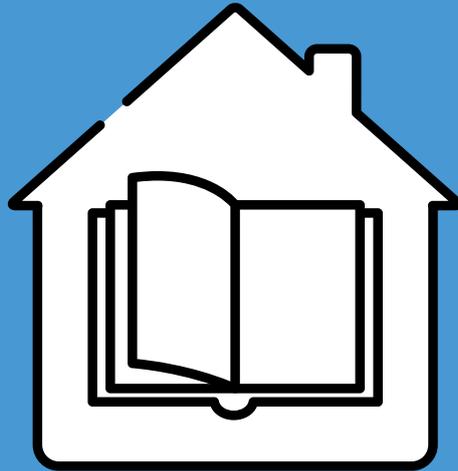


RESOURCE GUIDE FOR PARENTS



**Sherman Oaks
Neighborhood Council**

SONC@empowerla.org | ShermanOaksNC.org

RESOURCE GUIDE FOR PARENTS

We have compiled a number of resources that parents and students of any age may find helpful during quarantine and in the future. Please take a look at the compendium of resources to see if any of the information is helpful to you or anyone you know. Feel free to share the details and let us know of any other organizations or sites you think would be helpful to our neighbors. We'd love to have your input and hear your voice! If you'd like to become involved in SONC, or specifically the Education Committee - we welcome you. Just let us know by reaching out to Joe.Cappelletti.SONC@gmail.com.

RESOURCE GUIDE FOR PARENTS

Home school Online Platforms...pg 4

Free Online Tutoring...pg 5

Time Management...pg 7

Art at Home...pg 10

Free Resources for Families...pg 12

Sites Sourced...pg 15

**Data compiled by Education Committee,
Joe Cappelletti, Chair
Designed by Sarah Manuel**

SONC@empowerla.org | ShermanOaksNC.org

Home school online platforms:

Tutoring Resource: www.learntobe.org

Preschool/ Early elementary:

ABCMOUSE.COM; HUNGRY

CATERPILLAR PLAY SCHOOL; RAZ-KIDS

Upper elementary/ Middle School;

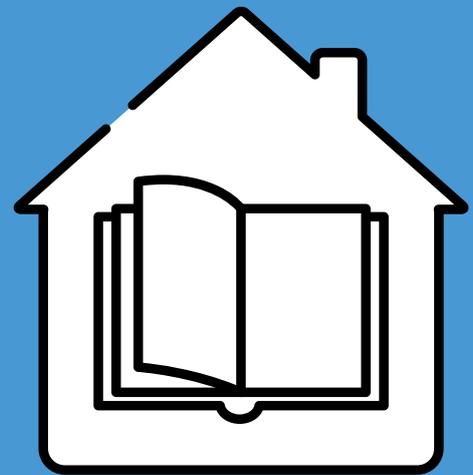
STACK THE STATES 2; BRAINPOP;

DUOLINGO

High School:

OUTSCHOOL;

KHAN ACADEMY.



Other resources:

P.E. WITH JOE; LUNCH DOODLES WITH

MO WILLEMS; AQUARIUM OF THE

PACIFIC ONLINE ACADEMY

**VALLEY NONPROFIT OFFERS FREE
ONLINE TUTORING FOR STUDENTS &
PARENT SUPPORT GROUPS:**

Strength United, a Valley nonprofit that is partnered with California State University Northridge, is offering free online tutoring for students of all ages.

Tutoring "office hours" are hosted by outreach staff that can assist students with their homework assignments.

Virtual office hours are held on Wednesdays and Thursdays from 10 a.m. to noon.



SONC@empowerla.org | ShermanOaksNC.org

To join the Strength United tutoring group, click onto the Meeting ID Link below:

Zoom Meeting ID:

csun.zoom.us/j/855394288

Password: 855-394-288.

For more information, please contact Omar.Cardenas@strengthunited.org and visit CSUN's website.

Strength United will also offer virtual support group hours for parents to share stay-at-home challenges, tips for wellness, and other advice. The virtual support group will begin soon.

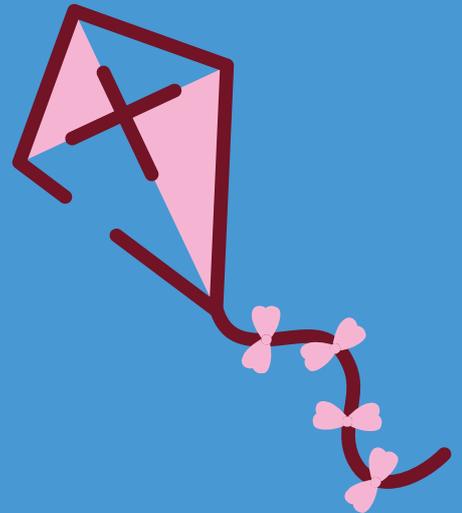
Interested parents can call Strength United at (818) 886-0453 or (661) 253-0258.

