

SUSTAINABILITY ACADEMY BUZZ - 05.15.20

Dear SA Families,

I hope you are each well. It was delightful to have a taste of warmer weather this week - I'm looking forward to spending the weekend outside and in the garden. Our students and families are doing an awesome job engaging in learning at home. To make it easier to do schoolwork at home, we are distributing **school supplies kits to all students**. If a school supplies kit would be beneficial to your family, we hope you will stop by next Wednesday (5/20) or Thursday (5/21) to pick one up.

We have enough school supplies kits for all SA students. We will be distributing kits at the following times:

- Wednesday, 5/20 - 9am-3:30pm
- Thursday, 5/21 - 9am-3:30pm

School supplies kits contain:

- Crayons or Markers
- Writing Paper
- Pencils
- Pencil Sharpener
- Scissors
- Glue Stick

We have more good news! Beginning on Monday (5/18), SA will also offer dinner to any child (0-18). Picking up dinner will be the same process as picking up lunches, except now you can also grab an additional, separate meal for supper. Meals can be cooked in a microwave or oven and are also available Monday-Friday.

Please read through the rest of our updates and information included in the rest of this newsletter. Thanks for reading through, and as always, if you have any questions, please do not hesitate to reach out to me directly (noropeza@bsdvt.org).

With gratitude,

Nina Oropeza
Principal, Sustainability Academy
802.343.6607

 [@sustainabilityacademybsd](https://www.instagram.com/sustainabilityacademybsd)

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UPCOMING EVENTS

Ongoing Events:

- **Free meals for all kids, now including lunch and DINNER! - Monday-Friday, 10:30-11:30am next to the SA playground.** Additional food sites and information here:
<https://www.burlingtonschoolfoodproject.org/menus/>
- **SA Morning Announcements Monday-Friday @ 8:30am** on [Instagram](#) and [Facebook](#)

Monday, 5/18	<ul style="list-style-type: none"> ● Classroom Community Meetings, K-5 <i>30 minute classroom meetings take place on Monday mornings, from 9:00-11:30am. If you need the link, please visit Seesaw (K-2), Google Classroom (3-5), or reach out to your child's classroom teacher.</i> ● K Lunch bunch with Mr. David, 12:00pm <i>Kindergartners, bring your lunch (optional) and come hang out with Mr. David, SA teachers, and your friends! If you need the link, please reach out to David (dfitzpat@bsdvt.org).</i>
Tuesday, 5/19	<ul style="list-style-type: none"> ● Math Challenge #7 Submissions Due (Optional) ● 1st Grade Lunch bunch with Ms. Oropeza, 12:00pm <i>1st graders, bring your lunch (optional) and come hang out with Ms. Oropeza, SA teachers, and your friends! If you need the link, please reach out to Nina (noropeza@bsdvt.org).</i>
Wednesday , 5/20	<ul style="list-style-type: none"> ● Wednesday Morning Meeting, 8:30 am <i>We hope many SA families will be able to join us on Wednesday at 8:30am. You can watch Wednesday Morning Meeting on Instagram and Facebook. We are always looking for student and family contributions for our nature notes or morning announcements. If your family has an idea for a Wednesday Morning Meeting segment, please let us know!</i> ● 2nd Grade Lunch bunch with Ms. Dodd, 12:00pm <i>2nd graders, bring your lunch (optional) and come hang out with Ms. Dodd, SA teachers, and your friends! If you need the link, please reach out to Susan (sdodd@bsdvt.org).</i>
Thursday, 5/21	<ul style="list-style-type: none"> ● 3rd/4th Grade Lunch bunch with Nurse Justina and Ms. Lizzie, 12:00pm <i>3rd and 4th graders, bring your lunch (optional) and come hang out with Nurse Justina, Ms. Lizzie, SA teachers, and your friends! If you need the link, please reach out to Justina (jstarr@bsdvt.org).</i>
Friday, 5/22	<ul style="list-style-type: none"> ● 5th Grade Lunch bunch with Ms. Kestrel, 12:00pm <i>5th graders, bring your lunch (optional) and come hang out with Ms. Kestrel, SA teachers, and your friends! If you need the link, email Kestrel (klump@bsdvt.org).</i> ● Next Family Newsletter will be emailed

UPDATES, REMINDERS, & TO-DO'S

Free Dinner for Kids at SA (New!)

