

Ms. Stockmann's Community Spotlights

October 23, 2020



We have updates!

As quickly as our world changes, so do resources. In looking for the most effective way to reach out and highlight upcoming events and resources, I will be sending this newsletter out biweekly. We are updating the [MRH Community Resource Document](#) regularly as soon as new information is available to be a real time resource for families. If you are in need and do not see what you are looking for please let me know!

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THIS WEEK'S
TOP STORIES

MapleGOOD Student and Family Support Project has some more fun in store for your students! 3 Activities to sign up for weekly and growing!

Pre-Registration is required for all activities

From Minute-to-Win It Games to Movement in the Park to at home art activities, MapleGOOD is keeping students and families connected! Most are IN-PERSON at one of our parks maintaining social distancing and other precautions. Fill out their [intake form](#) now and see what fits with your family. All ages welcome and are free to Maplewood and Richmond Heights residents. Questions? Contact sfs@maplegood.org



[TASK](#) is starting fall and winter activities now! Go to their website to find out details and sign up. Scholarships are available and easy to obtain! Also [Subscribe](#) to their newsletter for the most up to date events!

Recreation Council Looking for Fun, Free Activities?? During this trying time, we've been searching for both in-person and virtual events and activities for you to attend. [CLICK HERE](#) to see the list. We update this list regularly, so come back often.

FREE TUTORING FOR UNIQUE LEARNERS

Free tutoring is available to St. Louis County residents in grades PreK- college, from October 12th through December 15th. Eligible participants should require in-person instruction or specialized virtual tutoring in order to learn, and must have a household income of less than \$80,000 for a family of 1-4 or less than \$90,000 for a family of 5 or more, to qualify for services.

Students may receive a maximum of two 50-minute tutoring sessions each week.

CARES dollars are limited and services are scheduled and provided on a first come, first serve basis and will be provided until funding is expended.

[Link](#) for parents/guardians to learn more and sign up.



Tutoring for Unique Learners

October 12–December 15

St. Louis County Library and the Miriam Learning Center are partnering to provide free, in-person and virtual tutoring for children with special needs at five library branches.

Visit <http://bit.ly/FreeMiriamTutoring> to review eligibility requirements and complete an intake form or call 314-961-1500.



Program sites are accessible. Upon two weeks' notice, accommodations will be made for persons with disabilities. Call 314-994-3300 or visit www.slcl.org.



Do you have a high school student with a disability?

Paraquad is hosting a free virtual Youth to Adult Medicaid Transition Summit on November 17. Whether it's off to college or into the workforce, young adults with disabilities face complex challenges as they transition from the youth to adult Medicaid services crucial to living independently. Learn from Medicaid recipients, parents, educators, and program experts about how to best support students with disabilities through this transition, no matter what their plans after high school.

[Click Here](#) for more information - Must register to get Zoom link

Let me know if you have any questions or if I can help connect you with these agencies.

Ongoing Community Resources and Future Events




Free Community Flu Shots Available Free community flu shots this season, with no appointments required, and the nursing staff of MRH urges you to take advantage of the opportunity.

October 24 and 25 with BJC

[BJC HealthCare Free Flu Shot Opportunities](#)

Mindful Moments For Kids and Adults

Each newsletter I will add a few ideas for families to use to take a moment and breathe. In this stressful time we may miss opportunities to relax which can lead to burnout. This is a marathon not a sprint...we will get there together.

