

# CCSI WEEKLY NEWSLETTER

Promoting Community Connections  
& Sharing Resources

## HIGHLIGHTS

- CCSI COVID-19 Response
- Educational Resources
- **How will we keep in touch?**
- Each **BBC** will have 1 hr virtual Zoom meetings on their originally scheduled dates through the month of April at 12 - 1 pm:
  - [Staten Island 4/6](#)
  - [The Bronx 4/10](#)
  - [Manhattan 4/16](#)
  - [Queens 4/20](#)
  - [Brooklyn 4/24](#)
- Our **YAC meetings** will be Mondays [4/13](#) and [4/27](#) from 5-7 pm. Links to calendar for Zoom above!
- These newsletters will be delivered every **Wednesday** for the duration of NYC Coronavirus quarantine mandates

## CCSI COVID-19 RESPONSE

Cancellation of all in-person sessions: we're going *VIRTUAL!*

We are so grateful to have the community we have as Champions of the Borough Based Councils, Youth Advisory Council, and all other spaces CCSI has had a presence - such as our trainings and events! We know things are challenging in this time of social distancing and we hope to gather support as needed. **Please let us know of any resource needs gaps you are spotting in your local community spaces.**

**Stay safe! Here's our [CCSI COVID-19 Page](#)**

Amidst the current crisis, many have asked for support regarding reducing anxiety and trusted news sources regarding COVID-19. Take this seriously, but try to focus on what you can control. Here's a [Supporting Your Emotional Wellbeing During the COVID-19 Outbreak](#) guide by Vibrant Emotional Health. We want to urge everyone to continue to follow the guidance of New York City's [Department of Health and Mental Hygiene](#) and access the current statistics regarding Coronavirus and [how to protect yourself](#).

One thing we have learned is that [Hand Washing](#) is officially unofficially our new favorite sport! **Remember to wash your hands for at least 20 seconds each and every time you wash!** Here's a [website](#) that can change any song you like into a printable hand-washing poster! See the last page of this newsletter for a **CLASSIC** throwback hit example!

# RESOURCE CORNER: EDUCATION AT HOME

This week we are highlighting *additional* educational resources available in this time of official school closings. Here is a [FAQ Guide](#) from the NYC Department of Education for families about [remote learning](#).

We understand that swift changes in routine are hard on adults, but they can be *especially* challenging for children and youth! Please be [gentle with yourselves in this time of transition](#).

Here are some tips and tricks from [The Child Mind Institute](#) about supporting youth & yourself:

- Keep routines in place (as best you can!)
  - The experts all agree that setting and sticking to a regular schedule is key, even when you're all at home all day. Kids should get up, eat and go to bed at their normal times. Consistency and structure are calming during times of stress.
- Be creative about new activities — and exercise
- [Manage your own anxiety](#),
- Limit consumption of news
- Stay in touch virtually
  - Keep your support network strong, even when you're only able to call or text friends and family. Socializing plays an important role in regulating your mood and helping you stay grounded.
- Make plans
  - In the face of events that are scary and largely out of our control, it's important to be proactive about what you can control. Making plans helps you visualize the near future.
- Keep it positive
- Keep kids in the loop — but keep it simple
  - Unless kids ask specifically, there's no reason to volunteer information that might worry them.
- Check in with little kids
  - Young children may be oblivious to the facts of the situation, but they may still feel unsettled by the changes in routine, or pick up on the fact that people around them are worried and upset.
- Sometimes the path of least resistance is the right path
  - Remember to be reasonable and kind to yourself.
- Accept and ask for help
  - Everyone who can pitch in, should. Including partners and healthy family members. Give kids age appropriate jobs.

## Awesome Home Education Links:

- [Math Game Time](#)
- [Teaching Remotely for Grades K - 12](#)
- [Science for Kids](#)
- [Unite for Literacy](#)
- [TurtleDiary e-learning for kids](#)
- [PBS KIDS](#)
- [Starfall](#)
- [All-in-One Homeschool](#)
- [Thinking Games – Easy Peasy All-in-One Homeschool](#)
- [Funbrain](#)
- [Storyline Online](#)
- [Prodigy Game](#)
- [DISCOVERY #MINDBLOWN](#)
- [AmazingSpace](#)
- [National Geographic Kids](#)
- [TIME Magazine for Kids](#)
- [Khan Academy](#)

## Links to NYC DOE Resources:

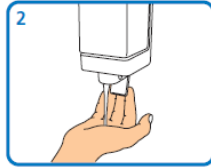
- [Free Meals](#)
- [DOE Student Accounts](#)
- [Remote Learning Device Request](#)
- [Learn At Home Main Page](#)
- [Chancellor's Message to Families](#)
- [DOE Middle School Enrollment](#)
- [High School Offer Letters & Waitlists Updates](#)
- [DOHMH COVID-19 Guidance for Colleges](#)

*Education is for improving the lives of others and for leaving your community and world better than you found it.*  
- *Marian Wright Edelman*

# Hand-washing technique with soap and water



1 Do you remember the 21st night of September?



2 Love was changin' the minds of pretenders



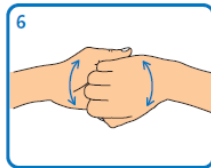
3 While chasin' the clouds away



4 Our hearts were ringin' in the key that our souls were singin'



5 As we danced in the night, remember



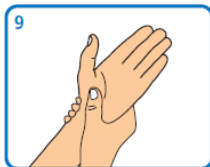
6 How the stars stole the night away, oh yeah



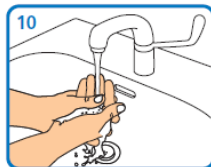
7 Hey, hey, hey!



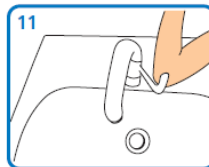
8 Ba-dee-ya, say, do you remember?



9 Ba-dee-ya, dancin' in September



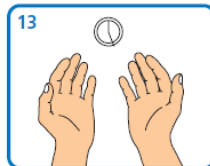
10 Ba-dee-ya, never was a cloudy day



11 Ba-du-da, ba-du-da, ba-du-da, ba-du



12 Ba-du-da, ba-du, ba-du-da, ba-du



13 Ba-du-da, ba-du, ba-du-da

Create your own  
<https://washyourlyrics.com>

September  
 Earth, Wind & Fire

Adapted from National Health Service, who adapted from the World Health Organization **Guidelines on Hand Hygiene in Health Care**.

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## Enjoy! "September" Video