



## SUSTAINABILITY ACADEMY BUZZ - 04.17.20

Dear SA Families,

I hope you are well. It was so wonderful to see many of our students (and families!) through Google Meets this week for our classroom community meetings and lunch bunches. I've also seen some fabulous student work on Seesaw and in Google Classrooms. If you'd like more information about how to access any of those online learning opportunities (community meetings, lunch bunches, Seesaw, or Google Classroom), please reach out to your child's classroom teacher.

Next week is spring break for Burlington School District. Meals will continue to be served at food distribution sites and the district will continue to provide childcare for essential workers. I have encouraged SA staff to take much-needed time off to be with their own families and take care of themselves. If you need anything, you are welcome to reach out to me directly through email or phone.

Lastly, I want to share an important update related to technology. **If you need a device for your students to access online learning, and haven't already shared your request with an SA staff member, please call the school and leave a message (802-864-8480) or email Monica ([mgragg@bsdvt.org](mailto:mgragg@bsdvt.org)) as soon as possible.** Our last round of chromebook distribution to families will take place after spring break, and we want to make sure that all families who need a device are on the list to receive one. As a reminder, we will be distributing one device per family for elementary school students. Additionally, as we all seem to be spending more time online these days, please review this document provided by the district that overviews online meeting guidelines:

### [For Families: BSD Guidelines and Info re:Online Meetings](#)

For more information and ongoing updates, I encourage you to visit the [BSD Coronavirus Updates Page](#). If you have any questions, please do not hesitate to reach out to me directly ([noropeza@bsdvt.org](mailto:noropeza@bsdvt.org)).

With gratitude,

Nina

Principal, Sustainability Academy  
802.343.6607

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## UPCOMING EVENTS

Monday, 4/20	<h3>Spring Break - No School for Students</h3> <ul style="list-style-type: none"><li>● <b>Free meals for all kids - Monday-Friday, 10:30-11:30am next to the SA playground.</b> Additional food sites and information here: <a href="https://www.burlingtonschoolfoodproject.org/menus/">https://www.burlingtonschoolfoodproject.org/menus/</a></li><li>● Spring Break - no school events scheduled</li><li>● Next Family Newsletter will be emailed on Friday, April 24</li></ul>
Tuesday, 4/21	
Wednesday, 4/22	
Thursday, 4/23	
Friday, 4/24	

## UPDATES, REMINDERS, & TO-DO'S

### District Plan for Continuity of Learning

The Vermont Agency of Education has approved Burlington School District's plan for remote learning. If you would like to read the plan, you can access it [here](#).

### Coaches Corner

While there is still some snow whirling around outside, there are also many clear signs that it is spring. One of my favorite parts of spring is when all the plants finally "pop". There seems to be a week in late April or early May when all of a sudden there is green in the world again. I am impatiently waiting for that day. One thing I am doing to wait for that day is to find a plant and take a picture of it everyday on my phone. Even though I can't always notice the changes right away, if I compare the pictures of the same plant day after day, I can see the growth and opening up. One of my favorite plants to track is the dandelion. If you have a dandelion growing nearby, or any other plant you can safely watch, I invite you to join me in taking a picture of that plant every day over break. If you do, please email them to me. I will post my series of photos on our instagram once I get a few more pictures.

There are some other great resources I would like to share this week.

- 1) [North Branch Nature Center](#) has a wealth of wonderful online resources for humans of all ages. TONIGHT, April 17th, there is a talk about vernal pool ecology from 5 to 6pm. "Learn about life in a vernal pool from the perspective of everything from salamanders and frogs to fairy shrimp and predaceous diving beetles." Get more information on events [here](#).
- 2) One of my former colleagues from Shelburne Farms, Joan Haley, has put together another website housing many resources called [Taking eLearning Outdoors](#). It is full of links to great things including:
  - [Farm to School](#)
  - [Art projects](#)
  - [Mindfulness practices](#)
  - [Virtual science cafes](#)
- 3) Audubon Connecticut has some amazing [live bird cams](#). There are several different cameras you can watch including Osprey and Yellow- Crowned Night Heron. Get an up close look into what these amazing birds are doing.

As always, if you have a nature note you would like to share at Wednesday Morning Meeting, please send it to me! I love seeing what you are noticing about the world around you.

- Kestrel Plump ([kplump@bsdvt.org](mailto:kplump@bsdvt.org)), Education for Sustainability Coach

## Counselor Corner

Dear Families,

I hope this letter finds you well. As we enter into a new phase of stay at home education, I am sure we find ourselves in many different places. For some, we may have settled into somewhat of a routine with our families, while others may be struggling to find a balance between work, school and home life. Many of us fluctuate or cycle through many different emotions throughout each day. As we look ahead, we are expecting that we will not return to our school building this school year and we are being asked to stay at home for at least another month. For these reasons, the Burlington district school counselors recognize that this is an important time to practice and grow our resiliency skills. As a global community, we are looking to flatten the curve of the virus; as individuals, we also have the opportunity to “tweak our stress response curve”. What can we do to function to the best of our ability in such uncertain and potentially stressful times?

