

**WEEK OF MARCH 30-APRIL 3, 2020**



# PS 96 ACT



WEEKLY COMMUNITY E-NEWSLETTER

## STAY UPDATED

TEXT @PS96NEWS  
to 81-010 for updates  
@PS96ESP for Spanish

## FREE MEALS

Starting April 3, **THREE** free meals will be available for **ALL** New Yorkers in **400+** Hubs!

- No one will be turned away
- Adults & children can pick up 3 at one time
- Vegetarian & halal options available at all sites

**PS 96 is a Grab-N-Go Site!**  
7:30am - 1:30pm in our LOBBY

[Find More Free Meal Locations](#)

## TECH SUPPORT

For hardware/software support: call AppleCare Support for the NYCDOE at 1-800-919-2775.

Enter PIN: 692363 (NYCDOE)

For PS 96 Tech support:  
jahmed11@schools.nyc.gov  
lvilleg@schools.nyc.gov



## FILL OUT OUR SURVEY

Please take a moment to fill out our [Remote Learning Family Survey](#) so we can learn how to best support you!

## RESOURCES

Check out our [PS 96 COVID Resource Guide](#) for a growing list of resources available in our local community and online!



## CENSUS 2020

These are tough times for all of us. Help your community receive the federal funding it needs for the next 10 years by taking 10 minutes to complete your 2020 Census. Hospitals, schools, roads, transportation & more receive the federal funding based on Census data!

Complete your 2020 Census [HERE!](#)

We're counting on you!

## SPRING BREAK 2020

Students will have off on Thursday and Friday, April 9th & 10th, with Remote Learning resuming on Tuesday, April 13.

Continue to check Google Classrooms daily to for more announcements.

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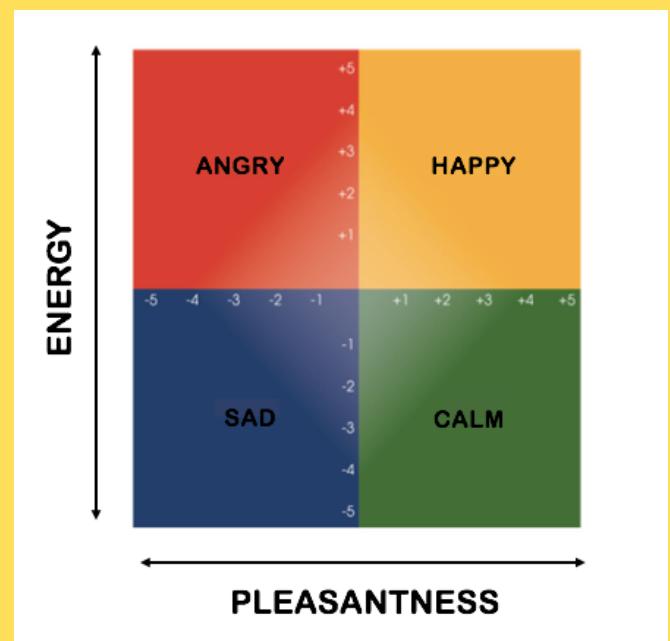


WEEKLY COMMUNITY E-NEWSLETTER

Get active with Mr. Goldberg!  
This week's word: FAMILY

A	10 Forward arm circles	N	Run in place for 20 seconds
B	15 Seconds forearm plank hold	O	Tree pose for 30 seconds
C	10 Jumping jacks	P	Butterfly stretch for 10 seconds
D	10 Hops on your left foot	Q	Do all of the the vowel exercises
E	10 mountain climbers	R	10 Hops on your right foot
F	ABC Push-ups to the letter J	S	10 Wall push-ups
G	10 Backwards arm circles	T	20 alternating punches
H	5 Push-ups	U	Skip in place for 20 seconds
I	Wall squat for 20 seconds	V	Hold a mummy pose for 1 minute
J	Push-up plank for 30 seconds	W	Sing and perform head, shoulders, knees and toes song
K	20 curl-ups	X	10 crisscross jumping jacks
L	Jump side to side for 20 seconds	Y	Dance for 20 seconds
M	Jump forward and back for 20 seconds	Z	Perform as many push-ups as you can

Learn how we use the **MOOD METER**



Become more mindful of how your emotions change throughout the day and how your emotions in turn into actions.

## MOOD METER FAMILY GUIDE

If your symptoms of stress become overwhelming, reach out for support from NYC Well by texting "WELL" to 65173



Stay active with  
YMCA @ Home!

Virtual workouts, activities, and resources for the entire family!



Get NYC COVID-19 updates  
texting "COVID" to 692-692



Questions? Email us!

Ms. Emily, emily@globalkids.org  
Ms. Minaya, jminaya@schools.nyc.gov

Visit [ps96act.com](http://ps96act.com) for more remote learning resources