

Thursday, March 19, 2020 Edition of Family Resources

Since COVID-19 has forced the closure of many familiar institutions and businesses, we know that kids, parents, and community members alike are adjusting to this new normal. As a school district, our first priority has been to transition to virtual learning to keep academic continuity for kids as well as social connections during this time of uncertainty. Through our calls to each child earlier this week, we were able to capture both how they were feeling and things they were worried about and looking forward to with virtual learning, as well as your thoughts as parents.

Overwhelmingly, you have asked for more ideas to engage kids beyond what virtual learning can readily offer in activities for families as well as how we can help those in need in the community with rapidly changing economic circumstances. Below are the resources we have become aware of for both. *Please know it is not our intent to endorse businesses or create unfair marketing advantages for any business or product*; however, many of these are offering free services for now that you can choose not to continue when costs would be incurred.

Resources about COVID-19

- [Harvard Medical School resources on COVID-19](#), including how long it can live on surfaces.
- So why is COVID-19 such a big deal and schools, bars, and houses of worship are all closed? We need to stop the exponential growth of the virus so that hospitals can handle the severe cases which may require hospitalization. Babies still need to be born, unfortunately, people will still have heart attacks and strokes, and other emergencies which require hospital beds. If the cases grow at an exponential rate as they had been, the health care system cannot keep up. Learn more about flattening the curve and social distancing by watching [this video from Dr. Hall at UW-Stout \(8 minutes but worth it!\)](#)

Family Activities:

- **Getting Outdoors:**
 - **University Lake School** has a heron rookery that is really awesome to see at this time of year before the leaves open on the trees. You can walk on the path underneath all the herons building nests.
 - **Ice Age trail:** [Challenge your family to follow the trail from start to finish in Waukesha County over the next few weeks](#)--perhaps even the state by 2021!
 - **Waukesha County Parks** are OPEN. [Hike around and get some fresh air--news HERE.](#)
- **Animal Watching:**
 - [The hippos at the Cincinnati Zoo.](#)
 - [The St. Louis Zoo had penguins in elevators!!](#)
- **Art:**
 - [Author Mo Willems will be doing a "Doodle" online every weekday at noon!](#) (about 20 minutes)
 - [Momma Draws](#) - Free coloring pages designed by a Southeastern Wisconsin mom!

- [Wild Free and Crafty](#): Free Online Art Lessons for kids and adults! (Some art supplies required.)
- **Fitness/Being Active:**
 - Beachbody On Demand (BOD). [Free kid workouts](#): there are 16 of them!
 - BeachBody On Demand (BOD). [Link to free adult workouts for 2 weeks](#)
 - So You Think You Can Dance? [Live dance lessons](#) geared for ages 9 and up. Monday-Friday 5-8pm.

Authors Reading/ Online Books:

- Oliver Jeffers is reading each weekday at 1:00 p.m. [on his Instagram](#)
- Debbie Ridpath Ohi is doing more than one read-aloud and drawing lessons [on her YouTube channel](#)

Ideas related to supporting others in the community:

- [Blood donations](#)
- [United Way](#)