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SCHOOL TIME & PLAY TIME

Time-management:

The importance of creating a schedule/routine...



Examples of model schedules from other parents:

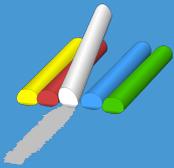
<https://www.today.com/parents/parents-share-their-kids-realistic-quarantine-schedules-t176080>

Another list of model routines/how to make a schedule:

<https://www.unicef.org/serbia/en/how-organize-time-home-quarantine>

Caring for preschoolers at home:

gse.harvard.edu/news/uk/20/03/caring-preschoolers-home



Teaching vs Playtime:

NY Times article on teaching kids to play on their own

<https://www.nytimes.com/2020/04/03/parenting/kids-independent-play-coronavirus-quarantine.html>

Emotional/mental health support

-<https://dmh.lacounty.gov/covid-19-information/>

-<https://covid19.lacounty.gov/covid19-2/coping-with-stress/>

How to arrange playdates & recess virtually:

**Special Thanks to Joe's survey of
students who provided this next list.**

FaceTime

Zoom

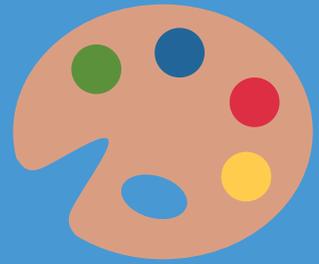
House Party

Photo Roulette:

<https://apps.apple.com/us/app/photo-roulette/id1050443738>



ART AT HOME



Creative art project ideas:

**Activities that require little tools at home
(thinking/imaginative)**

**[https://www.gse.harvard.edu/news/uk/
20/04/banishing-boredom](https://www.gse.harvard.edu/news/uk/20/04/banishing-boredom)**

**"We had each 7th grader pick a
"quarantine passion project" that they
are working on and need to give us
weekly updates about. It can be
academic, but doesn't have to be, it's
more about finding a way to use time
well, tracking the progress with that, and
having something that they can be
excited about when they look back on
the spring of 2020.**



Projects include taking apart an old computer that was found and trying to put it back together to make it work, learning how to do a back flip, writing a short story, making a painting, starting a journal that historians can look back on to understand what it was like to through COVID, etc."

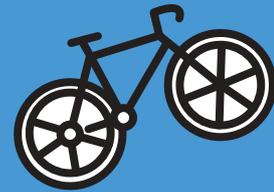
Councilman David Ryu's Newsletter:

"Lastly, I'm pleased to announce the release of a free District Four-themed coloring book to help keep kids entertained during the Safer at Home order! Thank you to the team at Go As If Creative for their great work. You can download the coloring book pages online here, which includes a list of helpful resources for both adults and children."

https://d3n8a8pro7vhmx.cloudfront.net/davidryucc/pages/2766/attachments/original/1587945133/CD4_COLORING_BOOK_v5_%28DIGITAL%29-compressed.pdf?1587945133

FREE RESOURCES FOR FAMILIES

Free online resources to learn sports ie Parks & Rec etc.:



TikTok dances and get their friends to do them too! Dance is a great workout! And they love TikTok!-

THIS NONPROFIT DANCE SCHOOL IS OFFERING FREE ONLINE DANCE CLASSES FOR KIDS:



<https://www.congakids.com/covid19-update>

THIS ARTICLE LISTS THEATRE REFERENCES FOR KIDS:

<https://www.playbill.com/article/16-theatre-related-online-resources-for-kids-and-families-to-get-you-through-covid-19>



FOOD:

LAUSD GRAB AND GO FOOD CENTERS

REMAIN OPEN

LOCATE ONE AT

<https://achieve.lausd.net/resources>

LAUSD OFFERS PLENTY OF STUDENT AND

FAMILY RESOURCES, INCLUDING PHONE

HOTLINES AT THIS LINK AS WELL

FOR FAMILIES LOOKING TO GIVE BACK TO

OUR LAUSD STUDENTS AND FAMILIES,

PLEASE GO TO

<https://www.calfund.org/lastudentsmosti>

nneed/

THIS FUN SPONSORS THE LAUSD GRAB

AND GO CENTERS, PROVIDES LAPTOPS,

AND OTHER RESOURCES.

**THIS WEBSITE OFFERS A FOOD BANK
LOCATOR, AS WELL AS LINKS TO THE
CAL-FRESH/EBT AND WIC(WOMEN,
INFANTS, AND CHILDREN)
APPLICATIONS**

**[https://www.lafoodbank.org/find-
food/pantry-locator/](https://www.lafoodbank.org/find-food/pantry-locator/)**

-- Education Committee,
Joe Cappelletti,
Area 4 Business Representative
Education Committee Chair-



RESOURCE GUIDE FOR PARENTS

Sites Sourced

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ABCMOUSE.COM

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