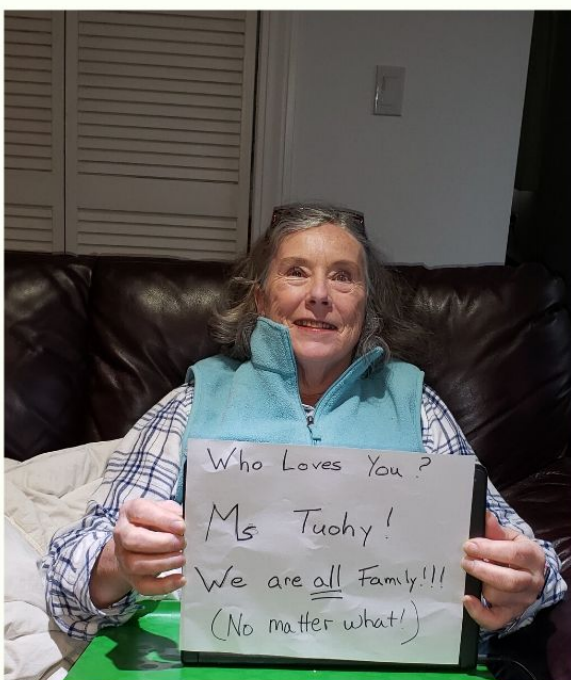


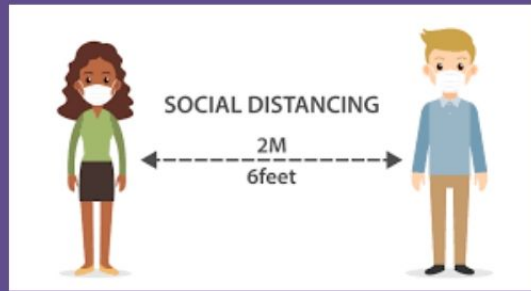


MAY 4-8, 2020 | VOL. 2

RISE AND SHINE

Ferryway's Weekly Counseling Newsletter





DON'T FORGET TO WEAR YOUR MASK!

Governor Baker wants everyone in Massachusetts to be safe by wearing masks when they leave their house. This might look different and a little scary for some kids. This is a social story to help us understand that wearing a mask is not something to fear, but a way to keep us all safe!



Wearing a Mask- A Social Narrative for Children by Autism Littl...



Copy link

WEARING A MASK



A social narrative for children

© Autism Little Learners

Sample Schedules



Working from home is hard to do! When we have a routine that we follow daily, it reduces the need to make decisions each day. It enables us to know exactly what tasks we need to do each day without having to contemplate, decide or think too much. When we are finished with one task, we know what comes next without much thought. When we stick to a routine, it helps build self confidence because we can see all of the things we accomplished. Once we're in a groove, it will help us save time as well -- which means more time to play!!



Here are some ideas to help you organize and structure your days!

Grade 5-8	
8am-9am	Breakfast/Get ready for the day (Change out of those PJs!).
9am-9:40am	Academics: IXL or other classroom specific assignments
9:40am-10am	Go for a walk or run. If the weather is bad, try "JustDance" workouts on youtube. Want to slow it down instead? Do some Yoga or mindfulness meditation.
10am-11am	Silent reading. Curl up with a favorite book or magazine. Find something challenging but enjoyable.
11am-11:20am	Break. Walking or running outside is always better when permissible.
11:20-12noon	Academics: IXL or other classroom specific assignments
12pm-1pm	Lunch. Try listening to an educational podcast! Radio Lab, Forever Ago, and Goodnight Stories for Rebel Girls are all age appropriate and widely available.
1pm-2pm	Academics: IXL or other classroom specific assignments
2pm-2:30pm	Walk/break
2:30pm-3:30pm	Enrichment. Work on a passion or special project you're interested in- cooking, building something, or an art project are a few ideas.
3:30pm-9pm	Relax, spend more time outside and with family
9pm-10pm	Winding down and getting ready for bed.



Grade 3-4	
8am-9am	Breakfast/Get ready for the day (Change out of those PJs!).
9am-9:40am	Academics: IXL or other classroom specific assignments
9:40am-10:10am	Play outside, get that heart pumping!
10:10am-11am	Silent reading. Curl up with a favorite book or magazine
11am-11:20am	Break. Outside is always better when permissible.
11:20-11:40	Academics: IXL or other classroom specific assignments
11:40-12noon	Journal writing. Write about whatever is on your mind! Some prompts if you get stuck:
	Write a funny or exciting adventure about what happens when school is closed.
	What are you excited or worried about?
	Write a letter to yourself 10 years in the future. What do you want your future self to know/remember?
	How do you think the world will be different after the novel Corona Virus?
12pm-1pm	Lunch. Try listening to an educational podcast! Brains On!, Forever Ago, and Story Pirates are all age appropriate and widely available.
1pm-2pm	Enrichment. Work on a passion or special project you're interested in- cooking, building something, or an art project are a few ideas.
2pm-8pm	Relax, spend more time outside and with family
8pm-9pm	Winding down and getting ready for bed.



Kindergarten-Grade 2	
8am-9am	Breakfast/Get ready for the day (Change out of those PJs!).
9am-9:30am	Academics: IXL or other classroom specific assignments
9:30am-10am	Playtime- ideally outside if weather permits.
10am-10:30am	Reading time with a sibling, parent, or independently if child is able.
10:30am-11:20am	Break time. Get some exercise in, ideally outside, and have a snack.
11:20am-12pm	Writing or drawing. Some ideas:
	Write and illustrate a story about someone having a funny adventure when they stay home sick.
	Draw a picture of what you think a virus looks like. Explain the different parts and how you think they work.
12pm-1pm	Lunch. Try listening to an educational podcast! Wow in the World!, Stories Podcast, Circle Round, or Noodle Loaf, are all age appropriate and widely available.
1pm-7pm	Relax, go outside and play, spend time with family.
7-8pm	Winding down and getting ready for bed.



