D'Accord* (I-IV).
  - Elementary K-5: *Listos*.

### ESOL Program

- Imagine Language & Literacy is a key resource to support English Language Learners. Recommended usage includes:
- K-1: 20 minutes, 4 times per week.
  - Grades 2-5: 30 minutes, 4 times per week.
  - Grades 6-8: 30 minutes, 4 times per week.

## 2. Additional Resources for ELL Families

1

### Open Canvas Course for ELL Families

The Bilingual/ESOL Department has developed an open Canvas course specifically for ELL families.

(<https://browardschools.instructure.com/courses/867005>)

This course offers:

- **Information:** Guidance on navigating the educational system and understanding available academic resources.
- **Free Resources:** Access to curated websites and tools for students to practice vocabulary, English skills, and subject-specific content.
- **Support for ELLs:** Strategies for families to assist their children at home, including tips for language development, engaging with school staff, and creating effective study environments.

2

### New to USA and BCPS

The "New to USA and BCPS" course

(<https://browardschools.instructure.com/enroll/493YHM>) provides English Language Learners (ELLs) and immigrant students from all grades (K-12) with essential information to navigate a new educational system and access academic resources.

3

### International Welcome Center Resources

Families can also request free materials from the International Welcome Center (754) 321-2951, designed to support student learning at home during school breaks or after school hours.

## 3. Tips and Strategies for ESOL Parents

Here are actionable strategies for parents to support their children's English acquisition:

### 1. Create a Language-Rich Environment:

- Label household items in both English and the family's native language to build vocabulary.
- Play educational videos or listen to audiobooks in English to increase exposure to the language.

### 2. Encourage Daily Reading:

- Set aside time each day for your child to read books in English at their level. Consider using free resources and bilingual books.
- Read with your child and discuss new words to build comprehension.

### 3. Practice Speaking and Listening:

- Encourage your child to speak English daily, even in small, low-pressure settings like ordering food or introducing themselves.
- Use apps or resources, such as *Imagine Language & Literacy*, to practice speaking and listening skills.

### 4. Engage with Teachers:

- Communicate regularly with your child's teachers to understand their progress and challenges.
- Attend workshops or events offered by the school or the Bilingual/ESOL department for additional support.

### 5. Set a Study Routine:

- Help your child create a consistent schedule for using resources like *Imagine Language & Literacy* or websites shared in the Canvas course.

### 6. Encourage Watching TV in English:

- Watch TV shows, movies, or educational programs in English with closed captions turned on. This helps children connect spoken and written English, improving listening and reading skills simultaneously.

### 7. Encourage Patience and Positivity:

- Celebrate your child's efforts and progress, no matter how small, to build confidence and motivation.



## Tips and Strategies for ESE Parents

Here are actionable strategies for parents to support their children.

### 1. Create a Visual Schedule:

- Develop a visual schedule that outlines daily activities during the break.
- Use pictures, symbols, or icons to represent different tasks and events.
- This can help students understand what to expect each day and reduce anxiety about changes in their routine.
- Hang the schedule in a visible area and review it together each morning.

### 2. Incorporate Daily Learning Activities:

- Plan short, structured learning sessions that mimic the school day.
- Include reading time, math games, or creative projects.
- Set aside specific times for these activities to maintain a sense of routine.
- Make it engaging by incorporating holiday themes or favorite subjects to keep your child motivated.

### 3. Set Regular Meal and Bedtimes:

- Establish consistent meal and bedtime routines.
- Keep these times like the school schedule to reinforce a sense of normalcy.
- Encourage family participation, such as cooking meals together or having a relaxing wind-down routine before bed to promote a sense of stability.

### 4. Use Social Stories or Role-Playing:

- Prepare social stories (short descriptions of situations, events or activities, which include specific information about what to expect in that situation and why.)
- Engage in role-playing activities that help students understand and navigate holiday events.
- Include scenarios like attending family gatherings or participating in holiday activities.
- Discuss expectations and potential changes to help reduce anxiety and prepare your child for different situations.

