



Resources for Olmsted Families, 7

Below you will find lots of resources for you to share with your children in this time of COVID-19/Coronavirus. We will continue to send these out and post to the olmstedatkensington.com website each week.

COVID-19 General Resources

Resources around school closures, crisis response strategies, guidelines for talking with children and COVID-19 FAQs.

- [Coronavirus CDC Resources](#)
- [Managing Stress and Anxiety When Navigating a Health Crisis](#) (CDC)
- [Talking to Children about COVID-19](#) (NASP/NSNA Fact Sheet) (National Association of School Psychologists)

Physical Education and Well Being Resources

- Headspace- [Free NY Collection of meditation, sleep, and movement exercises to alleviate stress in these challenging times.](#)
- CDC's BAM! Body and Mind Resources ([Including comics on how the body fights disease](#))
- Yoga Foster- [Free resources for mindfulness and yoga!](#)



New!

Literacy, Math, Science, and Social Studies Resources

- New York Times' "[How to Get Your Kids to Treat You Like Their Teacher](#)"
- Middle School and High School [Math Help from Buffalo State](#)



How to Get Help with Student IT Questions

- Call the IT Student Helpdesk at **(716) 816-7100**
- [BPS Learning Resources Page](#)



How to Access Lexia PowerUp, myON, and Moby Max

1. Go to [BPS Student Resources link](#)
2. Click on [Clever](#) and sign in using your 900# and password.
3. Click on the icon for the program you want to enter.

How to Upload Assignments to Schoology

- This [LINK](#) shows how to upload assignments in Schoology from a variety of devices.