

ACADEMIC ANCHOR

Special Edition



CONNECTING NAVY FAMILIES, COMMAND AND K-12 SCHOOLS
NAVYLIFESW.COM/SLO

ACADEMIC ANCHOR SPECIAL EDITION

CONNECTING NAVY FAMILIES,
COMMANDS AND K-12 SCHOOLS

SCHOOL LIAISON OFFICER CONTACTS

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Naval Base San Diego

East County/Santee/Lemon Grove/El Centro
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Point Loma/Mission Bay/West of 5
619-553-8290 | NBPLSLO@navy.mil

Naval Base Ventura County

805-982-3832 | NBVCSLO@navy.mil

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NAS Fallon

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NAWS China Lake

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NWS Seal Beach

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UPDATES ON SCHOOL CLOSURES/ VIRTUAL LEARNING

State Department of Education/Public Instruction COVID-19 Information and Guidance on School Closure: For your convenience, the following link lists state education websites and information which address or provides guidance on the current school year which may include credits, classes, testing and graduation. While school campuses and facilities are closed for in-person instruction, the school year is still ongoing. Under guidance and collaboration with state officials, school districts are pursuing nontraditional instruction (NTI) options such as online learning, take-home materials or independent study, which allows education to continue even though school buildings are closed. **Please visit:** https://www.mic3.net/assets/3-school-closure-information_202000406_final1.pdf

UPDATE FROM CA DEPARTMENT OF EDUCATION

The California Department of Education (CDE) is monitoring the 2019 Novel Coronavirus (COVID-19) situation and working closely with agency partners. Local educational agencies (LEAs) are encouraged to follow California Department of Public Health recommendations. LEAs should identify plans for communicating with families and consider learning supports for school closures, as schools are expected to remain closed for the remainder of the academic year. **For the most up to date information, please visit the CA State DOE:** <https://www.cde.ca.gov/ls/he/hn/coronavirus.asp>

UPDATE FROM NV DEPARTMENT OF EDUCATION

The Nevada Department of Education continues to work closely with the Governor's Office and other State agency partners to promote the health and safety of our students, educators, staff, and communities during the COVID-19 pandemic. School campus closure extended to April 30 (as of 4/1/20) <https://news3lv.com/news/local/gov-sisolak-extends-stay-at-home-directive-closuresuntil-end-of-april>. **For the most up to date information, please visit the NV State DOE:** <http://www.doe.nv.gov>



ISSUE 1 • APRIL 2, 2020

DISTANCE LEARNING NEWSLETTER FOR PARENTS

English Learning Support Division
California Department of Education

A LETTER FROM THE CALIFORNIA DEPARTMENT OF EDUCATION

Dear Parents,

Governor Gavin Newsom has issued a stay at home order for California. Everyone is required to stay at home except to get food, care for a relative or friend, get necessary health care, or go to an essential job.

Local schools and districts will be reaching out to parents if they have not already done so to provide further information about distance learning during Coronavirus (COVID-19) related school closures.

In addition to the resources your local school or district will provide, the California Department of Education will also share resources to support families with distance learning in this weekly newsletter. Each issue will focus on resources for a different subject area, topic, or student group

INFORMATION RESOURCES

COVID-19 GUIDANCE

Please visit the California COVID-19 website at <https://covid19.ca.gov/> for the latest updates and information. This webpage is available in multiple languages using the “translate” button at the top of the page.

School Lunch Information: CA Meals for Kids App

Parents and students can still pick up school lunches during COVID-19 related school closures. You can use the “CA Meals for Kids” mobile app to find meals or you can contact your school district directly for more information. News Release: CA Meals for Kids App Update (Added 19-MAR-2020)

HOME LEARNING RESOURCES

Below are free recommended resources that you can use with your children at home or they can do on their own.

