



BRISTOL BOARD OF EDUCATION  
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April 24, 2020

Hello Bristol Public Schools Community,

We hope this week's update finds you and your family feeling healthy and adjusting to the Phase III Continuous Learning Plan. I was able to view various lessons, video presentations, and feedback sessions created by teachers. It is exciting to see the various ways teachers are engaging our scholars. There is a glimmer of hope that this weekend will produce one sunny and warm day, providing us with some much needed Vitamin D! This week's update includes health and wellness resources, parent training opportunities (see attached), updates regarding special education and 504 meetings, additional teaching options in Phase III, exciting partnerships, and information regarding upcoming BOE meetings.

## COMMUNITY RESOURCES FOR FAMILIES

### What is the UNITED WAY 2-1-1 phone line?

2-1-1 is a free health and human service information and referral helpline. Calls are answered 24 hours a day, 7 days a week. In addition to connecting Connecticut residents to the help they need, 2-1-1 is involved in local disaster planning, response, and recovery, including COVID-19.

### Benefits To The User

- 2-1-1 is a free, confidential service.
- One call connects you with the appropriate resources you need in your community.
- Your call is answered by a trained professional.
- Translation services are available in many languages.
- TTY 800-671-0737

### Mental Health and Wellness Resources

- 211 of CT website <https://uwc.211ct.org/categorysearch/mental-health/> provides links to providers of counseling services for adults and children and mental health support groups.
- HEALTHY LIVES CT website <https://www.healthylivesct.org/> provides information and tools for maintaining or regaining wellness in the areas of emotional wellness, physical wellness, holistic wellness, financial wellness, and recovery from addiction issues.
- SAMHSA Disaster Distress Helpline <https://www.samhsa.gov/find-help/disaster-distress-helpline> provides a 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. This multilingual, confidential crisis support service is available to all US and territory residents at 1-800-985-5990; TEXT: "TalkWithUs" to 66746. This link has helpful tips and contact information: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

- CDC Manage Anxiety & Stress <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>. The webpage offers tips for reducing stress in yourself and others and offers information for parents, responders, and people released from quarantine.
- Mental Health and COVID-19 – Information and Resources <https://mhanational.org/covid19>. Webpage of Mental Health America recommended by the Connecticut Department of Mental Health and Addiction Services.
- Coping with Corona: Mental Health Supports in a Pandemic <https://www.thehubct.org/single-post/2020/03/16/Coping-with-Corona-Mental-health-supports-in-a-pandemic>. Webpage of The Hub, Behavioral Health Action Organization for Southwestern CT and affiliated with the Connecticut Department of Mental Health and Addiction Services.
- Taking Care of Your Mental Health in the Face of Uncertainty. The article offers tips for protecting your mental health during the Coronavirus Outbreak from the American Foundation for Suicide Prevention.
- Seven Ways to Handle Anxiety During the Coronavirus Outbreak and How Family Caregivers Can Keep Loved Ones Active at Home During Coronavirus Outbreak. Two articles from AARP that can help seniors and caregivers cope with the Coronavirus Outbreak.

### **Mental Health: Stay Connected - Phone or online support**

Find support through phone or online services DMHAS has some suggestions on telephonic and online ways to get support/stay connected - <https://portal.ct.gov/-/media/DMHAS/COVID-19/Resources/digital-social-connectedness.pdf?la=en>

### **Updates related to PPT and 504 Meetings**

During the continued period of school closure, the Bristol Public Schools look forward to convening PPT or 504 meetings using telephonic conferencing. Until further notice, all PPT and 504 participants will participate by telephone from remote locations (in most instances, from their homes.) Additionally, at this time, all PPT, IEP and 504 related documents (including relevant evaluations and those requiring your signature) will be forwarded to all PPT members via email from our secure IEP document system, Frontline Education. The system will allow you to receive IEP and 504 related documents, electronically sign and return necessary documents conveniently from your personal device including your smartphone. If you have an updated or preferred email address that you wish to make us aware of, please contact your child's case manager immediately with that information.

### **Additional Teaching Options During Phase III**

As we continue to move forward in distance learning, students and families will notice that teachers may be using more technological applications within their Google classrooms. Please know that all applications that teachers may use meet the CT Data Privacy Pledge. These applications: Screencastify, Flipgrid, or Padlet, will allow students to interact with their teacher and each other in ways that come closer to their classroom experience. Through these applications, students will be able to share photos or videos to respond to questions or assignments. No interaction will be in real-time or "live", this is purposeful as it will allow, teachers the opportunity to review and approve photos or videos shared with them by students before they are seen by others. Teachers and administrators will also have time to review if the family has granted permission for their child to be photographed or videoed. If families have any concerns about their child's use of these applications, they should reach out to their child's teacher.

### **Dav Pilkey & Scholastic Partnership**

Author and Illustrator Dav Pilkey (Captain Underpants and Dog Man) has partnered with Scholastic to provide fun and free activities available online including how-to-draw demonstrations, engaging read-alouds, and inspiring resources. Additional videos and content will be shared periodically throughout the week and will feature downloadable activities, conversations about books and creativity, and tips for kids and families to create their own characters and act out scenes from Pilkey's Dog Man book series. The website link for your reference: <https://kids.scholastic.com/kids/books/dav-pilkey-at-home/>

### **Board of Education Meetings**

- Operations Subcommittee Meeting – Wednesday, April 29, 2020 - 6:30 p.m. – Virtual meeting using Cisco Webex meeting platform.
- Board of Education Meeting – Wednesday, May 6, 2020 - 7:00 p.m. - Virtual meeting using Cisco Webex meeting platform and CABA meeting platform.

As always, we continue to send you and your family warm thoughts and anxiously await a time when we can celebrate together as a community. Until then, we will continue to expand and increase the ways we engage with you and your scholar.

We are Bristol Public Schools! We are Bristol All Heart! We are all in this together!

In partnership,



Catherine M. Carbone, Ed.D.  
Superintendent of Schools