

April 2020 Newsletter



Doerfler COA-CLC

3014 W. Scott St. Milwaukee, WI 53215
T: (414) 902-9507



To All Our Families

We know that there are much more important events occurring throughout the world and hope everyone is staying safe, finding time for self-care, and spending quality time with their families. We just wanted to keep some normalcy in all of our lives and continue with an April newsletter with some updates and resources for you regarding COVID-19 and self-care. Please stay safe, healthy, and in good spirits.

MINDFULNESS

Before you engage in your next task (or at a time that works for you) take a break with the 3B's.

1. BREATHE: Notice your breath. Take a deep slow breath.
2. BODY: Notice how you feel in your body. Relax and release any tension.
3. BEGIN: Begin the task and be thoughtful in your actions

Coronavirus explanation for kids

<https://www.usatoday.com/in-depth/graphics/2020/03/20/coronavirus-kids-has-changed-everything/2864140001/>

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

[Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic](#)

Self-Care
15 ways to practice self-care

<https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>

Movement activities

<https://www.gonoodle.com/>

Mindfulness

<https://www.purewow.com/family/mindfulness-activities-for-kids>

Abril 2020 Boletín Informativo



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A nuestras familias,

Sabemos que están ocurriendo eventos mucho más importantes en todo el mundo y esperamos que todos se mantengan seguros, encuentren tiempo para cuidarse y pasen tiempo de calidad con sus familias. Solo queremos mantener cierta normalidad en todas nuestras vidas y continuar el boletín de abril con algunas actualizaciones y recursos para usted con respecto a COVID-19 y el cuidado personal. Por favor manténgase seguro, saludable y de buen humor.

Rincón de la atención Plena

Antes de participar en u próxima tarea (o en momento que funcione para usted) tome un descanso con y complete las siguientes acciones

- 1. RESPIRE: Note su respiración. Respire hondo y despacio.*
- 2. CUERPO: Observe como se siente su cuerpo. Relájese y libere cualquier tensión.*
- 3. COMIENZE: comience la tarea y sea reflexivo en sus acciones*


Explicación de Coronavirus para niños

<https://www.usatoday.com/in-depth/graphics/2020/03/20/coronavirus-kids-has-changed-everything/2864140001/>

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

[Resources for Supporting Children's Emotional Well-being during the COVID-19 Pandemic](#)

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| Cuidado Personal 15 formas de practicar el cuidado personal https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/ | Actividades de movimiento https://www.gonoodle.com/ | Atención Plena https://www.purewow.com/family/mindfulness-activities-for-kids |
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ANNA F. DOERFLER SCHOOL
E-LEARNING

Due to the COVID-19 school is closed until further notice.

We have a Doerfler e-Learning using Google Classroom. To access our Google Classroom please visit:

<https://classroom.google.com/u/0/w/NTYzMTQ0OTE3Mjda/t/all>

To access and join the Google Classroom, please use the following Classroom Code: **bvxotag**

Debido a COVID-19 la escuela estará cerrada hasta nuevo aviso.

Hemos creado una oportunidad de continuar el aprendizaje a través de Google Classroom. Para tener acceso a Doerfler e-Learning, por favor de visitar:

<https://classroom.google.com/u/0/w/NTYzMTQ0OTE3Mjda/t/all>

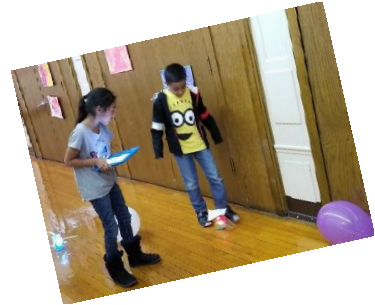
Para tener acceso al Google Classroom, puedes usar el siguiente Código: **bvxotag**

Doerfler Gallery



Teamwork and Critical Thinking

Students huddle together to discuss their strategy and plan their next move in Addition Connect Four.



STEM Learning

Students try to pop a balloon with the robots they built.

“TO GO” MEALS

Starting Thursday, April 9, COA is partnering with the Milwaukee Center For Independence (MCFI) and the Hunger Task Force (HTF) to open a free meal program in Moody Park. “To Go” meals (breakfast/lunch/dinner).

Moody Park

2201 W Auer Ave, Milwaukee, WI 53206

11:00 -11:30 am

Monday -Friday

“Comidas Para Llevar”

A partir del jueves 9 de abril, COA se asociará con el Centro para la Independencia de Milwaukee (MCFI) y la Fuerza Contra el Hambre (HTF) para abrir un programa de comida gratis en el Parque Moody. “Comidas para Llevar” ofrecerá desayuno/ almuerzo/cena

Moody Park

2201 W Auer Ave, Milwaukee, WI 53206

11:00 -11:30 am

Lunes a Viernes

OPEN PANTRY

**2320 W. Burleigh St.
(414) 447-9039**

Monday 10:00am – 1:00 pm

Wednesday 3:00 – 6:00 pm

Saturday 9:00 am – 12:00 pm



Despensa Abierta

**2320 W. Burleigh St.
(414) 447-9039**

Lunes 10:00am – 1:00 pm

Miércoles 3:00 – 6:00 pm

Sabado 9:00 am – 12:00 pm