Burlington School District is excited to announce that we will begin to offer FREE dinner options beginning Monday, May 18. Picking up dinner will be the same process as picking up lunches, except now you'll grab an additional, separate meal for supper. Dinner options will be available at Sustainability Academy and the Boys and Girls Club; we hope to add additional sites in the future as guidance allows. Please also note that in order to give our staff a much-needed (and deserved!) break, our food distribution sites will be closed on Memorial Day, May 25th. To assist our families with the extended weekend, we will be including an extra meal during food pickup on Friday, May 22; please plan ahead and be sure to visit a meal site on the 22nd.

South End Community Food Pickup (New!)

The South End Community Food Pickup is this Saturday, May 16 from 9-11am in the Champlain Elementary parking lot. We will have food staples in reusable grocery bags, grocery gift cards, masks made by many volunteers and coordinated by the City of Burlington Resource and Recovery Center, and books for all ages from the Fletcher Free Library. Food products are being provided by generous contributions and collaboration with City Market. Everyone is welcome, no IDs or questions asked.

AOE Survey (New!)

The Agency of Education has asked us to survey families regarding their experiences with Continuity of Learning and access to education during closure. BSD has worked hard to design a [survey](#) that meets the AOE's task and will provide insight into equity issues during remote learning. Your participation is crucial for us to ensure we are serving families and students equitably, and can be better prepared for potential future instances of remote learning. [Please take the survey today.](#)

Social Media Safety Series (New!)

BSD's most recent Climate Survey data showed that parents, teachers, and students were concerned about social media safety. Now more than ever children are not only allowed to spend more time online, but they are being asked to do so. As part of the work our District Climate Team has been doing, we have partnered with Winooski School District to bring Erin Walsh, of Spark and Stitch Institute, to your computer screens. Join us on May 21st and May 28th for a short series of webinars regarding social media safety for students. See more information below:

Digital Safety and Wellbeing: Tackling Difficult Conversations in the Digital Age

- May 21st, 6:30-8:00 PM: Presentation and Q&A focused on grades K-5. ([Attend Via Zoom](#) or visit our YouTube page during the presentation.)
- May 28th, 6:30-8:00 PM: Presentation and Q&A focused on grades 6-12. ([Attend Via Zoom](#) or visit our YouTube page during the presentation.)

Participants will explore questions like:

- How can parents help prevent, address, and respond to cyberbullying?
- What do parents need to know about the latest apps?
- Should I be monitoring my child online?
- What can I do at home to nurture my child's digital wellbeing?
- Can kids really multitask? How do I help them focus?

Burlington City Arts Virtual Show

Burlington School District (BSD) partners with Burlington City Arts (BCA) each year to host an art show that features student work. This year's show was cancelled due to social distancing regulations, but that didn't stop BCA from finding a way to share and celebrate our young artists. You can access all school artwork and hear a message from Mayor Weinberger [here](#), and check out Sustainability Academy Student artwork [here](#). Enjoy the virtual art show! A special thank you to Joanne Kalisz (SA Art Teacher) and Leah Barranco (Building-Based Substitute) for all of their work in guiding our students to create these pieces.

Free Toys for Kids

As part of Burlington School District's (BSD) effort to provide for essential needs during the coronavirus pandemic, the Burlington School Food Project serves about 1,600 meals a day to children at 11 different food pickup sites throughout the city. Now, thanks to the generosity of WowToyz in Vergennes and a strong partnership with Burlington's King Street Center, those sites are also being utilized to distribute free toys for children. You can read more and find the weekly schedule of where toys will be distributed [here](#).

Free Books for Kids - Fletcher Free Library & Burlington School District Partnership

Extra, extra, read all about it! Burlington School District and Fletcher Free Library have teamed up to offer free books to children during the coronavirus pandemic. Books can be picked up by parents at BSD food pick-up sites around Burlington. The books appeal to a variety of ages of students and are being provided free by Fletcher Free library. The books will be available at SA on Tuesdays from 10:30-11:30am. You can find more information [here](#).

