



Frederick Blast: 5/26

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!

- **Tenacity's Got Talent: A Virtual Showcase will be happening this Friday at 2 PM!**
There is still a spot open for any student who wants to participate, so contact Mr. McGurn by the end of the day if you want to win a \$10 gift card!
- **The Frederick Tenacity will be hosting a virtual End-of-Year Ceremony on Thursday, June 4th from 2-3PM.** Parents are welcome to join. Click this link to RSVP!
<https://docs.google.com/forms/d/e/1FAIpQLSc92aPid9VsZF3kTxsoMH6v9EHgeel5-0s1yvCy3GLLGXlq4w/viewform?vc=0&c=0&w=1>
- **The Frederick Yearbook is well under-way,** and we need your help to finish it! Students should use this Google Form to answer questions about this year:
<https://docs.google.com/forms/d/e/1FAIpQLSdTGA35M3Q087Y1FegUNanATaOYckeDFdMalZI9In5OQXbg7g/viewform?vc=0&c=0&w=1>
- **Tenacity will be hosting Lunch Break hangouts, every Thursday at 12 PM!** Click the link below or check your school email to join!
<https://meet.google.com/ubu-oamd-utp?hs=122&authuser=0>
- **Day-to-day updates on COVID-19 procedures/information can be found at**
<https://www.boston.gov/news/coronavirus-disease-covid-19-boston>.

Homework Help/Office Hours: Contact us to get a session scheduled!

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

Mr. McGurn's Office Hours: 3-5 PM Monday – Thursday; 2-4 PM on Friday

Ms. T's Office Hours: 11-12 & 2-3 PM Every Day

Ms. C's Office Hours: 2-3 & 4-5 PM Monday – Thursday

Ms. Williams' Office Hours: 11-12 & 2-3 PM Tuesday – Thursday

The Frederick live-learning schedule can be found below:

9-11 AM:	<u>Independent work time</u> ; students independently complete assignments on Google Classroom.
11 AM-12 PM:	<u>Elective Class</u> ; attend your live elective class or an enrichment opportunity.
12-1 PM:	<u>Lunch</u> ; Take a break and get ready for your afternoon classes!
1-2 PM:	<u>Live Classes</u> ; Join your teacher and classmates for live online class and PRIDE time on Fridays.
2-3 PM:	<u>Live Work Time with Teachers</u> ; Join your teachers for live support in all of your content classes.

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-RJPEqouPp59pz69dHbmBbTobqtAZolaPUK3T9IAHua21RuxV1R0Fvx3vqzIJEu8yk6r-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-RJPEqouPp59pz69dHbmBbTobqtAZolaPUK3T9IAHua21RuxV1R0Fvx3vqzIJEu8yk6r-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=IwAROS1yJbdvm2reOQDGPtLbAaEiuOC_AmvhubsmW_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-RJPEqouPp59pz69dHbmBbTobqtAZolaPUK3T9IAHua21RuxV1R0Fvx3vqzIJEu8yk6r-S35-MA5Ri2KuYrgbhUQ&hsmi=85379120

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r-S35- MA5Ri2KuYrgbhUQ& hsmi=85379120](https://www.bostonpublicschools.org/freemeals)

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

- **Massachusetts has launched a Pandemic EBT benefit program**, totaling \$5.70 per eligible student per household (\$28.50/week). For frequently asked questions and guidelines, go to <https://www.mass.gov/info-details/pandemic-ebt-p-ebt>.
- **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/1FAIpQLScolROjCAZrjNOxacVgOCBAfKSMpQ7wY2eVZsA9QmB8_zTlg/viewform?fbclid=IwAR3qoLCy_DLWkD69HfE3INR5d6CjfdF5oLvWIA7zOeaxy09mmtNlwdJ_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.

Contact Info:

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