### 5. Incorporate Movement and Breaks:

- Build in regular movement breaks and downtime to help manage energy levels and focus.
- Include outdoor play or sensory breaks with calming activities.
- Encourage physical activities to maintain balance and routine while allowing your child to release pent-up energy.

### 6. Participate in Academic Activities:

- Review the guidance from Elementary and Secondary Learning and allow time in your schedule to participate in those activities.



## WINTER BREAK 2024 MENTAL HEALTH RESOURCES

Your mental health matters every day of the year. As schools close for winter break, we want to ensure you have access to the support and resources you may need during this time.

Remember, YOU ARE NOT ALONE.

Wishing you peace, rest, and moments of joy this holiday season.

### **BROWARD FIRST CALL FOR HELP**

CALL 2-1-1

VISIT [211-BROWARD.ORG](https://211-broward.org)

### **NATIONAL SUICIDE CRISIS LIFELINE**

TEXT "HOME" TO 741-741

CALL 9-8-8

VISIT [988LIFELINE.ORG](https://988lifeline.org)

### **SUNSERVE**

CALL 954-764-5150

### **HENDERSON CRISIS SERVICES MOBILE RESPONSE TEAM**

CALL 954-463-0911

### **EAGLES HAVEN**

WELLNESS & SUPPORT ACTIVITIES

CALL 954-618-0350

VISIT [EAGLESHAVEN.ORG](https://eagleshaven.org)

### **THE TREVOR PROJECT**

TEXT "START" TO 678-678

CALL 1-866-488-7386

# Mindful Awareness Calendar

This Mindful Awareness Calendar inspires self-awareness, resilience, and gratitude during the school break, fostering reflection, connection, and a mindful start to the new year.



## DECEMBER

|   |  |  |  |   |  |   |
|---|--|--|--|---|--|---|
| <p><b>22</b></p> <p>Slow down- work on a puzzle, coloring page, or go for a walk using all your senses.</p> <p><a href="#">Digital Nature Coloring Sheets</a></p> | <p><b>23</b></p> <p>Play I-Spy with yourself or someone else. Try to identify objects for each color in the rainbow.</p> <p><a href="#">I-Spy Nature Sheet</a></p> | <p><b>24</b></p> <p>5-Minute Fitness Burst: Do jumping jacks and stretches. Notice how your heart and muscles feel before &amp; after the Fitness Burst.</p> <p><a href="#">5 Minute Video</a></p>             | <p><b>25</b></p> <p>Send an uplifting message to someone.</p> <p><a href="#">Uplifting Messages</a></p>  | <p><b>26</b></p> <p>Create a Time Capsule to check in 10-years: To start, write down or draw one thing about today you are grateful for and want to remember.</p> <p><a href="#">Time Capsule Video</a></p> | <p><b>27</b></p> <p>Fact Hunt: Look up one interesting Brain Science fact to share with others.</p> <p><a href="#">Brain Facts Video</a></p>                     | <p><b>28</b></p> <p>Design your dream mindfulness space. Include things to make it your idea of cozy in the design plan!</p> <p><a href="#">Design Tips</a></p> |
| <p><b>29</b></p> <p>Watch a sunrise or sunset.</p> <p><a href="#">Sun Rising Video</a></p>  | <p><b>30</b></p> <p>Take a 60 minute break from technology.</p> <p><a href="#">Sun Breaths</a></p>   | <p><b>31</b></p> <p>Dance Party (like no one is watching)! Make a short playlist with different musical genres. Notice how you feel as you dance through the list.</p> <p><a href="#">Crazy Frog Video</a></p> | <p><b>1</b></p> <p>Find a mindful quote that inspires you. Make a poster, collage, journal entry or vision board inspired by the quote.</p> <p><a href="#">Motivational Quotes</a></p> | <p><b>2</b></p> <p>Mindful Eating! Pick any small snack. Observe all 5 senses as you eat it.</p> <p><a href="#">Mindful Eating Video</a></p>  | <p><b>3</b></p> <p>Make a list of 5 qualities you like about yourself and place it where you will see it every day.</p> <p><a href="#">List of Qualities</a></p> | <p><b>4</b></p> <p>Breathe in to the count of four, hold for four and exhale for four. Repeat 4 times.</p> <p><a href="#">In for 4, Hold for 4 Video</a></p>    |
| <p><b>5</b></p> <p>Be a Secret Kindness Agent for the day!</p> <p><a href="#">Random Acts of Kindness</a></p>   | <p><b>6</b></p> <p>Try an Inner Explorer Sound Practice, then look up the instrument.</p> <p><a href="#">Sound Practice</a></p>                                    |  |  |   |  |   |