Starfall

Learning games for pre-kindergarten through grade 3 students

<https://www.starfall.com/h/>

BrainPop

Learning activities for kindergarten through grade 12 students

<https://bit.ly/BrainPopHome2School>

GETTING INTERNET ACCESS

If you do not have access to the internet at home, there are several companies offering services to families. Contact the companies listed on the link below to discuss plans available to you. Information available at: [Getting Internet Access: Available Plans](#) (Added 18-Mar-2020)

Celebrate the Month of the **MILITARY CHILD**



#VirtualMOMC



APRIL IS DESIGNATED AS MONTH OF THE MILITARY CHILD

Each year at this time, our nation recognizes the contribution military children make as their parent or parents serve, either on active duty or in a reserve component, in the U.S. Army, Marine Corps, Navy, Air Force, or Coast Guard.

As military communities across the United States and overseas continue to practice social distancing, it's more important than ever to celebrate the Month of the Military Child! Navy CYP is excited to launch a partnership effort across the Services, 4-H, and BGCA to celebrate military-connected youth through a #VirtualMOMC social media celebration! Throughout the month of April, please join the celebration by promoting a virtual Month of the Military Child on social media using the hashtag #VirtualMOMC.

The Services, 4-H, and BGCA have pre-selected themed celebrations each Thursday and we hope you'll use the attached artwork to promote the virtual celebration through your social media platforms. Please follow Navy CYP on Facebook and Twitter as CYP HQ will post daily #VirtualMOMC celebrations/challenges to these social media pages. Please also consider sharing Navy CYP's posts on your social media pages. Additionally, we encourage all CYPs to create additional celebrations/themes/challenges while using the hashtag #VirtualMOMC. If we are successful and work together, our hashtag (#VirtualMOMC) will result in thousands of virtual celebrations across the world!

Here are a few ideas schools, teachers, families, parent-teacher groups, and neighbors can use to show military children that their sacrifice is important too.

- Add a frame to your Facebook profile photo and search "Month of the Military Child"
- Create a military-themed virtual "spirit week" at home with each day dedicated to a military theme, such as Camo Day; Hero Day; Red, White, and Blue Day; and Purple Up Day.
- Encourage your social community to participate in Purple Up Day by wearing purple on a designated day to show solidarity with all military children and use #VirtualMOMC, #purpleup4militarykids, #milkidsrock and #purpleup! when posting on social media
- Wear purple during virtual class meetings
- Invite military parents to attend their child's virtual classroom
- Host an at-home appreciation breakfast for your military kid or #MilKid, #VirtualMOMC and invite others to attend through a video conference
- Create and present Month of the Military Child certificates
- Promote Month of the Military Child on your school website, and list activities that will take place on different days during the month.
- Have students show something military-related – such as memorabilia from an installation or service branch, favorite airplane, or a book – during class virtual meeting
- Celebrate "chalk walk" and use chalk in your neighborhood to write positive messages, supporting military kids
- Virtually read military themed books online
- Order a Military Child kit from Military One Source (mailed directly to homes) at: <https://content.govdelivery.com/accounts/USDODMILITARYONESOURCE/bulletins/2852c84>

WHAT'S NEW?

In response to the COVID-19 pandemic, school-based and center-based MFLCs can now offer video teleconferencing services to help Service Members, spouses, children and school/CYP staff address:

- » Deployment and reintegration issues
- » Marriage and relationship issues
- » Parenting and family issues
- » Communication challenges
- » Stress and anxiety
- » Sadness, grief and loss
- » Daily life issues

WHAT'S THE SAME?

The Military and Family Life Counseling Program is here to support you with free non-medical counseling by licensed master's- or doctorate-level counselors. Sessions are confidential with the exception of child abuse or neglect, domestic abuse, harm to self or others, and illegal activity.

Counselors who specialize in child and youth behavioral issues are available to support children and teens with non-medical counseling. The schools and centers are using their current MFLCs support those specific communities as well.

Military OneSource also offers non-medical counseling by phone, live chat, video, or face-to-face where permitted. Children and teenagers may meet with a Military OneSource non-medical counselor by phone or video, as well as face-to-face where permitted.

HOW TO GET HELP

You can reach a child and youth behavioral military and family life counselor through:

- A child development center
- Your installation's youth and teen center
- Your child's public school on or off the installation (check school websites and ask your SLO!)
- A youth summer camp sponsored by your military service
- Your commander or unit training point of contact
- Alternatively, to connect with a non-medical counselor, call Military OneSource at 800-342-9647.

