



COVID-19 Closures: Detroit-Area Community Resources

We understand this is a difficult time for our school family. We remain committed to assisting families and students in accessing resources and making sure student needs are met while the school is closed. Please refer to the community resources listed below, and don't hesitate to contact your school's social workers for additional assistance:

Ms. Gleason (K-4th): maia.gleason@leonagroup.com

Ms. Harper (5th-12th): kelsie.harper@leonagroup.com

FOOD ASSISTANCE

Interactive map of Detroit meal services for kids

English:

<https://www.google.com/maps/d/u/0/viewer?mid=1ScIw-VmDeO0531IIX6dkYpOdMuKssJqL&ll=42.354346112655676%2C-83.0986537&z=11>

Español:

https://www.google.com/maps/d/u/0/viewer?ll=42.35427428839455%2C-83.0986537&z=12&mid=1cXew-JH2i_RPThTJqS2rFOVaRyMhp2tC

Pantrynet.org

Type in your zip code to access a list of food pantries near you

<http://www.pantrynet.org/>

United Way Hotline

Call to be connected with emergency resources such as food assistance, rent and utility assistance, etc.

Dial 2-1-1

Oakland County Help Hotline

Call to be connected with Oakland County emergency resources such as food assistance, rent and utility assistance, etc.

248-858-1000

Gleaners Community Food Bank of Southwestern Michigan

2131 Beaufait Street

Detroit, MI 48207

313.923.3535

Ford Resource and Engagement Center (FREC) Food Distribution

FREC Southwest:

Saturdays 10am-1pm

Mondays 10am-1pm

Wednesdays 2pm-5:30pm

826 Bagley St, Detroit, MI 48216

Drive through distribution at 20th Street and Bagley Food/Hub Entrance (double sliding doors)

Call 313-962-4888 to determine eligibility

FREC East:

Check website for distribution dates: <https://www.fordfund.org/east-detroit-frec>

15491 Maddelein

Detroit, MI 48205

Mighty Wing Shop

Free breakfast to kids K-12 from 8-10am Monday - Friday

20131 Greenfield Rd, Detroit, MI 48235

(313) 270-2976

Meet Up and Eat Up

Free breakfast and lunch weekly pick-up for kids and teens under age 18

Lincoln Park Highschool- Cafeteria Parking Lot

Pick up on Tuesdays (3/17, 3/24, 3/31) from 11am-1pm

Capuchin Soup Kitchen

1820 Mt. Elliot

Detroit, MI 48207

Hours: Monday - Friday 9-4

Food bank phone number - (313) 579-2100

There is also a soup kitchen. Free hot meals, clothing, and other services are for the low income and homeless in Detroit.

Latino Family Services

3815 W. Fort St.

Detroit, MI 48216

Hours: Monday to Friday 9-5pm

Call for help - (313)841-7380

Immigrants and Spanish speakers are given food for their tastes. They also help with medical needs, housing, and other services.

Sacred Heart Church/Saint Vincent

3451 Rivard

Detroit, Michigan 48207

Hours: Weds 10-12

Telephone number - (313)831-1356

Many forms of financial aid and social services are offered. Volunteers pass out boxes of food, offer referrals to churches in Wayne County, and can direct clients to housing or SNAP food stamps.

Crossroads of Michigan

2424 W. Grand Blvd

Detroit, Michigan 48208

Phone number of food bank - (313)831-2000

Food pantry and Sunday soup kitchen

All Saints

7824 West Fort Street

Detroit, MI - 48209

(313) 841-1428

Food pantry open from 10:00 AM to 12:00 PM on Tuesday, and from 1:30 PM to 3:00 PM on Wednesday and Thursday. Soup kitchen is open from 11:00 AM to 12:30 PM on Monday, Wednesday and Thursday.

Operation Feed my Sheep

5540 Talbot

Hamtramck, MI 48212

(313) 366-3190

On Wednesdays from 10am- 11am, supplies are given such as bags of healthy food, basic needs, and personal hygiene products.

UTILITY ASSISTANCE

DTE and Consumers Energy are limiting/suspending electrical shutoffs during the outbreak.

City of Detroit Water Re-Start Plan

Assistance to restart water and reduce monthly payments.

Call Wayne Metro at 313-386-9727

Wayne Metro Community Action Agency

Energy & Water Assistance services offer opportunities for Wayne County residents to lower monthly bills, learn how to become energy-efficient, and more.

<https://www.waynemetro.org/energy-and-water-assistance/>

(313) 388-9799

STATE OF EMERGENCY RELIEF

SER provides limited cash assistance to individuals and families facing emergencies that threaten their health or safety. Covered services include rent payments to avoid homelessness; house payments and property tax payments when foreclosure or tax sales are imminent; home repairs; appliances and furniture for victims of fires and other disasters; assistance with heating, electric, and water bills; and burial

assistance. Applications are available at the Family Independence Agency Office in each county. Apply for Wayne County resources from the link below.

https://www.michigan.gov/mdhhs/0,5885,7-339-73970_5461_7387---,00.html

INTERNET

Comcast Internet Essentials

2 months free internet to new customers

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

1-855-8-INTERNET

AT&T Access

Low-cost internet access (\$10/month to qualifying households)

<https://m.att.com/shopmobile/internet/access/>

English: 855.220.5211

Spanish: 855.220.5225

Metro PCS and T-Mobile

Offering free plan upgrades to include unlimited data and mobile hotspot capabilities.

