



Eagle Newsletter

April 20, 2020

“Empowering lifelong leaders!”

Week 5 and 6 NTI Menus have been sent out through email and were available for pick up at Heritage today. Please visit our school webpage for the weekly Non Traditional Instruction Menus and our NTI Counselor's Page!

(<https://www.shelby.kyschools.us/domain/1407>) .

If you have questions, please either email your child's teacher or call their school phone and leave a message. Teachers will return emails

and phone calls as soon as they are
able.

Dreambox and Lexia

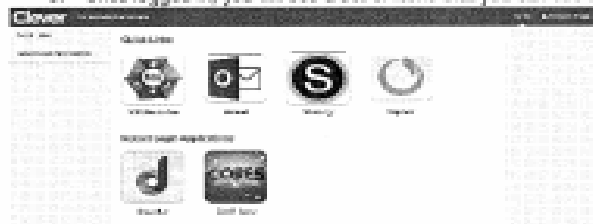
To enhance learning over the course of the school year, we will be using two online programs, Dreambox and Lexia. Dreambox is a math program that helps students to achieve better, faster, math proficiency and Lexia is a literacy program that provides explicit, systematic and personalized learning by targeting skill-gaps as they emerge. These programs can be used not only in the classroom but at home as well. Below, you'll find instructions for logging into these programs by using Clever. Clever is one platform that allows schools to have a central location to manage their technology and login to all applications.

Student Log In via Clever

1. Go to the portal website: <https://clever.com/in/shelby-co-public-school-district744ee2f11443000590> OR go to the "For Students" Quick Links on the district website.
2. To Login, use the attached QR code by clicking on the Clever Badge Log In and holding the code in front of your device's camera.



3. Once logged in, you will see a set of icons that you can use to log into Dreambox or Lexia.



If you have trouble logging into Clever using the Clever Badge, you can login using the standard username and password for your student.

Username: _____

Password: Student's birthdate

April 13, 2012
Ex: 04132012

No dashes - just
Numbers

These are the new links to access Audible Discovery for Elementary Students are:

Littlest Listeners

<https://stories.audible.com/discovery/enterprise-discovery-21122358011>

Elementary

<https://stories.audible.com/discovery/enterprise-discovery-21122356011>

Fairy Tales

<https://stories.audible.com/discovery/enterprise-discovery-21122352011>

En Español

<https://stories.audible.com/discovery/enterprise-discovery-21122525011>

We are still taking Yearbook Orders!

How to Order Yearbooks Online:

1. Go to balfour.com
2. Click "Shop my School"
3. Type in the zip code for Heritage: **40076** When you do this, Heritage should pop up below the search bar; click on Heritage.
4. It will then take you to the Heritage Webpage, click on the box that says "Yearbook Products and Ads"
5. Enter your students' information and then click "Shop for this Student"
6. Click "Get Started" on the yearbook only package box
7. Fill in however many yearbooks you want to buy and then click "Add to Cart"
8. Then click "Checkout" and walk through the steps to purchase a yearbook.

You can email Ms. Wilmoth if you need to see if you have already ordered a yearbook- Colby.wilmoth@shelby.kyschools.us



Parents, if you are on Facebook, check out Mrs. McClain's Art Room @Heritage Elementary public group!

A message from Mrs. McClain:

“The purpose of the facebook page is to share what we are doing in art class at Heritage, share student

art, activities, and events related to Art at Heritage Elementary school.”



You can also check out and upload any music work on Mrs. Morrelles' facebook page "Mrs. Morrelles' Music Room" <https://www.facebook.com/groups/218065026097031/>



Shelby County Public Schools

Kids Eat Free!

Changes to Meal Assistance

For the safety of our community, our staff and our families, there is a change in the frequency of pick up for Meal Assistance in Shelby County.

Pick up Sites Include:

Clear Creek Elementary
Heritage Elementary
Northside Elementary
Painted Stone Elementary
Shelby County High School
Simpsonville Elementary
Southside Elementary

Times: 10:30 a.m. - 12:30 p.m.

Students will receive 2 breakfasts and 2 lunches on Mondays and 3 breakfasts and 3 lunches on Wednesdays.

