



**Northeast Middle School will be closed through 03/27/2020**

**Spring Break 03/30/2020-04/03/2020**

**School tentatively resumes 04/06/2020**



**Please have your child check google classroom daily and to let their advisory teacher know if they do NOT have internet access or a device.**

- **Free temporary WiFi services in response to COVID-19**

**The City of Minneapolis is providing free WiFi in Minneapolis for those who may need temporary internet access during the COVID situation. [Visit this webpage for more information.](#)**

# FOOD RESOURCES

(Enrichment packets for all grade levels are given out at every food site)

## Food Pick-Up Sites

The student food pick-up sites are listed here on this website : [https://health.mpls.k12.mn.us/meal\\_sites](https://health.mpls.k12.mn.us/meal_sites)

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## Northeast Middle School Student Support Team

Principal:	Vernon Rowe
<a href="mailto:vernon.rowe@mpls.k12.mn.us">vernon.rowe@mpls.k12.mn.us</a>	
Assistant principal:	Andrea Skiba
<a href="mailto:andrea.skiba@mpls.k12.mn.us">andrea.skiba@mpls.k12.mn.us</a>	
School Counselor (6th & 7th graders):	Erica Gates Rounta
<a href="mailto:erica.gatesrouta@mpls.k12.mn.us">erica.gatesrouta@mpls.k12.mn.us</a>	
School Counselor (7th & 8th Graders):	Cherie Hanson
<a href="mailto:cherie.hanson@mpls.k12.mn.us">cherie.hanson@mpls.k12.mn.us</a>	
Social Worker (6th grade):	Alanna Roach
<a href="mailto:alanna.roach@mpls.k12.mn.us">alanna.roach@mpls.k12.mn.us</a>	
Social Worker (7th & 8th Grade):	Bill Smart
<a href="mailto:william.smart@mpls.k12.mn.us">william.smart@mpls.k12.mn.us</a>	
School Psychologist:	Laura Potter
<a href="mailto:laura.potter@mpls.k12.mn.us">laura.potter@mpls.k12.mn.us</a>	
School Nurse:	Rachael Popp
<a href="mailto:rachael.popp@mpls.k12.mn.us">rachael.popp@mpls.k12.mn.us</a>	

### Student Resources

[https://health.mpls.k12.mn.us/meal\\_sites](https://health.mpls.k12.mn.us/meal_sites) - meals during the time out

<https://minnesota.cbslocal.com/2020/03/16/coronavirus-in-minnesota-restaurants-offer-free-lunches-during-school-closures/> - restaurants providing food during Corona virus

[https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpQDkVAIJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh\\_-P-WmksHAzbsrk9d/pub](https://docs.google.com/document/u/1/d/e/2PACX-1vSZhOdEPAWjUQpQDkVAIJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub) Students tend to get stir crazy – here is a daily schedule to send to families

[https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku\\_w/mobilebasic](https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic) Virtual field trips

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## **Below is unemployment information:**

Below is access to unemployment insurance if work is lost due to Covid 19, either because your work closes, or because you have to stay home to take care of your children.

link: <https://www.uimn.org/applicants/needtoknow/news-updates/covid-19.jsp>

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## **Below is a message from TRIO ETS Team:**

Hello Northeast students and families,

We wanted to provide students and families with a brief follow up on what to expect from our TRIO Educational Talent Search (ETS) team in these uncertain times, as well as keep all of our TRIO ETS scholars and families informed moving forward if they are in need of support:

1. TRIO ETS Advisors are fully available to support ETS scholars via email Mon-Fri 7:30am-3:00pm. Please reach out via email but advisors can schedule phone calls or video calls if additional support is needed:

Beka Pitassi - [pitass1@stolaf.edu](mailto:pitass1@stolaf.edu) (Grade 7)

David Soto Reyes - [sotore1@stolaf.edu](mailto:sotore1@stolaf.edu) (Grade 6 and 8)

2. TRIO ETS scholars should be checking their school (and personal) email daily if wifi is accessible.
3. TRIO ETS grade-specific workshops are postponed until we are back in the schools. At this point we are not planning to move our workshop lessons to an online platform.
4. All remaining field trips with TRIO ETS are canceled for the 2019-2020 school year including college visits and the mentoring program visit to St. Olaf College.

As always, please reach out with any questions or concerns you may have.

Stay safe and healthy

TRIO ETS advisors Beka and David

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## Talking points for caregivers/families:

- Children may have questions or display uncertainty. Be as calm as possible.
- Answer questions factually while keeping your child's developmental level in mind.
- Limit your child's viewing of news and social media to help reduce the worry than can be caused by repeated exposure.
- Provide engaging activities for children; keeping them busy can reduce opportunities to dwell on worries.
- Watch for children who may appear withdrawn, worried, or tearful. Some children may display more active behaviors when stressed. Recognize that behaviors are often the way that children tell us what they are feeling. Sometimes when children are unsure of what they are feeling, we can see that displayed in their behaviors.
- Treat the strategies for preventing the spread of the virus as learning opportunities. For example, as you model and encourage safe practices to prevent the spread of the virus, try using a family favorite song or rhyme to turn frequent handwashing into a fun activity. When practicing social distancing, use it as an opportunity to offer favorite activities that do not require close proximity. In a child care setting, this could mean using multiple spaces to spread children out and offering activities where there are fewer children participating in a single activity.
- Know the symptoms of the virus and where and when to call when you have questions.
- Caring for yourself is very important. Joining together as a community during uncertain times means that we're giving our best to others. It also means that we need to shore up our emotional reserves. Some ways to do that include:
  - Taking time to breathe
  - Spend moments in gratitude for the warmth of the sun and strength of community; whatever fills you.
  - Know that even though this is difficult, people are doing the best they can and that we are resilient.
- Here are some additional resources to check out:
  - [SAMHSA](#)
  - [CDC for Caregivers](#)
  - [MDH for Caregivers](#)