See more here: <https://www.metrobyt-mobile.com/ongoing-updates-covid-19> or call Care at 611.

School is Closed- Now What?

Below are some tips and resources for maintaining stability for children during this school closure.

- 1. Create a daily schedule and organize your time:** Set designated times for eating, playing/creative time, quiet time, outdoor time, academics, and helping with chores. Keep your kids busy and maintain their routine day to day. Here are some examples (Source: Khan Academy):

Preschool, kindergarten, 1st grade and 2nd grade

Time	Activity
8am - 9am	Breakfast/Get ready (Yes. Change out of PJs)
9am - 9:30am	<p>Khan Academy Kids (ideally doing it while sitting next to a parent or older sibling giving them positive feedback for effort). Khan Academy kids starts at the basics of letters, numbers, and social emotional learning and goes through the first grade standards in math, reading, writing and social emotional learning.</p> <p>For students with stronger literacy and motor skills: Khan Academy Kindergarten, 1st grade and 2nd grade math can be appropriate. Ideally a parent or older sibling sits next to them while doing this. One practice that we've seen teachers use to great effect is to have all students start on Kindergarten and then move to 1st grade, 2nd grade, etc. This helps ensure that older students are progressing with accumulating gaps. It also helps build momentum and confidence.</p> <p>Course challenges and unit tests can be used to accelerate through material. For students with minimal gaps, they should be able to get through a previous year's content in 1-3 hours.</p>
9:30am - 10am	Play. Ideally outside if weather permits.
10am - 10:30 am	<p>Reading time. Ideally this would be time to read next to a parent or sibling. If students are ready, they can read on their own.</p> <p>Suggested books (by reading level):</p> <ul style="list-style-type: none"> There are 100+ books that students can read or have read to them on Khan Academy Kids The ALSC summer reading list is also a great resource
11am - 11:30am	Break. Ideally run around and play outside.
11:30am - 12pm	<p>Writing practice</p> <ul style="list-style-type: none"> Write and illustrate a story about someone having a funny adventure when they stay home sick. Draw a picture of what you think a virus looks like. Tell about the different parts and how you think they work.
12pm - 1pm	Lunch - Listen to an educational podcast! Try Wow in the World! If you like science, Stories Podcast or Circle Round to hear a story, or Noodle Loaf to learn about music!
1pm-7pm	Relax, go outside, work on passions, time with family.
7-8pm	Lights out, time to sleep!

Grades 10-12

Time	Activity
8am - 9am	Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :)
9am - 9:40am	<p>Khan Academy math practice. Depending on level, one of the following courses are likely appropriate:</p> <ul style="list-style-type: none"> Algebra II Geometry Precalculus/Trigonometry AP Calculus AB or BC AP Statistics
9:40am - 10am	Go for walk/run. Youtube JustDance /workouts if weather is bad. Maybe 15 minutes of Yoga with Adrien?
10am - 10:40am	Official SAT Practice (math, reading and writing)
10:40 - 11am	Break/walk
11am - 12pm	<p>Science practice on Khan Academy (high school or A.P. level):</p> <ul style="list-style-type: none"> Biology (high school, A.P.) Chemistry (high school, A.P.) Physics (high school, A.P.) Economics (micro, macro) AP CS Principles
12pm - 1pm	Lunch - Listen to an educational podcast! Try This American Life if you like storytelling, or RadioLab or Science Friday if you like science!
1pm - 2pm	<p>Social studies or second science</p> <ul style="list-style-type: none"> American history (high school, AP) Government and politics (high school, AP) World History Art history Any of the sciences above
2pm-2:30pm	Walk/break. Maybe a guided meditation?
2:30pm-3:30pm	<p>Journaling/Writing</p> <p>Things to write about/prompts:</p> <ul style="list-style-type: none"> What do you think will be the short term implications of the pandemic and the school closures? How will society be different post pandemic? Why? How is this virus different from the flu? Why does that matter? What is the social impact on you of school closures? What is positive and what is negative? Is the governmental response that you are seeing adequate? What would you do differently if you were the mayor, governor or president?
3:30pm-11pm	Relax, go outside, work on passions, time with family.
11pm	Lights out, time to sleep!

- 2. Limit screen time as best you can:** Your children will probably need to use screens to complete their academics and keep occupied for part of the day, but try to avoid allowing your kids unlimited use tablets/phones/TVs all day long.
- 3. Spend quality time with your child:** This is an opportunity to spend special 1:1 time with your children playing, reading, cooking, going for walks, etc. In a time of uncertainty and anxiety, our kids need that special attention now more than ever. Here are some ideas of activities:
 - <https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>

4. **Ask for support:** Your school social workers, Ms. Gleason and Ms. Harper, are here to help. Email us (in English or Spanish) if you need help or advice on how to manage this time at home. We can also provide additional non-academic activity ideas.
 - a. Ms. Gleason (K-4th): maia.gleason@leonagroup.com
 - b. Ms. Harper (5th-12th): kelsie.harper@leonagroup.com