Questions or concerns? Call your school or FRYSC

Pick up Dates:

Monday, April 20th
Wednesday, April 22nd
Monday, April 27th
Wednesday, April 29th



Dear Heritage Family,

If you are in need of food assistance, please see below for locations, dates and times.

Bagdad Baptist

5790 Elmburg Rd, Bagdad KY

502-747-8933

Food given the 2nd and 4th Saturday of the month: 9:00AM-10:30 AM, drive though only

Serenity Center

98 7th Street

502-647-5555

Food distribution on Wednesdays: 8:00AM-4:00PM

You MUST bring your ID with you. This is for Shelby County residents only

Simpsonville Christian Church Food Pantry

7002 Shelbyville Rd, Simpsonville KY

502-722-8995

Tuesdays and Thursdays: 11:00AM-1:00PM in back of the church

Additional Resources:

You can visit this website if you have Covid-19 questions: <https://govstatus.egov.com/kycovid19>

LG&E, KU AND ODP SUSPEND RESIDENTIAL DISCONNECTS; WAIVE NEW LATE PAYMENT FEES; COMPANY WILL WORK WITH CUSTOMERS HAVING PAYMENT ISSUES

<http://www.k105.com/2020/03/16/lg-waive-new-late-payment-fees-company-will-work-with-customers-having-payment-issues/>

Multipurpose Community Action Center **On Monday, March 23 we will be processing applications such as LIHEAP, weatherization, Louisville Water, and all other emergency programs by phone, fax, E-mail, pictures, and text, to avoid putting anyone at risk. This is for the safety of our clients and staff. We will do our best to work with you to get the required documentation and provide you with the needed service. Please call your local office for assistance. Shelby: 502-633-2218

For unemployment questions, please visit: <https://kcc.ky.gov/career/If-you-are-Unemployed/Pages/default.aspx>

Federal Taxes Information: <https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020>

State Taxes Information: <https://revenue.ky.gov/Pages/2019NovelCoronavirus.aspx>

Important Information on Upcoming Events!

- School Report Cards are postponed and will be sent home when we return to school!
- All Pro Dads' Breakfasts for March and April are cancelled.
- Arts Night is postponed, but not cancelled! We will send out a new date after we return to school.
- The School Play is also postponed, so that our students will have more time to practice! We will send that date out when we return to school.
- Kindergarten Registration has been postponed. More information to follow from the district.

Additional Resources from our counselor, Mrs. Davenport!

Check out her NTI Page

<https://www.shelby.kyschools.us/domain/1407>

You can email Mrs. Davenport at amanda.davenport@shelby.kyschools.us

Here is the link to send a request to talk to her:

<https://forms.gle/bUQs389tVjUndZKh6>



HEALTHY AT HOME

Navigating COVID-19 with Cooperative Extension

How to handle financial stress

BY KELLY MAY

Senior Extension Associate for Family Finance
 and Resource Management

AND JENNIFER HUNTER, PH.D.

Family Finance and Resource Management

Financial stress is a part of life for most people. Recently, many of us might be experiencing more financial stress as we adjust to changing work schedules and business closings. Although financial stress may be unavoidable, we can control how we address it.

- **Identify the source.** Start by identifying your top two or three financial problems. Examples could be too much debt, trouble saving, or overspending. Limit the list to two or three so you are not overwhelmed.
- **Make a plan.** Focus on the most pressing issues first and work out a plan. Include small steps that feel manageable. Do not move to the next goal until you have a handle on your new financial behavior.

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Keep kids busy – get them cooking

BY ISAAC HILPP
4-H Youth Development Specialist

COVID-19 has most of us spending a lot more time indoors. A great way to get young people to use some creativity is to have them help in the kitchen.

All ages enjoy cooking because it requires all five senses. 4-H'ers see foods and prepare them with their hands. They can hear foods popping or sizzling in the pan and smell the aromas. The best part is they get to taste their finished product.

Cooking is an excellent opportunity for family bonding because it opens the door for discussion, creativity, and learning.

Making a meal introduces new tasks that are not too difficult for a young person with the proper supervision. Cooking activities help build both fine and gross motor skills. Whisking, cutting, or measuring with teaspoons and tablespoons gives practice to wrist and finger muscles. Stirring, pouring, and ladling use shoulder and arm muscles associated with gross motor skills.

