

## **Coronavirus Closure Resources**

Below are some resources for you and your family during the school closures for COVID-19. Remember, this closure is to prevent the additional spreading of the virus, so please try to stay home and avoid meeting in groups of over 10 people if possible. MPS (and me!) want to make sure you feel supported at this time, so please let us know if there is anything we can do to help.

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### **Preventing the Spread**

COVID-19 spreads quickly, and people do not always show symptoms - even when they are able to spread the virus to others. Ways you can help limit yourself and others to the virus are.

- Social distancing (limiting your exposure to other people, even at the store or park)
- If you are over 55 or have health concerns, stay indoors
  - Get your flu shot so you are as healthy as possible if you do get infected
  - If you are a smoker, you are at a higher risk of complications. Take extra precautions.
- Washing hands frequently
  - Make sure you wash for at least 30 seconds
- Avoid touching your face
- Monitoring your own health and calling your doctor if you experience the following symptoms:
  - Cough
  - Headache
  - Fever

## Food Resources

Minneapolis Public Schools will be offering school lunch pick up between 12 pm and 2 pm each day school would regularly be in session. HIA is one of the sites that will have lunches available to pick up. Other schools in North Minneapolis with lunch pick up are:

- Olson
- Hall
- Jenny Lind
- Patrick Henry
- Cityview
- Bethune

Several restaurants have also said they will give free lunches to any students who need them while they're home from school.

Here's a list of places offering free meals:

**Great Harvest in Maple Grove** is offering free bread and goody bags to families in need starting Monday.

**Umi Sushi and Hibachi in Blaine** will give out a free kid's size lo mein and a fountain drink during lunch hours to any child in need. No purchase is necessary.

**Cafe Cravings in White Bear Lake** is serving free meals of sandwiches and potato chips for kids from 10 a.m.-2 p.m.

**Minnesota-based baking mix company Coconut Whisk Baking Co.** is offering a week's worth of free pancake and waffle mixes.

**Que Viet in Northeast Minneapolis** will give away free fried rice starting on Wednesday.

**Granite City Food & Brewery in Roseville and St. Cloud** will provide free lunches containing turkey sandwiches, chips and applesauce. No purchase is necessary.

**VIVO Kitchen in Apple Valley** will be delivering lunches to Prince of Peace Lutheran Church in Burnsville starting Tuesday. More partnerships with churches are set to be announced.

**Day by Day Cafe in St. Paul** will provide hot dogs and chips to children who are home from school starting on Monday.

**Piada Italian Street Food, which has locations in Eagan, Woodbury and the Mall of America**, will be handing out free pasta with sauce, cheese and a fountain drink from 10:45 a.m.-1 p.m. from Monday through April 3.

**Billy's on Grand in St. Paul** is offering kids 14 and under free meals from the kid's menu from 11 a.m.-2 p.m.

**Trapper's Bar and Grill in Lino Lakes** will serve a free bag lunch, chips and applesauce starting Tuesday.

**Frankie's in New Hope** will be giving out free bag lunches, and kids can have a free meal if dining in.

**Suzie's Kitchen in Rosemount** is offering free lunches to students. They ask anyone who needs a meal to send them a message.

**Eggroll Queen Cafe in Falcon Heights** will provide kids with an egg roll, fruit and fried rice through March 27.

**Ha Long Bay in White Bear Lake** will be serving free meals to kids who receive free and reduced price lunches from 11 a.m.-2 p.m. through March 27. No purchase is necessary.

**Whiskey Inferno in Savage and Prior Lake** will be giving out boxed lunches consisting of a sandwich, fruit cup, chips, a cookie and milk starting Tuesday. It will also have a collection for the local food shelf.

**Lock and Dam Eatery in Hastings** will make a bag lunch for pickup for those who call ahead.

**Bourbon Butcher in Farmington** is offering boxed lunches consisting of a sandwich, a fruit cup, chips, a cookie and milk starting Tuesday. The restaurant will also be collecting donations for the Farmington Food Shelf.

**Rascals Bar and Grill in Apple Valley** will offer free boxed lunches between 11 a.m. and 2 p.m.

**El Tejaban in Richfield** is offering free kids meals to all kids under 15 from 11 a.m. to 5 p.m. through April 1.

**Maya Cuisine NE in Minneapolis** will also offer meals.

**The Tavern on Main in Lino Lakes** is offering free meals to kids, which includes a sandwich, applesauce, chips, cheese stick and Oreo cookies.

**Station 280 in St. Paul** is offering meals.

**Peoples Organic in Minneapolis, Edina and Eden Prairie** is offering free meals for kids.

## **Childcare Resources for Healthcare and Emergency Services Workers**

If your parents work in the healthcare or emergency services industry (so, if they work at a hospital, are a PCA, work at a group home, are a police officer or fireman, an EMT, etc.) they qualify for free childcare from the district. They can either fill out the form on the district website to request childcare, or call the district for more information.

Otherwise, schools will be closed until April 6th.

Questions about schools and childcare can be asked by calling 1-800-657-3504

## **Financial Hardship Resources**

If you are unemployed as a result of closures due to the coronavirus, you qualify for unemployment benefits. Call 651-296-3644 for more information.

If you are concerned about having adequate healthcare at this time, call 1-800-657-3903

## **Online Learning Resources**

If you do not have internet access, both Comcast and Spectrum Internet are offering two free months of internet service. The Comcast program is called Internet Essentials, and Spectrum is called Spectrum Internet Assist. To set up these services call:

Comcast: 1 (800) 934-6489

Spectrum: 1 (833) 267-6094

## Educational Websites for Extended Learning

**Khan Academy** (<https://www.khanacademy.org/>) – Khan Academy offers free courses of all grade levels to help students master subjects and accelerate their learning. Through these courses, Kahn Academy allows students to personalize their learning and learn at their own pace.

**NewsELA** ([newsela.com](https://newsela.com)) - NewsELA has a variety of news articles and informational articles at different reading levels.

**CommonLit** ([commonlit.com](https://www.commonlit.com)) - CommonLit has social studies and ELA content available at various reading levels.

**PBS LearningMedia** (<https://www.pbslearningmedia.org/>) – PBS LearningMedia provides students with free lesson plans, videos, and games aligned with standards they are learning in the classroom.

**TEDEd** (<https://ed.ted.com/>) – TEDEd brings lessons to life for students through animation. TEDEd's goal is to ignite curiosity among learners. To do this, TEDEd collects the best teacher lessons around the world. Then, it turns them into shareable animated videos for students.

**PowerMyLearning Connect** (<https://powermylearning.org/learn/connect/>) – PowerMyLearning Connect offers curated learning from a variety of online platforms. K-12 students can access free content in all core subjects and many electives, with the ability to choose standard aligned lessons.

**BrainPOP** (<https://www.brainpop.com/>) – BrainPOP provides animated interactive lessons, quizzes, and games for core subjects and a variety of electives.

**Lumosity** (<https://www.lumosity.com/en/>) – Lumosity offers free brain games to keep student minds actively engaged. For example, the games use problem solving, critical thinking, and memory to keep students on their toes and strengthen their skills.

**Duolingo** (<https://www.duolingo.com/>) – Duolingo helps students keep up with foreign language skills. Duolingo offers 30+ languages so students can start

learning a variety of languages that interest them. Or, students can use Duolingo to practice the foreign languages they are already learning in the classroom.

**EVERFI** (<https://everfi.com/partners/k-12-educators/>) – EVERFI offers free supplemental lessons for the whole student in areas of Finance, SEL, Health, College/Career Readiness, and related topics.