MILITARY AND FAMILY LIFE COUNSELING (MFLC) PROGRAM

The MFLC can help you stay strong through life's challenges, including those due to the coronavirus disease 2019 pandemic. School and center based MFLCs are offering telephonic and video sessions!

WHAT IS THE MILITARY AND FAMILY LIFE COUNSELING PROGRAM?

Military families face unique challenges, such as deployments and moving. The Military and Family Life Counseling Program offers free, short-term, non-medical counseling to service members, Department of Defense expeditionary civilians, their families and survivors.

Non-medical counselors are available through one-on-one, couple or group sessions to help with:

- Managing stress and changes at home due to COVID-19
- Adjusting to deployment
- Preparing to move or adjusting after a move
- Strengthening relationships
- Managing problems at work
- Grieving the death of a loved one or colleague



ANCHORED-4-LIFE

In response to COVID 19, Anchored-4-Life (A4L) is beginning a new E-Learning series- a series of live webinars focusing on A4L's 10 core topics held Tuesdays and Thursdays for the next 5 months! FREE and for ALL families!



ANCHORED4LIFE E-LEARNING SERIES

The purpose of Anchored4Life is to deliver high-quality transition and resiliency support for the youth of our Military Service Members; we take this goal very seriously. The spread of COVID-19 has led to massive disruption, and in this stressful, uncertain time, the need for A4L support has never been more important. Therefore, in partnership with the U.S. Navy and Air Force, A4L has taken quick action to develop an innovative way to provide transition and resiliency support to our trained locations and now to their families.



Over the next 5 months, A4L Trainers will conduct 45-minute interactive webinars via Zoom on Tuesdays and Thursdays at 10:00am (CDT) for all 10 A4L core topics, as outlined on the next page. Although the topics will repeat, each webinar will have new, fresh content. For those of you who cannot join live, each session will be recorded and will be available online for you to view at your convenience. For our current trained locations, you will find the same high quality in our webinars as you experience during our live trainings. If you are new to the A4L Team, please join one of the webinars to learn more about the A4L experience. These webinars are provided at no cost to participants.

The A4L Team wishes you all continued health and safety during these difficult times, and we stand ready to provide all transition and resiliency support.

REGISTRATION

1. Go to <http://elearningseries.anchored4life.com>
2. Scroll down to find the topic and date you'd like to attend.
3. Click REGISTER on the right-hand side.
4. Fill in your information.
5. Click REGISTER and you will receive a confirmation email.
6. Save it to your calendar and enjoy the A4L experience!



E-LEARNING SERIES HIGHLIGHTS:

- Topic overview and instruction
- Practical application through family activities
- Interactive dialogue and Q&A
- Recorded sessions for future reference

CONTACT INFORMATION

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website: www.anchored4life.com

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MAKING FRIENDS



MOVING



BULLYING



GRIEF



REINTEGRATION



HEALTHY BODY



FEAR



HOMEWORK









DIVORCE










DEPLOYMENT












2020 APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14 	15	16 	17	18
19	20	21 	22	23 	24	25
26	27	28 	29	30 		










2020 MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	
3	4	5 	6	7 	8	9
10	11	12 	13	14 	15	16
17	18	19 	20	21 	22	23
24	25	26 	27	28 	29	30
31						

2020 JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 	3	4 	5	6
7	8	9 	10	11 	12	13
14	15	16 	17	18 	19	20
21	22	23 	24	25 	26	27
28	29	30 				

2020 JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 	3	4
5	6	7 	8	9 	10	11
12	13	14 	15	16 	17	18
19	20	21 	22	23 	24	25
26	27	28 	29	30 	31	

2020 AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 	5	6 	7	8
9	10	11 	12	13 	14	15
16	17	18 	19	20 	21	22
23	24	25 	26	27 	28	29
30	31					

