

# Turning Point School

A positive equation  
for achievement.



## Well-Being Newsletter

This special edition of News + Notes is focused on helping you nurture your family's intellectual, social, physical, ethical, and emotional health during Spring Break.



## Mark Your Calendars

### Parent Mindfulness Sessions

Parents and adult caregivers are invited to join [Ms. Rory Sloan](#) live twice a week for a mindfulness practice, beginning the week of April 13. Details and an RSVP form will be sent through Parent Square next week.

#### Primary - Grade 5 Parents

7:30 am on Mondays

7:30 pm on Thursdays

#### Grades 6-8 Parents

7:30 pm on Mondays

7:30 am on Thursdays

### Parent Speaker Series

In the coming weeks, we will be hosting two special Parent Speaker Series events: one featuring [Sheri Glucoft-Wong](#), LISW, and one featuring [Michael Thompson](#), Ph.D. and [Rob Evans](#), Ph.D. Details and links to join will be sent through your Parent Square app. Stay tuned!

## Virtual Book Club with Dr. Konigsberg

Dr. Konigsberg invites our parent community to join her for Virtual Book Club, featuring #1 New York Times Best-Seller, **Educated** by Tara Westover. Details at the link below.

Virtual Book Club



## General Well-Being Resources

### Preparing for Extended School Closings

The thought of an indeterminate amount of time at home with our kids – perhaps unable to socialize much with others, and while many of us will be trying to work remotely – well, it's daunting to say the least. Here are some great tips from a social worker (and parent) for making it through this quarantine with your kids.

Tips for Parents

### The Daily Podcast: A Kids' Guide to Cornoavirus

Hosts answer kids questions about Cornoavirus: How did the virus get on earth? What color is it? Can dogs get it? And when will Chuck E. Cheese reopen?

Listen to the Podcast

### How School Closures Can Strengthen Your Family

Here are three practical ways families can cope—and even thrive—despite school closures, event cancellations, and a whole lot more time at home with the kids.

Three Ways to Cope

### Four Things to Do Every Day for Your Mental Health

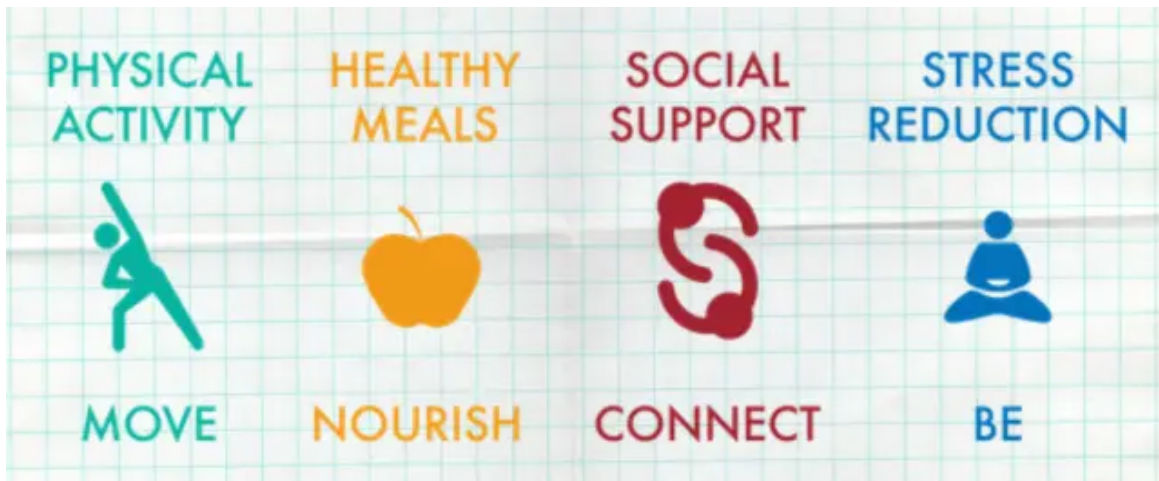


Image courtesy of [Four Things to Do Every Day for Your Mental Health](#) from the Greater Good Center

## Family Screen Time Media Plan

If you have set screen time rules, now might be a good time to temporarily reevaluate them, and if you don't, it's probably a good idea to create some. This screen time planner from the Brooklyn Public Library will help you have an collaborative discussion with your family. And remember, some screen time doesn't really "count": FaceTime with family members, Zoom playdates, exercise and yoga videos, virtual storytime, and other ways we use technology as a tool and not as the main event.

Create a (Realistic!) Plan

## Camp Galileo Anywhere

Our friends at Galileo Camps are delivering imagination-sparking resources for your school-at-home journey via a weekly newsletter. Their collection of easy-to-use online resources are designed to ignite each child's inner innovator with Camp Galileo-style learning every day of the week. Subscribe to receive a weekly schedule with video-based project challenges & active games, virtual events, supportive resources and more.