WOULD YOU RATHER			
1	walk through a graveyard at midnight	or	spend the night in a spooky, abandoned house
2	dunk for apples	or	carve a jack-lantern
3	be allowed to eat as much Halloween candy as you want for a week, but then have what is left taken away	or	be allowed to eat only one piece a day but never have it taken away.
4	meet a vampire	or	meet a werewolf
5	be a vampire	or	be a werewolf
6	read a spooky story	or	see a spooky movie
7	have a costume that is really amazing, but also very uncomfortable	or	have a costume that is not anything all that special, but is comfortable to wear
8	have a homemade costume	or	have a store-bought costume
9	get 20 of your favorite treats on Halloween	or	get 50 treats that are not your favorites on Halloween
10	go trick-or-treating with a group of friends	or	get paid \$20 to take a little kid trick-or-treating
11	go to a really great Halloween party where you did not know anyone	or	go to a kind of lame Halloween party where you knew almost everyone there
12	win a contest for having the best costume	or	win a contest for making the best jack-o-lantern
13	have to sleep in a coffin	or	have to live in a giant pumpkin
14	have to eat 6 fish eyeballs	or	have to eat a small frog
15	have to wear your Halloween costume to school every day until thanksgiving	or	have to wear a jack-o-lantern over your head to school for the first three days of November.
16	help to design and make a haunted house	or	go to a haunted house that someone else has created
17	be chased by five zombies	or	be chased by one werewolf
18	trick-or-treat in a neighborhood	or	trick-or-treat at a mall
19	eat all of your Halloween candy	or	trade your Halloween candy for \$10
20	dress up as a devil	or	dress up as an angel

Laughter is the best medicine

No one will deny 2020 has been rough, but if we can find humor and joy the days can seem a little bit brighter.

One struggle with virtual school is that children and families are missing social connection. While Halloween will look different this year, a fun round or two of Would you rather can bring on smiles and random conversations..

Painting or carving pumpkins along with telling jokes is a great way to disconnect from stressful screens.

Check out a few other ideas for a safe Halloween season

Don't forget your daily gratitude practice.

Rose - High point of the day

Thorn- Low point of the day

and Bud - What I am looking forward to

CELEBRATE HALLOWEEN SAFELY

GREEN (low-risk activities):
Home decorating; pumpkin-carving at home; virtual movie night with friends

YELLOW (activities with risk):
Drive-through trunk-or-treat; leaving individual portions of candy on a porch or table outside for passers-by

RED (high-risk activities):
Any indoor gathering; large outdoor gatherings; traditional, door-to-door trick-or-treating

St. Louis
COUNTY
PUBLIC HEALTH

Ongoing updates are always available here - Newly added MapleGOOD Socially Distant In-Person Activities

MRH Community Resources: Covid 19

Youth Connection Helpline

The BHR Youth Connection Helplines provide 24/7 crisis intervention including mobile outreaches to home and/or community agencies to provide emotional support, referral information and linkage of services for children, youth and their families

BHR
Youth Connection Helpline

call. chat. text. go.

TOLL FREE 1-844-985-8282 LOCAL 314-819-8802 get help now chat online at www.bhrstl.com BHEARD to 31658 to your local Safe Place site

CALL

To get connected to a certified resource specialist, simply dial **2-1-1** from a cell or 1-800-427-4626 from a landline phone (TTY 1-866-385-6525).

United Way 211

Whether you're looking for a childcare provider, hoping to make a food donation, searching for job training, or in need of shelter, United Way 2-1-1 is your go-to resource for all non-emergency needs.

Maplegood.com A locally-based citizens' group continue their amazing mission to offer to help with various needs including [student and family support](#) during virtual learning, neighbor buddy program and referrals for resources. On Facebook, email MapleGOODmo@gmail.com and (314) 301-9685. [Mask Trees and 8 Mini-Food and Hygiene pantries](#) are located at various locations throughout Maplewood and Richmond Heights. Here is a link to the [MAP](#)
MapleGOOD runs on the motto
Take what you need, leave what you can.

MapleGOOD

Student & Family Support Project

MapleGOOD, an all-volunteer mutual aid organization providing resources to local residents, is offering **free community support to K-12 students in Maplewood and Richmond Heights**. If a child in your care is living or receiving schooling in the 63143 or 63117 zip codes (regardless of which school they attend), please complete an intake form at maplegood.org/sfs to help us understand their needs.

We are offering in-person (socially-distanced) and online:

Workshops Tutoring Activities Support

Services are free and confidential, and adults involved in the project have received a background check. Sign up at maplegood.org/sfs | 314-529-1340

Want to volunteer? Let us know at maplegood.org/sfs



Maggie Stockmann, LCSW
SSD School Social Worker
Maplewood Richmond Heights School District
(314) 328-9841
Maggie.Stockmann@mrhschools.net