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## **Below is a Summer Resource from Ms. Gates:**

Here's a resource as you think ahead to summer learning opportunities! LearningWorks at The Blake School is looking for 6th graders who want to join a community where learning is fun and every student is on the pathway to College. Learning Works is a free 6 week Summer program for students during their 7th and 8th grade Summers where they have the opportunity to learn with other students from all across Minneapolis Public Schools. Applications were due this week, but they have extended their deadline given school closures. Learn more [here](#) or contact Ms. Gates at [erica.gatesrouta@mpls.k12.mn.us](mailto:erica.gatesrouta@mpls.k12.mn.us).

This is a selective summer program that often only accepts a couple students from each school. Some students may have already applied or completed some of the application through AVID. Students who have not applied yet but are still interested, can complete part 1 and part 2 using this online form: <http://bit.ly/LWstudent2020>. Parts 3 & 4 can be completed once schools are back in session or by contact Ms. Gates.

## Coronavirus Disease 2019 (COVID-19)

The Coronavirus Disease 2019 (COVID-19) is a respiratory illness in people caused by a new virus. It can spread from person to person. This virus was first identified in Wuhan, China, and has now spread to more countries including the United States.

Since this is a new virus, there are still things we do not know, but we are learning more about COVID-19 each day.

Minnesota's public health community is taking this seriously and planning for cases.

Avoid assumptions about who you think may be sick. Viruses don't discriminate.

### Symptoms

People with confirmed COVID-19 infection have had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

People who are mildly ill with COVID-19 can stay at home during their illness. You should restrict activities outside your home, except for getting medical care. Call your health care provider if you need to seek medical care.

### Protect yourself and your community

The best ways to protect yourself from COVID-19 are to do the same things you do to protect yourself from colds and flu:

- Wash your hands often with soap and water.
- Stay home when you are sick.
- Cover your cough.
- Clean and disinfect frequently touched objects and surfaces.

### Learn more

Get the most current information on COVID-19 from these websites:

- Minnesota Department of Health 2019 Novel Coronavirus (COVID-19) ([www.health.state.mn.us/diseases/coronavirus/index.html](http://www.health.state.mn.us/diseases/coronavirus/index.html)).
- Centers for Disease Control and Prevention 2019 Novel Coronavirus ([www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)).

## Resources to Find Low-Cost Health Care or get Health Insurance

### Find low-cost health care

- **Bridge to Benefits: MN Low-Cost Health Care Directory**  
([https://bridgetobenefits.org/MN\\_Low\\_Cost\\_Health\\_Care\\_Directory](https://bridgetobenefits.org/MN_Low_Cost_Health_Care_Directory))  
Enter your county to find a list of low-cost clinics near you.
- **Minnesota Association of Community Health Centers (MNACHC)**  
(<https://mnachc.org/community-health-centers/find-a-health-center/>)  
Use the map or enter your location to find a Community Health Center (Federally Qualified Health Center) near you. Community Health Centers provide medical, dental, and behavioral health services to people with limited access to care.

### Find health insurance

- **MNsure Apply and Enroll for insurance**  
([www.mnsure.org/new-customers/apply/index.jsp](http://www.mnsure.org/new-customers/apply/index.jsp))  
You can apply for insurance, such as Medical Assistance and MinnesotaCare, online or get an enrollment expert to help you. Most Minnesotans who enroll through MNsure qualify for financial help.
- **MNsure Navigators**  
(<https://www.mnsure.org/help/find-assister/find-navigator.jsp>)  
Navigators can help you enroll in Medical Assistance or MinnesotaCare (if you are eligible). They can also help you enroll in a private insurance plan and provide basic health insurance education. Many navigators are based in community organizations and offer assistance in languages including Chinese, Somali, Spanish, Hmong, and Vietnamese.
- **Hospital Presumptive Eligibility Program**  
(<https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/hpe/>)  
You may be able to sign up for Medical Assistance or MinnesotaCare when you are at the hospital. If you meet the requirements, you can be covered for services before completing a full application.

### Find additional health services

- **Local Health Departments and Community Health Boards**  
(<https://www.health.state.mn.us/communities/practice/connect/findlph.html>)  
Contact the local health department and/or community health board in your county to seek guidance and ask about services you may be eligible for.

Minnesota Department of Health  
625 Robert St. N., PO Box 64975  
St. Paul, MN 55164-0975  
651-201-5414  
[www.health.state.mn.us](http://www.health.state.mn.us)

02/13/2020

To obtain this information in a different format, call: 651-201-5414.