Sign Up for Camp Galileo Anywhere (Free!)



# Intellectual Resources

## Read (or Listen to) a Book

**Turning Point School's Luis de Torres Memorial Library** is home to a collection of over 10,000 print, digital, and multimedia resources. The library serves the entire Turning Point community, including students, staff, faculty, administration, and parents.

And, through **Audible**, kids can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. And it's free through April!

[TPS Library](#)

[Get Audible](#)

## Connect with Famous Young-Reader Authors

Mo Willems, Gene Luen Yang, Amie Kaufman and other authors for young readers are reading their work online and offering drawing tutorials, to help fill our strange new hours.

[Connect with Authors](#)

## DC Comics Kids Camp

Calling all superhero fans! In DC Kids Camp, kids learn how to draw their favorite DC Super Heroes, gain inspiration and skills to make their own comics, and unlock their creativity with fun, off-the-wall how-to videos.

[DC Comics Kids Camp](#)

## "Brains On" Podcast for Kids

Brains On! is an award-winning audio show for kids and families. Their mission is to encourage kids' natural curiosity and wonder using science and history... but there's no age limit on curiosity, and episodes of Brains On can be enjoyed by anyone.

[Brains On!](#)

## Drawing with Mo Willems

Mo Willems, bestselling author and illustrator of such books as, "I Will Take a Nap!" and "Knufflebunny," is livestreaming a "Lunch Doodle" video every weekday at 10 am PST out of his Massachusetts home. The videos will be posted on the Kennedy Center's official Youtube account and on their website.

Draw with Mo

## Common Sense Media's List of Creative Apps

Channel kids' curiosity and turn a phone or tablet into a tool for creative expression? These apps allow kids to color pictures, edit photos and videos, make music, express themselves in writing, and tinker and build with digital tools.

Creative Apps

## 11 Virtual Field Trips You Can Take From Home

Our partners at Galileo have highlighted 11 virtual destinations to inspire exploration, curiosity, and inquiry -- all just a click away from your favorite chair.

Take a Field Trip!



## Social Resources

### 40 Ways to Maintain Social Ties

Humans crave social interaction but a coronavirus quarantine isn't exactly the best way to cater to that—or is it? Experts note that during this time of social distancing and staying in, you don't have to let your relationships fizzle. There are many ways in which you can keep up connections with your friends and family. It just might require a little bit of creativity.

Stay Social

## Supporting Teens Through Coronavirus

Having teenagers confined to home during the coronavirus crisis may not be as labor-intensive as being holed up with small children, but it definitely has its challenges. Here are some tips for parenting teenagers during this time.

[Support Your Teen/Tween](#)

## Experts Say Kids' Social Skills 'Aren't Going to Fall Apart' During a Coronavirus Lockdown

Psychologists advise that kids are resilient, and that having loving, supportive parents who are managing their own stress matters most for their development.

[Maintaining Social Skills](#)

## Giant List of Ideas for Being Home with Kids

Fun and easy suggestions for how to keep things light and incorporate some at-home social activities for your family, including DIY crafts, gardening, fort-building and face-timing relatives (a lot!).

[See the Giant List](#)

## A List Of Live Virtual Concerts To Watch During The Coronavirus Shutdown

As more festivals, performances, and concerts are canceled due to the coronavirus shutdown, musicians of all stripes and sizes are taking to social and streaming platforms to play live for their fans. This list curated by NPR, featuring pop stars to operas and everything in between, is updated daily.

[Live Virtual Concerts](#)



## Physical Resources

## Movement Apps, Games, and Websites

It's important to balance the amount of exercise and screen time your kid has every day. Common Sense Media compiled this list of apps that inspire running, jumping, and, most importantly, dancing!

Aweome Movement Apps

## Free Dance Videos

Fun, energetic (and kid-friendly) dance routines, choreographed to today's hits. Dance, have a blast, and keep exercising right in your living room!"

Let's Dance!

## Maintaining Screen Health

We love these tips from the International School of Beijing, on how to manage this period of Remote Learning carefully in order to avoid overuse, stress, and even injury.

Screen Health Tips

## Apps That Inspire Kids to Play Outside

Give your smartphone or tablet a workout while you and the kids head outside for some healthy, safe, tech-infused fun. Apps designed for outdoor adventures let kids do everything from studying bugs to identifying constellations and creating a compilation video of bike stunts. Note: Some of these recommendations may not align with the Stay-At-Home order, so please use judgement in selecting activities.

Go Outside

## 7 Minute Workout for Kids

It's never too early to get started when it comes to fitness. Seven minutes is just enough time for anyone to clock in their time devoted to keeping their body fit and healthy. Using only their own bodyweight, children can get a full-body workout in less time than the average commercial break on TV.

## 7 Minute Workout

### Super Stretch Yoga

Kids have fun and get fit learning yoga moves from animated characters right out of a cartoon, storybook, app, and flashcards.