Remember that each person preparing food should practice proper food safety measures by washing their hands. As you work, make sure everyone is following safe food handling practices. Clean up any messes, wash cooking

equipment, and sanitize surfaces.

Young people could develop a new hobby or interest in cooking. They can then participate in local 4-H cooking programs. They could also prepare a 4-H recipe to enter in their county fair (see link below for recipes).

OTHER RESOURCES

Webinar: <https://youtu.be/swPDThQF1s>

4-H fair recipes:
https://4-h.ca.uky.edu/files/00_fair_recipe_book_w_pictures_final_0.pdf

Remember that each person preparing food should practice proper food safety measures by washing their hands.

Virtual teamwork requires more effort to sustain a sense of teamwork and community.

Working together while staying apart

BY DANIEL KAHL, PH.D.
Assistant Professor of Community
and Leadership Development

#HealthyAtHome requires that we no longer gather in groups, but there is important work to do right now to support our communities. Community members and project groups can take their meetings online with social media apps, Zoom, GoToMeeting, and other software.

Meeting virtually brings a new set of challenges to holding effective meetings, and maintaining forward progress on projects. For example,

virtual teamwork requires more effort to sustain a sense of teamwork and community. Team leaders need to make sure that communication is regular and consistent, and celebrates the accomplishments of the team to keep everyone engaged.

Great virtual team leaders:

- Take time to reinforce community and allow people time to reconnect
- Communicate a clear list of what each meeting needs to accomplish
- Serve as coordinators versus "command

and control" managers

- Share power by leaning on specific team member strengths
- Provide and request regular status reports

OTHER RESOURCES

You can find more resources for hosting effective virtual meetings, including suggestions on web or video conferencing platforms, online team collaboration and communication tools at: <http://srcd.msstate.edu/virtualteams>

Tool	When to use	Examples
Phone	<ul style="list-style-type: none"> • Quick sync-ups or immediate answer situations • Personal connection • Solving complex questions 	
Email	<ul style="list-style-type: none"> • Communications that don't need a fast response • Messages that need to be recorded 	
Group project management platforms	<ul style="list-style-type: none"> • Post announcements to the whole group • Pose questions/processes requiring team collaboration • Recording information 	Basecamp, Microsoft Teams, Chatter
Instant messaging/texting	<ul style="list-style-type: none"> • Messages that need a quick answer, but don't need to be recorded 	Skype messaging, Slack, Google Chat, cell phone texting
Web conference	<ul style="list-style-type: none"> • Scheduled team meetings • 1 on 1 or small group check-ins • Meetings you need to record • Times when seeing body language is important such as problem solving, decision-making, or conflict resolution 	Zoom, Skype, Adobe Connect, GoToMeeting

Virtual collaboration — develop your virtual strategy: https://trailhead.salesforce.com/en/content/learn/modules/manage_the_sfdc_way_virtual_collaboration/msfw_virtual_collab_develop_your_strategy



Focus on the most pressing issues first and work out a plan. Include small steps that feel manageable.

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How to handle financial stress

- **Recognize how you cope.**
Many of us have unhealthy habits or coping mechanisms for when times get hard. Many people smoke or overeat. Unfortunately, these behaviors make our stress worse; they are bad for us, and we spend more money! Instead, try taking a walk, exercising, or meditating.
 - **Ask for help.** People are better at changing when they have people to hold them accountable and offer support. This could be a professional or family and friends. Explain your problem and plan so your support can be more effective.
- Most of all remember this: Addressing financial stress is a process. It takes time.

OTHER RESOURCES

Full article:
<https://fcs-hes.ca.uky.edu/files/managing-financial-stress.pdf>

HEALTHY AT HOME

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FOR MORE INFORMATION, EMAIL US:
ukfcsaext@uky.edu

EDITING by Alyssa Simms
DESIGN by Rusty Manseau

- **Alison Davis, Ph.D.**
Director, Community and Economic Development Initiative of Kentucky
- **Jennifer Hunter, Ph.D.**
Assistant Extension Director,
Family and Consumer Sciences
- **Mark Mains, Ph.D.**
Assistant Extension Director,
4-H Youth Development
- **Craig Wood, Ph.D.**
Interim Assistant Extension Director,
Agriculture and Natural Resources