



# **Eagle Newsletter**

## **April 27, 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



**Parents, Library books will  
be due back on May 4<sup>th</sup>!  
More information to come!**

## We are still taking Yearbook Orders!

### How to Order Yearbooks Online:

1. Go to [balfour.com](http://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](mailto:Colby.wilmoth@shelby.kyschools.us)



**PLEASE TAKE OUR  
TITLE 1 SURVEY!**

<https://docs.google.com/forms/d/e/1FAIpQLScU0LHIKMgR8q5en5IMzfxWtHn6T7LVLqn3Mr1Fmn56JnBOeA/viewform>



**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 7<sup>th</sup> 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>



[https://docs.google.com/forms/d/e/1FAIpQLSfjJgsgv9kSxQqXJSJPRmdhb6ModKHIP1V8D\\_zjtaTpUHtZfA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfjJgsgv9kSxQqXJSJPRmdhb6ModKHIP1V8D_zjtaTpUHtZfA/viewform)

# Additional Resources from our counselor, Mrs. Davenport!

Check out her NTI Page

<https://www.shelby.kyschools.us/domain/140>

[7](#)

You can email Mrs. Davenport at [amanda.davenport@shelby.kyschools.us](mailto:amanda.davenport@shelby.kyschools.us)

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

<https://forms.gle/bUQs389tVjUndZKh6>





**MAY 2020**

**HEALTHY AT HOME**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>_____  Strength      _____  Aerobic      _____  Flexibility</p>					1	2
					Pick or buy colorful flowers for May Day	Focus on the positive – write down one thing for which you are grateful, and put it somewhere you can see
					Find a fun exercise video to do	Try a Tai Chi video
3	4	5	6	7	8	9
Get 7 to 9 hours of sleep tonight Steady Pace 15 minutes - Walk or jog around your neighborhood	Write down your goals for the day when you get up Try doing pushups against a wall, kitchen counter, or the floor for 1 minute	Support a local restaurant for Takeout Tuesday Dance to your favorite music	Sprinkle your sheets with lavender oil or spray Give your body a break	Listen to an inspirational podcast Put some music on and walk around your house or up and down the stairs for 10 to 15 minutes	Tell someone why you value them or are thankful for them Do some squats or sit-to-stands from a sturdy chair for 1 minute	Spending 10 minutes soaking in the smells and sounds of nature Take time to stretch
10	11	12	13	14	15	16
Start your day with a brightly colored, immune-boosting fruit salad Steady Pace 20 minutes Walk or jog around your neighborhood	Try something new – a new food, game, book, TV show, exercise... Take a pair of cans, weights, or water bottles and do bicep curls for 1 minute	Tell someone why you think they are awesome Give your body a break	Call or check in virtually with someone who needs support Try lunges or single leg step-ups on stairs	Listen to a pleasant, slow song to soothe your mood Work in your garden, cut the grass, or work in your yard	Have a theme dinner with your family (for example, wear silly costumes or make an authentic ethnic meal) Jump rope	Plan a virtual game night with family or friends Try a yoga class or find a yoga video
17	18	19	20	21	22	23
Watch a funny sitcom Steady Pace 25 minutes Walk or jog around your neighborhood. Use a cardio machine if you have one	Wear an energizing color like yellow, red, or orange Try to beat your previous number of pushups against a wall, kitchen counter, or the floor	Donate a pizza delivery to front-line workers in your community Ride your bicycle or play active games with your family	Learn a fun fact, and share it Try to beat your previous number of squats or sit-to-stands. Add weight for a challenge	Send an old-fashioned letter to someone you care about Try to get 10,000 steps today	Say "I love you" to someone Hold a plank (high push-up position) on a kitchen counter or the floor. Try different plank variations	Laugh more Take 10 minutes to stretch
24 31	25	26	27	28	29	30
The 24th organize a social-distancing front-yard picnic for the 31st Steady Pace 30 minutes Walk or jog around your neighborhood. Use a cardio machine if you have one	Leave a thank you note in your mailbox for the mail delivery person Use a pair of cans, weights, or water bottles to do shoulder presses for 1 minute	Tune in to some upbeat music to boost your energy Hike in a local park or on a trail or take a new route in your neighborhood	Tell someone why they are important to you Work on lunges or single leg step-ups on stairs. Add weight as an added challenge	Fight feeling sluggish and enhance self-esteem by practicing good posture Put some music on and walk around your house or up and down the stairs for 10 to 15 minutes	Watch a movie across the miles with friends or family on a shared streaming device See if you can hold a plank longer than last week	Remind yourself what you are looking forward to doing today, next week, or in the future Try a yoga or Tai Chi video

# KEEP MOVING

## EXERCISE HELPS!

- Supports physical, emotional and mental health
- Promotes activity and independence
- Improves some chronic conditions
- Helps prevent falls

## FOR EXERCISE IDEAS/EXAMPLES:

- CDC: [https://www.cdc.gov/physicalactivity/basics/older\\_adults/index.htm](https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm)
- NIA/Go 4 LIFE: <https://go4life.nia.nih.gov/how-exercise-helps/>
- Silver Sneakers: <https://www.silversneakers.com/blog/strength-training-for-seniors/>
- UK FCS FIT BLUE: <https://hes.ca.uky.edu/news-story/uk-launches-fitness-app>

## TYPES OF EXERCISE

- **Aerobic:** increase your breathing and heart rate. Like walking around the house.
- **Strength:** Try strength-training exercises for your major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) at least two days a week. Make your muscles work harder than usual. \*Don't exercise the same muscle group on any 2 days in a row
- **Balance:** helps you with daily activities such as walking safely, preventing falls and navigating stairs
- **Flexibility:** stretching increases circulation and blood flow and helps maintain strength. Stretching should be slow and smooth. Hold stretches for 10-30 seconds and repeat 3 to 5 times. Do not forget to breathe!

## BRAIN HEALTH MATTERS

- The brain allows you to interact with the world, understand, analyze, and respond to various surroundings.
- A healthy brain is crucial to survival, growth, and everyday successes (Center for Excellence in Community Mental Health, 2011).
- The brain needs exercise and maintenance in order to optimize and protect its current and future health.
- In particular, the brain needs: socialization, mental stimulation, physical activity, nutrition, and sleep (Yu, 2006; Alzheimer's Association, 2011).
- Take 10 minutes a day to enhance your mental and cognitive health.



## DOWNLOAD OUR FREE FITBLUE APP

Get physical activity and meal suggestions, track your movement and eating, and improve your mindfulness!



<http://bit.ly/FitBlueApple>



<http://bit.ly/FitBlueAndroid>