## Super Stretch Yoga

### Go Noodle

GoNoodle is great for our youngest friends. There are plenty of free activities to get kids up and moving! Every dance party, yoga session, mindfulness activity, and game session is an opportunity for kids to wake up their bodies, engage their minds, and be their best.

## Go Noodle

### Breathe, Think, Do Sesame

Breathe, Think, Do with Sesame is intended for parents and caregivers to use with their young children (ages 2-5) to help teach skills such as problem-solving, self-control, planning, and task persistence. Free from the App Store on iOS or Android.



## Ethical Resources

### OK Kids - Helping the Community

Our partners at Organic Kids LA have been making and delivering meals to [Dream Center](#), who distributes to LAUSD families as well as seniors isolating at home. If you are in the position to help, you can donate (any amount) on the OKLA website. The cost to feed a family of four lunch and dinner for one week is \$547, including all taxes and delivery fees. OKLA is also taking orders and delivering to homes of their current customers if you'd like to order meals for your own family!



Learn How to Help

## Turning Point Book Drive

If you find yourself in a "decluttering" mood over Spring Break, please set aside your gently-used children's books for our PA Community Service committee! Books will be collected and sent to the [Wild Orchid Foundation](#), who will donate them to underserved schools in the Philippines. (Children's books only; please no text books, DVDs, CDs, or encyclopedias).

## How to Keep the Greater Good in Mind During the Coronavirus Outbreak

When we face a common enemy, like an epidemic, we are more likely to pull together for the benefit of everyone. Research shows that protecting others is a huge motivator for doing the right thing. In fact, it may simply be human nature to be kind and helpful when others need us.

Keep the Greater Good in Mind

## Acts of Goodness Amid the COVID-19 Outbreak

There is no shortage of goodness, kindness, and heroism as the world battles the novel coronavirus. Our friends at Greater Good have rounded up some of the good news as a reminder that, amid the darkness, people are still out there loving and caring for each other.

8 Acts of Goodness

## How Can We Stop Prejudice in a Pandemic?

If we understand how people tend to feel and think when facing a collective threat, then we have the tools to carefully and thoughtfully respond, rather than simply emotionally react.

Get the Tools

## 7 Ways to Help Others During the Coronavirus Pandemic

A variety of suggestions for ways to support others. After all, socially distanced as we may be, we're all in this together.

Help Others



## Emotional Resources

### Talking With Children: Tips for Caregivers, Parents, and Teachers

When children and youth watch news on TV about an infectious disease outbreak, read about it in the news, or overhear others discussing it, they can feel scared, confused, or anxious—as much as adults. This tip sheet lists some common reactions by age group, and offers advice in responding in a helpful way.

Talking with Children

### Family Friendly Relaxation

The app Peace Out releases children-friendly relaxation stories each week, focusing on breathing, visualization, and gentle movements. Every episode starts with a child sharing about his/her own safe space.

Peace Out

### Happiness is Contagious: Why Taking Care of Your Own Well-Being Helps Others

The pursuit of happiness is likely the furthest thing from people's minds. Yet, as Buddhist monk and psychologist Jack Kornfield once said in an interview, cultivating a joyful spirit can actually help not only us, but the people around us—especially when things are hard.

Take Care of Yourself

### 10 Ways to Ease Your Coronavirus Anxiety

It is easy to succumb to fear in the face of uncertainty and unpredictability. Yet, experts insist there is still room for a bit of optimism. Here are 10 ways we can stay centered, refrain from succumbing to our worst fears and be better prepared for whatever our collective future holds.

## Easing Anxiety



## Looking for More?

Our goal with this newsletter is to curate specific resources that we know align with our teaching and learning. However, if you enjoy perusing your own options, we suggest you check out this list from our friends at Common Sense Media. It includes options for both live and recorded sessions including virtual storytimes, virtual drawing lessons, music classes and performances, virtual tours, and general fun and games.

## Free Online Events and Activities for Kids at Home

# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS  
FOLLOW THE  
RULES OF SOCIAL  
DISTANCING

THE AMOUNT  
OF TOILET  
PAPER AT THE  
STORE

## I CAN CONTROL

(So, I will focus on these things.)

THE  
ACTIONS  
OF  
OTHERS

MY POSITIVE  
ATTITUDE

TURNING  
OFF THE  
NEWS

FINDING FUN  
THINGS TO DO  
AT HOME

HOW  
LONG  
THIS  
WILL  
LAST

HOW I FOLLOW CDC  
RECOMMENDATIONS

LIMITING MY  
SOCIAL MEDIA

PREDICTING  
WHAT WILL  
HAPPEN

MY OWN SOCIAL  
DISTANCING

MY KINDNESS &  
GRACE

HOW  
OTHERS  
REACT

OTHER  
PEOPLE'S  
MOTIVES



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