



Resources for Olmsted Families, Summer

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

- [Create a Family Self-Care Plan](#)
- [Down Dog Yoga](#) – Yoga app free to schools through July 1.
- [Everfi Wellness Matters: K-12 Health and Wellness Courses](#)
- [Mindful Schools](#)- Offering free mindfulness lessons for kids.
- NYT Article: [How to Stay Sane When the World Seems Crazy](#)
- [Playworks](#)- A library of games to play with your kids and keep them active.
- [Sanvello](#)- The #1 app for stress, anxiety, and depression offering free access.
- Save the Children's [Relaxation Activities for Children at Home](#)
- [Yoga Ed YouTube Channel](#) – Yoga for Children
- [Mindfulness videos from Calm](#)
- [8 Ways to Teach Mindfulness for Kids](#)
- [SHAPE America Resources](#)
- [The New York Times on Mindfulness for Kids](#)
- [Rising New York Road Runners](#)- is designed to develop movement skills in kids of all ages and abilities.
- [CATCH](#)- Resources from CATCH (Coordinated Approach to Child Health)
- [Nutrition Games and Resources](#)

Literacy, Math, Science, and Social Studies Resources

- [Amazing Virtual Field Trips](#)
- [Audible will be offering free stories for children throughout the school closings](#)
- [Best Educational Shows on Netflix](#)
- [College Board AP YouTube Channel](#)- Free Course Material Daily
- [Crash Course](#)- Amazing Free Courses for All on YouTube
- [Erie County Public Library Free Electronic Resources](#)
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- [ESL Bits](#)- Plenty of eBooks and audiobooks in all genres. (See Attached for a Complete List)
- [Everyday SAT Math Prep](#)- free for all students during closures.
- [HippoCampus](#)- Thousands of free videos on all content areas.
- [Khan Academy Math for Kids](#)
- Middle School and High School [Math Help from Buffalo State](#)
- [NASA for Students](#)- articles, activities, videos, and games for students in grades K–12 on topics related to STEM, aeronautics, and space exploration.
- [National Geographic Kids](#)- tap into the amazing NatGeo resources for kids.
- NCTE's [Family Literacy Blog](#)
- [OSC at Home](#)- Orlando Science Center Resources for Kids. Resources and science activities for kids of all ages.
- Purdue University Global- [How to Create the Perfect Study Environment for Online Learning](#)
- [Rosetta Stone](#)- Free now for students for 3 months
- [Scholastic Learn at Home](#)- Daily Projects for kids K-9.
- Science News for Students- [Online Science and STEM Resources and Info](#)
- Shmoop- [Offering free test prep, study guides, and online courses during the closings](#)
- [SimplyE](#)- The New York Public Library's free e-reader app that makes it easier than ever to borrow e-books. It is available on the [App Store](#) or [Google Play](#). The app allows you to sign up for and get a NYC library card immediately.
- [Schomburg Center Black Liberation Reading List](#)
- [Time for Kids](#)- Free access for students to the great articles of Time Kids

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

Lexia PowerUp – Literacy instruction focusing on Word Study, Grammar, and Reading Comprehension for Grades 6 and up.

Moby Max- is a self-paced program that builds math, number, and fluency skills.

myON- Collection of recommended books based on student interests, reading level, and ratings of books they have already read on the program.

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.