Over the next eight weeks of this school year we will be focusing on strategies to engage resiliency development for your child. Below are the 7 C’s of Resilience:

- Coping
- Connection
- Contribution
- Competence
- Confidence
- Control
- Character

[The 7 C's: Practical Ways to Build Resilience in Kids](#)

Just as if we were in school physically, I am available to you and your child during this school closure. I will have office hours weekly, I can Google Meet with you and your child by appointment and can offer resources to support needs as they arise. I check my email throughout the day and you can expect a response within school hours 8:00-3:30. We can also set up a time to connect outside of school hours, as needed.

Be sure to visit my website, as I will continue to update with resources and activities throughout the break:

<https://saschoolcounseling.weebly.com/>. Be Well.

- Susan Dodd, [sdodd@bsdvt.org](mailto:sdodd@bsdvt.org), SA School Counselor



## **Nurse Corner**

With April vacation on it's way and the weather starting to improve, many of us are missing the outdoors. According to the CDC, "staying physically active is one of the best ways to keep your mind and body healthy. In many circumstances people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air, stay active and connect with others."

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>

Here are some important considerations:

- Stay inside if you are sick or have been around people who have recently been sick
- Practice physical distancing. Stay 6' away from people you do not share your home with when outside.
- Visit places close to home to avoid needing to stop along the way
- Avoid crowded parks, trails and outdoor spaces
- Avoid playgrounds or crowded parks and paths
- Bring hand sanitizer or supplies to wash your hands with soap and water while out.
- As if there wasn't enough to worry about - Watch out for ticks!!

With all that said, we are fortunate to have so many parks, trails and off the beaten paths so close to the city. Here are a few links if you need some more ideas.

**Trailfinder** - <https://www.trailfinder.info/>

**Burlington Walks:** <https://secure.bcbsvt.com/files/BurlingtonWalkingMap2004.pdf>

**Burlington Parks and Wildways:** <https://enjoyburlington.com/type/recreational-paths-trails/>

**Winooski Valley Park District - Trail map**

<https://www.wvdp.org/wp-content/uploads/2016/03/WVPD-Parks-2015-Final.pdf>

**Here is some important translated information for all members of our community!** A special thanks to community members Mohamed Jafar and Mellisa Cain for creating this important site.

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

**Let's also give a shoutout to Vermont's very own A2VT for their new physical distancing PSA "Dirty Hands"**

<https://vimeo.com/407609110>

**"Asking for help is a sign of strength and resourcefulness"**

**Additional Community Resources:**



## SUSTAINABILITY ACADEMY

BURLINGTON, VERMONT

### **Has your family lost pay, have you been laid off or have you had your hours reduced?**

You may now be eligible for nutrition programs that are designed to help your family and our local economy quickly in unexpected and emergency situations like this one. If you've never used any of these food resources before, please know they are there for you too.

**Feeding Chittenden** - located at 228 North Winooski Ave is the primary food shelf for the Burlington area and dedicated to serving our community in times of need. Currently they are open for food distribution M-W-F from 9-4. Breakfast is served in to-go containers from 6:30am - 8:30am Mon - Fri. See their excellent Facebook page for updates and most current schedule.

**WIC:** WIC gives you access to healthy foods, nutrition education and counseling, and breastfeeding support. If you're pregnant, a caregiver, or a parent with a child under five, WIC is right for you! To find out more and apply visit <https://www.healthvermont.gov/family/wic> or text 'VTWIC' to 855-1

**3SquaresVT:** Has your household lost pay? Have your childcare expenses increased? 3SquaresVT is here for you and your family to help put food on the table! You could be eligible to receive a 3SquareVT benefit or increase the benefit you already receive. To get help applying visit [www.vtfoodbank.org/nurture-people/3squaresvt](http://www.vtfoodbank.org/nurture-people/3squaresvt), call 855-855-6181 or text VFBSNAP to 85511. You can also visit <https://dcf.vermont.gov/benefits/3SquaresVT>

**Vermont 211** - Resource assistance [Vermont 2-1-1 - Find Resources](#)

**CVOEO** - [cvoeo.org/covid19-ca-faq](http://cvoeo.org/covid19-ca-faq)

**City of Burlington Resource and Recovery Website** - [Resource and Recovery Center \(RRC\)](#)

**First Call** - Mental health services - [First Call For Chittenden County](#)

**Steps to End Domestic Violence** - [Steps to End Domestic Violence](#)

**Join Urban Ministry Project ( JUMP)** - [www.jumpvt.org](http://www.jumpvt.org)

**Skinny Pancake** - <https://skinnypancake.com/shiftmeals/>

**O.N.E. Good Deed Fund** - accepting applications until the end of April

<https://onegooddeedfund.org/covid-19-relief/>

- Justina Starr ([justarr@bsdvt.org](mailto:justarr@bsdvt.org)), School Nurse