DATE	TOPIC
Tuesday, April 14, 2020	Fear
Thursday, April 16, 2020	Bullying
Tuesday, April 21, 2020	Homework
Thursday, April 23, 2020	Reintegration
Tuesday, April 28, 2020	Divorce
Thursday, April 30, 2020	Grief

DATE	TOPIC
Tuesday, May 5, 2020	Deployment
Thursday, May 7, 2020	Making Friends
Tuesday, May 12, 2020	Healthy Body
Thursday, May 14, 2020	Moving
Tuesday, May 19, 2020	Fear
Thursday, May 21, 2020	Bullying
Tuesday, May 26, 2020	Homework
Thursday, May 28, 2020	Reintegration

DATE	TOPIC
Tuesday, June 2, 2020	Divorce
Thursday, June 4, 2020	Grief
Tuesday, June 9, 2020	Deployment
Thursday, June 11, 2020	Making Friends
Tuesday, June 16, 2020	Healthy Body
Thursday, June 18, 2020	Moving
Tuesday, June 23, 2020	Fear
Thursday, June 25, 2020	Bullying
Tuesday, June 30, 2020	Homework

DATE	TOPIC
Thursday, July 2, 2020	Reintegration
Tuesday, July 7, 2020	Divorce
Thursday, July 9, 2020	Grief
Tuesday, July 14, 2020	Deployment
Thursday, July 16, 2020	Making Friends
Tuesday, July 21, 2020	Healthy Body
Thursday, July 23, 2020	Moving
Tuesday, July 28, 2020	Fear
Thursday, July 30, 2020	Bullying

DATE	TOPIC
Tuesday, August 4, 2020	Homework
Thursday, August 6, 2020	Reintegration
Tuesday, August 11, 2020	Divorce
Thursday, August 13, 2020	Grief
Tuesday, August 18, 2020	Deployment
Thursday, August 20, 2020	Making Friends
Tuesday, August 25, 2020	Healthy Body
Thursday, August 27, 2020	Moving

Sign up for a Free E-Learning Session here: <https://anchored4life.com/e-learning-series/>

ADDITIONAL RESOURCES

Parents with school aged children! Please check out the resource lists that were created by the Navy School Liaison Officers to help assist families with online / virtual learning / activities. These lists are not to take the place of any specific LEA assignments or curriculum, but to help supplement and inspire creative learning. Some of these are specific to DoD families, but most of these are for ANY family to use. Please take advantage of these FREE resources. Stay healthy!

  		
Elementary: Grades K-5		
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RESOURCE	WEBSITE	DESCRIPTION
Navy General Library	https://www.navymwr.digitallibrary.org/	Navy's online library-all grades
Navy MWR Resources	navymwr.org	Online resources for families
Tutor.com	tutor.com/military	Online tutoring
Khan Academy	khanacademy.org	Online tutoring & lessons
Sesame Street	sesamestreet.org	Educational games & videos
PBS Kids	pbskids.org	Educational games & videos
Brain Pop Junior	brainpopjr.com	Educational resources by subject
Scholastic	www.classroommagazines.scholastic.com/support/learnathome	Day-by-day projects
Highlights Kids	highlightskids.com	Interactive reading activities
Storyline Online	storylineonline.net	Actors reading children's books
Read Works	readworks.org	Reading comprehension by grade level
ABCya	abcya.com	Reading games by grade level
Spanish Children's Stories	thespanishexperiment.com	Free Spanish lessons and children's stories
Scratch	scratch.mit.edu	Writing
Poetry Foundation	poetryfoundation.org	Poems for Children (menu tab)
Math Playground	mathplayground.com	Math games
Extra Math	xtramath.org	Math lessons
Math-Drills Worksheets	math-drills.com	Free printable math worksheets
YouCubed	youcubed.org	Math games & courses
Prodigy	play.prodigygame.com	Final Fantasy style math game
National Geographic Kids	kids.nationalgeographic.com	Science experiments and lessons
NASA Kids Club	nasa.gov/kidsclub	Science games & activities
Bill Nye the Science Guy	youtube.com/user/TheRealBillNye/featured	Full length clips from 100 shows
SciShow Kids	youtube.com/user/scishowkids/featured	Science concepts for young minds
Crash Course Kids	youtube.com/user/crashcoursekids/about	Gradeschool science
World Atlas	worldatlas.com	Geography information
50 States	50states.com	Information about USA
Eyewitness to History	eyewitnesstohistory.com	History readings/videos
Cbeebies	us.cbeebies.com	Elementary world languages
Ben's Guide	bensguide.gpo.gov	Elementary government studies
4-H Stem Lab	http://bit.ly/2vmDT0z	Hands-on STEM activities
Scratch	scratch.mit.edu	Programming (ages 8-16)
Code	code.org	Computer science
Built By Kids	builtbykids.com	Engineering 101
Sci Girls	youtube.com/user/scigirlstv/about	PBS STEM series for kids 8-12
Google Art Project	artsandculture.google.com	1,000 works of art
The Learning Station	thelearningstationmusic.com	Music and movement
Cosmic Kids Yoga	youtube.com/user/cosmickidsyoga.com	Yoga and mindfulness



