

WEEK OF MARCH 23-27, 2020



PS 96 ACT



WEEKLY COMMUNITY E-NEWSLETTER

## QUICK LINKS

Sign up for  
REMIND!

TEXT @PS96NEWS  
TO 81-010 FOR  
ENGLISH

TEXT @PS96ESP  
TO 81-010 PARA  
ESPAÑOL

Get Counted!  
Fill out the 2020  
Census [HERE!](#)

## RESOURCES

Check out our  
[96 Resource Guide](#)  
for a growing list of  
resources available

## A MESSAGE FROM MR. K:

Make sure to check REMIND and  
your child's google classroom for a  
message from Mr. K

## GRAB-N-GO MEALS

We are a [Grab-N-Go Site](#), so you can  
come get Breakfast and Lunch  
7:30am- 1:30pm in the LOBBY

## TECHNOLOGY UPDATES

If you have technology issues (connecting  
to wiFi, setting up emails) contact  
Mr Juned jahmed11@schools.nyc.gov

If you have issues with Google Classroom  
contact

Ms.Villegas lvilleg@schools.nyc.gov  
or your child's teacher

If you need technology/technology with  
WiFi, fill out this [Survey](#)

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# PS 96 ACT



## WEEKLY PS 96 ACT COMMUNITY E-NEWSLETTER

Keep active thanks to Mr.  
Goldberg  
This week's word: PRIDE

Wondering how to manage your time?  
Here's an example daily schedule from  
Ms. Najeeullah:

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

8:00 - 9:00am	Wake Up..Wash up...Get dressed..Eat breakfast
9:00 - 10:00am	Math Time (Prodigy..splash learn, videos, etc..)
10:00 - 10:30am	Independent Reading
10:30 - 11:00am	Writing
11:00 -12:00pm	LUNCH
12:00 - 1:00pm	Creative Time (Draw, color, build)
1:00 - 2:00pm	Physical Movement ( Go Noodle, etc..)
2:00 - 3:00PM	Feedback/Questions for Teacher

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

For some morning mindfulness and yoga, check out:  
<https://www.aloyoga.com/pages/alo-gives-program-morning-moments>

Email  
Ms. Emily [emily@globalkids.org](mailto:emily@globalkids.org)  
or  
Ms. Minaya [jminaya@schools.nyc.gov](mailto:jminaya@schools.nyc.gov)  
with questions

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