This Weeks Challenge Is...

**Tell 3 people
how much you
care about them!**



You should always tell someone how much they mean to you. And now is a perfect time! This simple and easy act can make someone feel so special!

LOOK HERE IS ONE FROM
FERRYWAY!



*Ferryway loves and cares about its
students so much! We can't wait to
see you again!*



Activities

Mindful Listening

An owl can hear sounds that are close up and far away,
and can also be silent when needed.



Go on a **“sound hunt”** as an owl.

What do you hear close up?

What do you hear far away?

Share your observations –
write them, draw them, talk about them...



What do you see?

Stare closely at this lightbulb for 25 seconds. Then stare at a white wall or white sheet of paper. What do you see?!



Chillax

There are so many different ways people choose to cope with stress. Below is a word search filled with ideas for how you can relax or lift your mood. During times like these, it is easy to forget to fit time in to take care of ourselves. But, taking care of yourself is the most important thing you can do! After finding all the words below, pick your favorites from the list—the activities that help you cope with stress. Then, create a schedule for yourself to find at least 10 to 20 minutes each day to do a few of the activities.

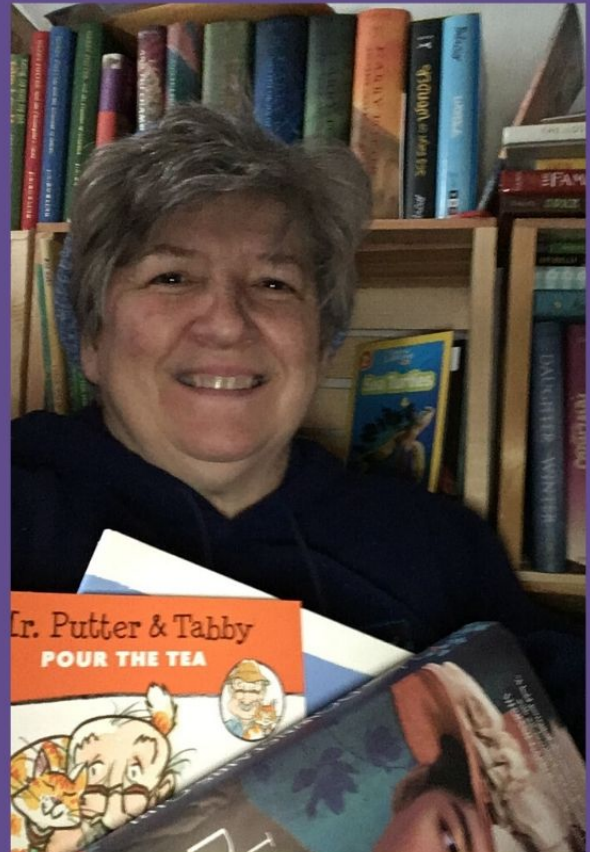
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 Q B A A P I L K J
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 T K Z E Q N Q J H X E Q D K W O Y A L K S
 G G Z Z J W I D Z A G O C T W X K
 E L N C P H I S E U L Q F R D O F
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 X L A Y E R X E D F H I N U O K Q F I Z M Y Z T P J G
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 Z R T B G A K U H E E Q S S J M Y C Q
 L V K Z H D S L A O A E X S W Q V
 X Q C T R K A O I G P J H
 F Z V A I O V G R
 J W T

READ
 CLEAN
 EXERCISE
 MEDITATE
 BREATHE
 LAUGH
 CHAT
 PLAY
 COLOR
 PET
 MUSIC
 COOK
 PUZZLE
 SING
 DANCE
 WRITE
 DRAW
 SQUEEZE
 PRAY



FERRYWAY

Here are things that we are doing during this time of social distancing.



IMPORTANT INFORMATION FOR MALDEN PUBLIC SCHOOLS FAMILIES with SNAP (Food Stamps) Benefits
... COVID-19 Emergency Monthly Supplements now available

**EMERGENCY SNAP SUPPLEMENTS
FOR ALL SNAP BENEFICIARIES**

All SNAP beneficiaries who get less than the maximum benefit for their household size will automatically get a supplement up to the maximum benefit.

1 PERSON HOUSEHOLDS WILL GET \$194

2 PERSON HOUSEHOLDS WILL GET \$355

Example: John receives the minimum SNAP benefit of \$16 each month. With the COVID-19 emergency supplement John will automatically receive an additional supplement benefit of \$178/mo to bring his total benefit up to \$194

**IF YOU ALREADY RECEIVE SNAP BENEFITS YOU WILL GET
THIS ADDED BENEFIT AUTOMATICALLY**

**IF YOU ARE ELIGIBLE FOR SNAP BUT NOT ENROLLED
YOU CAN STILL APPLY.**

CALL PROJECT BREAD FOR ASSISTANCE 1-800-645-8333

Free Meals provided by Malden PS:

Breakfast and lunch available for any child who is a Malden student:

•

Monday through Friday 10:00am-1:00pm

•

Pickup at the Salemwood school (the Salemwood "loop") OR

•

Malden High School Prescott Street lot (between CVS and MHS)