Call for Wednesday Morning Meeting & Morning Announcements Contributions

SA families, we need you! **We'd like to highlight more student and family voices during Wednesday Morning Meetings and daily morning announcements.** We're open to a variety of contributions - here are some ideas to get the brain juices flowing:

- Have you been observing as spring arrives in Vermont, and do you have a nature note you'd like to share?
- Do you have an idea for a math challenge you'd like to share?
- Do you have a joke to get us all laughing on a Wednesday morning?

- Is there a topic you've been learning about, or a project you've been working on that you want to teach other SA students about?
- Do you have a mindfulness practice that you think others might benefit from?

If your family has something to share, please email Kestrel (kplump@bsdvt.org) with your idea for a contribution. We want to see you (yes, you!) in Wednesday Morning Meeting!

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

There is a tremendous amount of research showing that being outside is good for you - your body, your mind and your mood. Here is a [link](#) to a whole research library about children outdoors. [Here](#) is an article from Harvard Health. Read them if you want. But really, go for a walk outside if you can. Find some flowers blooming or a cloud with an interesting shape. Follow your joy (safely). That is all.

The annual Audubon Vermont Birdathon begins Saturday May 16th and goes through to Monday May 25th. It will look a little bit different this year, but still centers around getting outside, birding and raising money for a great organization. Find out more info [here](#).

-Kestrel Plump, Education for Sustainability Coach

Counselor Corner

During this time of physical isolation, it is important to remember that we are needed. Knowing that others depend on us helps us to feel good about ourselves and value who we are. When we feel good about ourselves, we are often better able to regulate our big emotions and control our behaviors.

Making a contribution by taking care of our surroundings is a great way for adults and children to feel good about themselves! Chores are really good for us! In fact, having jobs at home actually helps us to manage big feelings. Having chores is a reminder that we are valuable members of our families, that people need us and that we belong.

Doing chores and receiving positive feedback from family sends the message of, "We appreciate you and are lucky to have you in our family." So let's think about what chores we can do to help out our families. If you go to my school counseling website at <https://saschoolcounseling.weebly.com/the-7-cs.html> you will find some ideas for ways young people can make a contribution at home. What other ideas do you have? Please feel free to contact me to let me know how things are going for you and your family! Have a great weekend!

-Susan Dodd, School Counselor

Nurse Corner

Pandemic EBT (P-EBT) Food Benefits Coming Your Way!

P-EBT is a temporary food benefit approved by the federal government to help households affected by COVID-19 related school closures. Under the Community Eligibility Provision (CEP) the SA is a Provision 2 school and able to offer free meals to all students regardless of income. What this means is that all families with children at the SA and other Provision 2 schools, should receive \$387.60 per child in the form of a P-EBT card. If a family already receives SNAP benefits, the funds will automatically be transferred to their cards by May 27th. Families who do not currently receive SNAP benefits should receive a letter and a card in the mail by May 27th. If you do not receive a letter or card by this date call 800-479-6151. Participation is voluntary and benefits will expire in 12 months if not used. Here is the link to the FAQ page for more info. <https://dcf.vermont.gov/sites/dcf/files/CVD19/DCF-AOE-PEBT-FAQS.pdf>

Free Face Masks!

The City of Burlington is handing out free cloth masks to anyone who needs one through the BTV Community Mask Initiative. <https://www.burlingtonvt.gov/covid-19/masks> *The City is anticipating that this will be our final week of widespread distribution, though masks will continue to be available at select locations for Burlingtonians who still need one - more details to come.* THESE MASKS MAY NOT PREVENT TRANSMISSION OF COVID-19.

Sunday 5/17: Noon-4:00 pm – Fletcher Free Library

The U.S. Centers for Disease Control and Prevention recommends wearing face coverings in public settings where other social distancing measures are difficult to maintain. However, these masks do not replace the need for social distancing; it is critical to maintain six-foot social distancing to slow the spread of the virus.

- Justina Starr, School Nurse

“Asking for help is a sign of strength and resourcefulness”

Additional Community Resources:

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, 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

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

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