Child & Youth Education Services ONLINE LEARNING RESOURCES



Secondary: Grades 6 - 12

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RESOURCE	WEBSITE	DESCRIPTION
Navy General Library	https://www.navymwrdigitallibrary.org/	Navy's online library-all grades
Navy MWR Resources	navymwr.org	Online resources for families
Tutor.com	tutor.com/military	Online tutoring
Khan Academy	khanacademy.org	Online tutoring & lessons
Brain Pop	brainpop.com	Educational resources by subject
CrashCourse	thecrashcourse.com	Educational videos-multiple subjects
Breakout EDU	breakoutedu.com/funathome	Breakout room style learning activities
TED Ed	ed.ted.com	Educational videos on multiple subjects
Project Gutenberg	gutenberg.org	Online library of free eBooks
Read Works	readworks.org	Reading comprehension by grade level
Smithsonian TweenTribune	tweentribune.com	Reading comprehension by grade level
Poetry Foundation	poetryfoundation.org	Online poetry collection
Cool Math	coolmath.com	Math games & lessons
Virtual Nerd Videos	virtualnerd.com	Standards based math videos
Extra Math	xtramath.org	Math lessons
Math-Drills Worksheets	math-drills.com	Free printable math worksheets
PurpleMath	mathhelp.com/pre-algebra-help	Online math courses
Math Playground	mathplayground.com/games	Math games up to 6th grade
Kuta Software Worksheets	kutasoftware.com	Printable math worksheets
Calc Chat	calchat.com	Calculus problems
Science Journal for Teens	sciencejournalforkids.org	Science research adapted for students
PHET Interactives	phet.colorado.edu	Interactive science & math simulations
Bill Nye the Science Guy	youtube.com/user/TheRealBillNye/featured	Full length clips from 100 shows
SciShow Kids	youtube.com/user/scishowkids/featured	Science concepts for young minds
Seterra Geography	seterra.com	Geography map quiz game
TimeMaps	timemaps.com/home	Interactive world history
Constitution Center	constitutioncenter.org	Interactive Constitution resources
Eyewitness to History	eyewitnesstohistory.com	History readings/videos
Smithsonian History Explorer	historyexplorer.si.edu/home	Standards based resources
Living Room Candidate	livingroomcandidate.org	Political history
NMAI Native Knowledge 360	americanindian.si.edu	Materials and videos
BBC Languages	bbc.co.uk/languages	World languages
Languages Online	languagesonline.org.uk/Hotpotatoes	French, Spanish, German, Italian, Latin
Conjuguemos	conjuguemos.com	Spanish, French, German, Italian, Korean, Portuguese, Latin
4-H Stem Lab	http://bit.ly/2vmDT0z	Hands-on STEM activities
Scratch	scratch.mit.edu	Programming (ages 8-16)
Code	code.org	Computer science
Google Art Project	artsandculture.google.com	1,000 works of art
Smithsonian Online Exhibitions	library.si.edu/exhibitions/online	Art/History
Smithsonian Learning Lab	learninglab.si.edu	Interactive learning



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