## JANUARY





**Hazel Health is optional.**

To learn more or sign up, visit [my.hazel.co/broward](https://my.hazel.co/broward) or scan the QR code.



# Telehealth in partnership with families from the comfort of home or school

**Hazel Health knows a student's family is their first teacher.**

We believe what families know about their students is vital to providing care. That's why we work with families to ensure the best outcome for their students.

**Your student will never receive care without your consent**

**How we partner with families**

## Parent permission

With your permission, your child will have access to Hazel's care team. You only need to complete the consent form one time for each child.

## Visit involvement

You can participate in your child's visits virtually, from home or from work.

## Care at no cost to families

By partnering with your school, Hazel visits are at no cost to your family.

## Care coordination

Get prescriptions sent to your pharmacy or recommendations for a local provider.

## Visits from home

From home, your child can connect with a Hazel provider or join their scheduled therapy appointment.

**We provide care via any tablet, smartphone, or computer connected to WiFi so families don't have to leave home or miss work to get their students the care they need.**

**Medical care available M - F  
from 7:00 am - 5:00 pm**

Our medical providers help with cold symptoms, headaches, stomach pain, minor injuries, and more.

# Additional Tips for Preventing Learning Loss in Reading

## 1. Daily Reading Routine

- Set aside 15–30 minutes each day for reading. Encourage children to select books they enjoy and visit libraries for reading challenges or groups.
- Track daily reading progress on a calendar and read together for younger readers needing support.
- Use modeling and gamification to motivate reading habits, such as family reading goals or local library reward programs.

## 2. Practice Vocabulary and Grammar

- Introduce affixes (prefixes and suffixes) with flashcards or guessing games to improve reading and spelling.
- Use grammar workbooks to review past concepts and preview the next grade’s lessons. Weekly practice helps solidify skills.

## 3. Enhance Reading Comprehension

- Provide workbooks with self-quizzes and engaging stories to improve comprehension skills, such as inference-making and fact retention.
- Discuss stories together to deepen understanding and engagement.

## 4. Encourage Creative Writing

- Have children write a paragraph weekly on fun or meaningful topics like vacations or favorite memories.
- Use a thesaurus to introduce new words and make writing more interesting.

“ *By integrating these structured yet enjoyable activities, parents can help their children maintain and enhance their learning during breaks.* ”



# Additional Tips for Preventing Learning Loss in Math and Cross-Subject Areas

## 1. Daily Math Practice

- Solve 3–4 math problems daily to reinforce skills and prepare for the next school year.
- Use workbooks suited to the child’s academic level.

## 2. Real-Life Math Applications

- Use cooking and baking to practice fractions and multiplication.
- Incorporate discount hunting to calculate sale prices and percentage savings.

## 3. Math Games and Stories

- Utilize apps and online games to make math fun and engaging.
- Explore math-focused storybooks to contextualize math problems.

## 4. Math in Action

- Visit science or children’s museums to see math applied in real-world scenarios like space exploration or paleontology.

## 5. Target Weak Areas

- Spend 15–30 minutes daily focusing on challenging subjects using online resources, workbooks, or educational games.

## 6. Incorporate Fun Learning Activities

- Plan educational trips, like museum visits, that integrate science, math, and history into hands-on learning experiences.

## 7. Combine Subjects

- Merge math with reading through interactive books or cooking activities that require measurement and comprehension.

