



Frederick Blast: 4/20

Latest Updates: Many of our resources and newsletters are reposted on the Tenacity website, www.tenacity.org – click on the Frederick Middle School under the *Youth Programs* tab to find more!

- The **8th grade retreat** is back on this Thursday over Zoom! Click the link below and get ready for your next chapter! **Time & Date:** Thursday April 23rd & Friday the 24th @ 2PM
<https://zoom.us/j/97780082710?pwd=WkV6NUFmRDJnazNlairsWTgzOHkrZz09>
- The Frederick staff is hosting a movie week for April Break – check the calendar below for times & links! RSVP by sending a Tenacity staff member an email letting us know you plan on attending. We already have a few confirmations, so let us know!

| Tuesday, Apr. 21 st | Wednesday, Ap. 22 nd | Thursday, Apr. 23 rd | Friday, Apr. 24 th |
|--|--|--|--|
| The Main Event: 12:30 PM https://meet.google.com/shq-gusb-mii?hs=122 | Into the Spiderverse: 12:30 PM https://meet.google.com/jut-exjq-ovv?hs=122 | Zoom: 11:30 AM https://meet.google.com/mcb-zubexax?hs=122 8th Grade Retreat: 1:45 PM | Race to Witch Mountain: 11:30 AM https://meet.google.com/edg-eynf-cis?hs=122 8th Grade Retreat: 1:45 PM |

Homework Help/Office Hours:

In an effort to be a greater support for our students all Frederick staff will be hosting office hours starting this week! This is a time for student to meet with Frederick staff members to get help with homework, schedule their day, talk about book club, or just have a friendly face to talk to! If something comes up and you need to meet with us at a different time please don't hesitate to reach out, but these will be our weekly standing office hours going forward.

Mr. Paxton's Office Hours: 3-5 PM, Mon-Thursday, 2-4 PM on Friday.

Mr. McGurn's Office Hours: 12-3 PM Mon-Thursday

Ms. T's Office Hours: 1-3 PM Every Day

Ms. C's Office Hours: 1-3 PM Every Day

Ms. Williams' Office Hours: Tuesday-Thursday 1-3 PM

RESOURCE LIST:

Tenacity Academic Resources

- **Journal Buddies** are still happening and we are still waiting on replies! Find your journal buddy entry in your Boston Public School email & respond soon – we are waiting to hear from you! Entries are sent out each **Thursday**.
- **Book clubs** are happening every **Tuesday & Wednesday!** Check your emails for any activities, and use the link below to join your book club if you haven't done so already:

Mr. McGurn's Book Club <https://edmo.do/j/c4wej5>

Mr. Paxton's Book Club <https://edmo.do/j/uierem>

Ms. T's Book Club <https://edmo.do/j/weuxst>

Ms. C's Book Club <https://edmo.do/j/k73cbt>

Ms. Williams' Book Club <https://edmo.do/j/ehhvtv>

- **Fitness challenges** can be found on the Tenacity Instagram account, @tenacityfrederick! Keep in shape while challenging yourself to be the best *you* that you can be.
- **Literacy Challenges** will be made every *Monday and Friday* on our Instagram page, @tenacityfrederick. These are quick, easy, & fun ways for us to use our brains with the down-time we have – so check it out!
- **Family visits** will be conducted via phone by either Mr. Paxton or Mr. McGurn. These will have an increased focus on steps that we can take during this crisis to help your children both academically & personally.
- **Virtual Resource** for Educators and Parents:
https://teachstone.com/coronavirus-resources-educators-and-parents/?utm_campaign=COVID-19&utm_source=hs_email&utm_medium=email&utm_content=85379120&hsenc=p2ANqtz-i-RJPEqouPp59pz69dHbmBbTobqtAZolaPUK3T9IAHua21RuxV1R0Fvx3vqzJIEu8yk6r-S35-MA5Ri2KuYrgbhUQ&hsmi=85379120
- **Home learning** tips for Students and Families:
https://teachstone.com/coronavirus-resources-educators-and-parents/?utm_campaign=COVID-19&utm_source=hs_email&utm_medium=email&utm_content=85379120&hsenc=p2ANqtz-i-RJPEqouPp59pz69dHbmBbTobqtAZolaPUK3T9IAHua21RuxV1R0Fvx3vqzJIEu8yk6r-S35-MA5Ri2KuYrgbhUQ&hsmi=85379120

