

*Weekly Newsletter*



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### **SOCIAL DISTANCING**

What does this mean? What can I do?

### **RESOURCES**

Resources for parents, students and families

### **PROGRAM SCHEDULES**

Due to the closure of school, all extracurricular activities have been cancelled.

**"I am announcing now that Chicago Public Schools will be closed through April 20th with students returning on Tuesday, April 21st, 2020."**

Chicago Mayor Lori Lightfoot

## **SOCIAL DISTANCING**

What does this mean?

For students and some parents, schools and some workplaces have decided to let us work from home. This has been done in hopes it will help stop our exposure to COVID-19. This means we all need to avoid crowded places and even gathering of 10 people or more. We need to continue practicing good hygiene and disinfected high traffic areas around the house (ex. remote controls, door knobs, light switch, etc.).

What can I do?

- Continue practicing good hygiene
- Stay home if you feel sick
- Stay 6-8 feet away from other people
- Cough on your sleeve not your hands
- Avoid touching your face
- Avoid handshakes, hugs and any other personal contact
- Check on those that live alone and the elderly
- Do not go out unless absolutely necessary

*If you need more information or tips please contact us (information below)*

### **COVID-19** (Coronavirus) **Guide to Social Distancing**

Here are a few steps you can take to protect yourself when you're in public settings.



HEALTH DEPARTMENT  
Public Health Chicago County



most Dear Mom  
Dread



## CPS will be distributing lunches outside of school Tuesday-Thursday from 9am-1pm

# PROGRAM SCHEDULES

All ongoing programs at Whittier both before and after school have been postponed until we return to school.

### America SCORES

America SCORES program has postponed its start date until we return.

As more information becomes available it will be shared.

### Workshops and Events

All workshops and events normally held during the school day will be postponed and possibly rescheduled. Please make sure you check the school website (<http://whittierschool.me>) and also through the Remind app available in mobile devices (@csi\_whit and @whittlem).



## RESOURCES

### Pilsen Wellness Center

Wellness Pantry: provides families fresh fruits, vegetables and nutritious food.

Friday's at 10am-12pm

### Internet

If you do not have access to internet at home at the moment, XFINITY/Comcast offer XFINITY Essentials for FREE for the next 2 months (regularly \$9.95/month + tax) for Low-Income Families. *Deadline to apply is April 30.*

### Student Resources

- ABC Mouse is offering free subscription with code [SCHOOL7771](#)
- Burger King is giving away 2 free Kids Meals, but it has to be ordered via the Burger King app or online and another purchase is required. **Starting March 20-April 6**
- Scholastic is offering FREE lessons <https://classroommagazines.scholastic.com/support/learnathome.html>
- Google is offering FREE virtual tours of more than 1,200 museums from around the world <https://artsandculture.google.com/partner?hl=en>

### Parent Resources

- Text HOME to 741741 to receive a text from a live Crisis Counselor. Experiencing any painful emotion for which you need support. [Crisistextline.org](https://www.crisistextline.org)
- For COVID-19 information and updates please visit the CDC website [www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV) and/or the Illinois Department of Public Health Website [www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus](http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus)

Still have questions? Contact Us!

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Hello Whittier Monarchs! This is a message from your School Counselor, Mrs. Alvarez. I want to let you all know that during this time of social distancing our families and students are on our minds. We want to make sure that you know that, and we will try to provide you with as many resources as we can.

During the next few weeks one of our most important jobs is to take care of ourselves, and those around us. I want you all to know that I am available by email, and I also continue to have access to my office voicemail.

Over the next few weeks you will be receiving emails from Ms. Navarrete (CSI Coordinator), or myself. Please remember that we are here for you, and our students. We are in this together!

Mrs. Alvarez  
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## What to do if you are sick?



If you are feeling sick or have come into contact with anyone testing positive for COVID-19 please make sure to do the following:

1. Monitor your symptoms
2. Call your family doctor
  - a. He/she will be able to instruct you on the next measures to take
3. Isolate yourself to avoid spreading the virus

Unless it is a medical emergency avoid calling 9-1-1. If you think you have COVID-19 please make sure to instruct the 9-1-1 operator.

## Who should I contact about COVID-19?

- IL. Dept. of Public Health COVID-19 Hotline 1-800-889-3931 or email DPH.SICK@illinois.gov
- The Chicago Dept. of Public Health 312-746-4835 or email coronavirus@chicago.gov
- CPS Command Center 773-553-KIDS (5437) can assist with locating medical care.



**If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include:**

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

**For more information on Food Resources, Utilities, Unemployment and more please visit <https://www.chicago.gov/city/en/sites/covid-19/home.html>**