



# **Eagle Newsletter**

## **April 6, 2020**

**“Empowering lifelong leaders!”**

Week 3 and 4 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

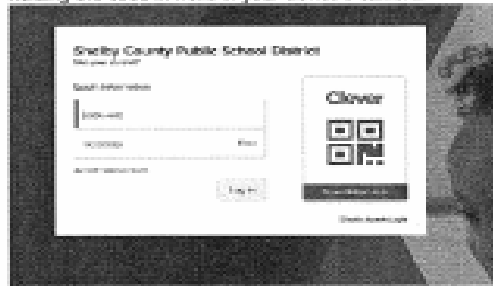
and phone calls as soon as they are  
able.

### 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-district/744ee211443000590> 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

Mrs. McClain's Art Room @ Heritage Elementary

Public group

About

Discussion

Members

Events

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Watch Party



**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/>





## KIDS EAT FREE! MEAL SITES IN SHELBY COUNTY

Shelby County Public Schools will be providing FREE meals to kids during the Non-Traditional Instruction Time from **April 6, 2020 until school is back in session**. One lunch and one breakfast meal will be given to each child who comes to one of the schools listed below between **10:30 and 12:30 Monday-Friday**. All meals are "to go" and will be available at the front door of the school or at bus lot of school, **please look for the signs**.

All sites are **drive through**, **no need to get out of the car**. Let staff know how many children you need meals for and **open your trunk**. Staff will place meals in the trunk for you.

Meals will be provided to **all children under the age of 19** and are the same for all children regardless of race, color, national origin, sex or disability.

**There are no income limitations for the program.**

**Please be aware the meals may contain Wheat, Egg, Dairy or any other food associated allergy. SITES SUBJECT TO CHANGE. WATCH FOR UPDATES ON DISTRICT WEBSITE OR FACEBOOK PAGE [www.shelby.kyschools.us](http://www.shelby.kyschools.us)**

### Pick-up Sites:

**Southside Elementary**  
728 Ginkgo Drive  
Shelbyville, KY

**Northside Preschool**  
821 College Street  
Shelbyville, KY

**Painted Stone Elementary**  
150 Warrior Way  
Shelbyville, KY

**Clear Creek Elementary**  
729 Chapel Hill Road  
Shelbyville, KY

**Heritage Elementary**  
8300 Frankfort Road  
Waddy, KY

**Simpsonville Elementary**  
6725 Shelbyville Road  
Simpsonville, KY

**Shelby County High School**  
1701 Frankfort Road  
Shelbyville, KY

**April 6th, 2020 until school resumes**  
**10:30 am - 12:30 pm at all sites Monday - Friday**





**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

**Central Latino:** Food pantry items

121 Main Street

502-647-3349

Tuesday – Friday: 9:00AM – 2:00PM (Closed for lunch 12:00PM-1:00PM)

**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>



## **The Book Fair is postponed until we return to school!**

- **Students will be able to buy books at recess time of the first day that we're back at school!**
- **Parents are able to order online!**
- **Flyers were sent home last week with the ordering information.**
- **If you have any questions, please email Ms. Wilmoth at [colby.wilmoth@shelby.kyschools.us](mailto:colby.wilmoth@shelby.kyschools.us)!**

# 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. We will have those dates once we return to school.

# Additional Resources from our counselor, Mrs. Davenport!

Check out her NTI Page

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

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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>



# HEALTHY AT HOME

Navigating COVID-19 with Cooperative Extension

## Talking to your kids about COVID-19

BY DAVID WEISENHORN, PH.D.

Senior Specialist for Parenting and Child Development

As hard as it for adults to make sense of the uncertainty around COVID-19, it is even harder for children. Talking to your children about coronavirus can go a long way in making them feel safe, secure, and loved. Ways you can help your child will be different based on your child.