Internet & Computer Help

- If your child has not gotten a Chromebook from the Frederick or been able to complete online work, please fill out this online form.
https://docs.google.com/forms/d/e/1FAIpQLSdoul-p3YNyu7B9VsQaB6f3YUuSBkTaENof-tMEJaiBEjZFDA/viewform?fbclid=IwAROS1yJbdvm2re0QDGPtLbAaEiuOC_Amvhubs_mW_WeKvHtxqteRZGd4YvJQ
- Visit <https://hotspots.wifi.xfinity.com/> to find **Wi-Fi hotspot locations** throughout the city.
- **2 months of free internet** can be obtained by signing up at www.internetessentials.com
- [GoNoodle](#) has fun free movement and mindfulness videos for kids, including camp songs! Other amazing educational resources can be found [here](#).
- **Reading** is the easiest thing you can do to keep on track with school & give your brain a break from all the craziness around us. All students with a BPS email can access thousands of books online through www.bookshare.org free of charge! Now is the *perfect* time to read – stories can help us pass the time while being productive with our brains.
- **Having Chromebook issues?** Visit <https://www.bostonpublicschools.org/laptop> to file a claim and receive support.
- **Accessing Google Classroom** from home:
https://teachstone.com/coronavirus-resources-educators-and-parents/?utm_campaign=COVID-19&utm_source=hs_email&utm_medium=email&utm_content=85379120&hsenc=p2ANqtz-i-_RJPEqouPp59pz69dHbmBbTobqtAZolaPUK3T9IAHua21RuxV1R0Fvx3vqzJIEu8yk6r-S35-MA5Ri2KuYrgbhUQ&hsmi=85379120

Food Access

- **Free breakfast & lunch** are available to students all across the city. The website below shows locations & times:
<https://www.bostonpublicschools.org/freemeals>
- For **additional food assistance** for your family, call *Project Bread*: 1-800-645-8333 or go to the Greater Boston Food Bank website to find a list of local places where you can pick up items.
- **Free groceries** for all by the [Solidarity Supply Distro](#) at Makeshift Boston ([549 Columbus Ave, Boston, MA 02118](#)) every Monday at 5:30pm.

Financial Assistance

- For financial assistance, call 311 (Boston) or 211 (out-of-state) and ask about the [United Way COVID-19 Family Support Fund](#).
- Apply to get a one-time \$150 gift card from Union Capital Boston (while supplies last) by filling out this form: https://docs.google.com/forms/d/e/1FAIpQLScolROjCAZrjN0xacVg0CBAfKSMpQ7wY2eVZsA9QmB8_zTlg/viewform?fbclid=IwAR3qoLCy_DLWkD69HfE3INR5d6CjFD_F5oLvWIA7z0eaxy09mmtNlwDj_lbo
- Information on Massachusetts workers emergency relief funds can be found [here](#).

Neighborhood Mutual Aid Networks

- Ask for help, offer help. Neighbors helping neighbors can be found [here](#).

Resources for Immigrants

- Emergency fund for undocumented folks can be found [here](#).
- USCIS has confirmed that the Public Charge rule does not restrict access to testing, screening, or treatment of communicable diseases, including COVID-19. [USCIS Alert](#)
- A list of free clinics and health centers in MA can be found [here](#).
- Information about services for Boston residents, regardless of immigration status [here](#).

Additional Resources

- [Casa Myrna](#) provides shelter and supportive services to survivors of domestic violence.

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