- **Listen.** Always be willing to listen to and answer your child's questions, but realize not every child will want to talk about the subject. Allow them to bring it up in their own time.
- **Honesty.** Try your best to answer your child's questions correctly and honestly. Talk about the subject in terms of "strong germs or serious illness." Relate it to something they already know like the flu or a bad cold, but explain that some people respond differently. Remind children the reason for the cancellations is an effort to keep us safe.

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**Talking to your children about coronavirus can go a long way in making them feel safe, secure, and loved.**

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## Talking to your kids about COVID-19

- **Limit.** Limit news footage as this can increase anxiety and sadness, especially in younger children. If you find your child in front of a television showing virus updates, try to distract them. Offer to play with them, ask about their day, or read a book with them.

You can reassure them that there are people who are doing their best to keep them safe like police officers, firefighters, health-care workers, and government officials.

### OTHER RESOURCES

**Related podcast:**

[http://bit.ly/UKfcs\\_show2-41](http://bit.ly/UKfcs_show2-41)

**Full article:**

<https://coronavirus.ca.uky.edu/files/talking-to-your-kids-about-covid-19.pdf>

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## Managing stress during hard times

**BY AMY F. KOSTELIC**  
Adult Development and Aging Extension Specialist

Stress can help you rise to a challenge and help you prepare to meet situations with focus, strength, stamina, and heightened alertness. Negative stress, however, can prevent you from feeling and performing well. Common emotional symptoms to stress include anxiety, irritability, increased forgetfulness, and difficulty making decisions. Physical reactions to stress could include headaches, upset stomach, increased arthritis pain, tightness in the chest, and problems with sleep.

It is important to experiment with different ways to ease negative stress. Two common strategies include changing the situation and changing your response to the

situation. If there is a situation that causes you stress, avoid it. In unavoidable situations, you may have to change your reaction. Accept it for what it is, focus on what is important or on what you can do, and adapt as best you can.

- Take deep breaths, and count to 10 before you react or speak.
- Set aside relaxation time.
- Connect with a support system.
- Do something you enjoy every day.
- Keep your sense of humor.
- Stay physically active.
- Do not get overwhelmed with the big picture; break down big problems into smaller parts.
- Find light at the end of the tunnel.
- Get temporarily lost in music or a book.
- Get a little pet therapy time.



### OTHER RESOURCES

**Related video:**

[http://bit.ly/UKfcs\\_StayPositive](http://bit.ly/UKfcs_StayPositive)

**Full article:**

<https://fcs-bes.ca.uky.edu/files/managing-stress-during-hard-times.pdf>





**Cleaning does not kill germs. Disinfecting means to kill germs by using chemicals such as bleach solutions, alcohol solutions with at least 70% alcohol, or other EPA-registered disinfectants.**

## Cleaning versus disinfecting

**BY ANNHALL NORRIS**  
Extension Specialist for Food Safety  
and Food Preservation

It is important to clean and disinfect frequently touched surfaces like doorknobs, handles, chair backs, faucets, light switches, etc. Cleaning means to remove germs or dirt. Cleaning does not kill germs. Disinfecting means to kill germs by using chemicals such as bleach solutions, alcohol solutions with at least 70% alcohol, or other EPA-registered disinfectants.

When cleaning, use soaps or detergents and water to remove dirt. Follow by disinfecting.

If you don't have an EPA-registered household disinfectant, you can make your own. Start with regular, unscented bleach, and wear protective gloves. Mix 5 tablespoons bleach to one gallon of water or 4 teaspoons bleach to one quart of water.

EPA-registered household disinfectants are commonly available in sprays and wipes. The label will tell you whether you need to dilute the product, what surfaces you can use it on, drying time, and any precautions such as wearing gloves and making sure there is good ventilation when using the product.



### OTHER RESOURCES

**Full article:**  
<https://fs-hes.ca.uky.edu/files/cleaning-versus-disinfecting.pdf>

## HEALTHY AT HOME

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