

Resources for Supporting Pasadena Unified Students and Families during COVID-19 School Closure

| Curriculum, Instruction and Academic Support | Social and Emotional Wellbeing | Physical Health and Food Access |
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| <p>Curriculum and Instruction: PUSD has loaded content into all students' accounts on Powerschool for Math, Social Studies, Science and English. Students can log into activities at www.gopUSD.com/remote</p> <p>Pasadena and Altadena Libraries Resources: <u>Pasadena Public Library</u> With a Pasadena library account, students can download eBooks, stream videos, etc https://www.cityofpasadena.net/library/. If you need help navigating the website, please Ask a Librarian.</p> <p>Need a library account for Pasadena Public Library? You can get a temporary library account here.</p> <p><u>Altadena Library</u> With an Altadena library account, students can access e-books, digital magazines, and audiobooks at www.altadenalibrary.org/digitalreading.</p> <p>Need a library account for Altadena Library? You can get a temporary library account here.</p> <p>Tutoring:</p> <ul style="list-style-type: none"> ● With an LA County Library account, students can receive online homework help in English and Spanish at https://lacountylibrary.org/homework/ ● With an LA City Library account, students can receive online homework help in English and Spanish at https://www.lapl.org/onlinetutor ● With an Altadena Library account, students can | <p>Mental Health: <u>Coping with Stress During COVID-19</u> LA County Public Health and Mental Health collaborated to create a one page guide on ways to deal with stress during the COVID-19 outbreak. Read that here.</p> <p><u>Pasadena Mental Health Resource Guide</u> The City of Pasadena has created a comprehensive mental health resource guide full of Pasadena-based services. http://cityofpasadena.libguides.com/ld.php?content_id=45737409</p> <p><u>School-Based Mental Health</u> If a student receives school-based mental health counseling services, they will continue receiving counseling services over the phone or through video conferencing while school is not in session. This includes clients of 5 Acres, D'Veal, Foothill Family, Hathaway-Sycamores, Hillside Pacific Clinics and PUSD Mental Health.</p> <p><i>If a PUSD student is interested in receiving mental health services at this time, please use this directory to find the agency that serves your school.</i></p> | <p><u>PUSD Food Service locations during school closures</u> ANY PUSD student (regardless of income) can pick up breakfast and lunch at the following locations EVERY DAY (including Saturdays and Sundays) from 9-11am:</p> <ul style="list-style-type: none"> ● Eliot MS ● Wilson MS ● Norma Coombs ES ● McKinley K-8 ● Muir HS ● Madison ES ● Field ES <p><i>UPDATE: If you cannot get to PUSD's 7 meal sites and need school meals delivered to your home each day, please complete this form.</i></p> <p>Local Food Pantries:</p> <ul style="list-style-type: none"> ● Salvation Army food pantry will provide families with groceries. Location: 960 E. Walnut (near Lake Ave). Open Monday-Friday from 9:00am-11:30am. ● Foothill Unity Center food pantry will provide families with groceries. Location: 191 N. Oak Ave (near Foothill Blvd). Open Tuesdays from 9-11:30am, Wednesdays from 1-3pm and Fridays from 1-3pm ● Pasadena/Altadena Coalition of Transformative Leaders (PACTL) has a bread pantry on Mondays from 5:30pm to 6:30pm. They can also provide emergency supermarket cards for families. PACTL is located at 236 W. Mountain St #204 in Pasadena. ● St. Vincent de Paul/St. Andrew Catholic Church's food pantry gives out bags of food on Saturdays from 7:30-10:30am at 140 Chestnut St (near Raymond) |

receive online homework help in English at <https://www.brainfuse.com/register/newsignup2.asp>

AP and/or SAT Test Prep:

If you are enrolled in an AP class or plan on taking the SAT when school resumes, you may want to use Khan Academy as an additional test prep opportunity. The lessons are aligned closely to the knowledge and skills that you will need to do well on these important exams. <https://www.khanacademy.org/>

College and Career Readiness

All Grades:

Activate your account on californiacolleges.edu - for steps on how to activate your account:

[Steps to Activate californiacolleges.edu Account](#)

11th Graders can also:

Also, do some SAT/SBAC prep on Khan Academy <https://www.khanacademy.org/>

12th Graders can also:

complete FAFSA/ Dream Act

FAFSA: <https://studentaid.gov/h/apply-for-aid/fafsa>

Dream Act: <https://dream.csac.ca.gov/>

Cal Grant Log On:

<https://www.csac.ca.gov/webgrants-4-students>

Scholarship Web searches:

<https://www.fastweb.com/>

<https://www.scholarships.com/>

<https://bigfuture.collegeboard.org/scholarship-search>

College Access Plan (CAP)

College Access Plan (CAP) staff members are working to support students with anything to do with college, including college enrollment. To schedule a phone call or video chat with a CAP staff member, call the CAP office and leave a message at (626) 398-8500 or send CAP a message [here](#).

Suicide hotlines

- National Suicide Prevention Lifeline at 1-800-273-8255
- Youth Crisis Text Line by texting CONNECT to 741741

Holistic Teen Health:

The Teen Call Line is a partnership between Planned Parenthood and the Wellbeing Center. The Teen Call Line is open from 5pm-midnight, 7 days a week at (844) 810-0062. Through the Teen Call Line, students can:

- make an appointment
- ask sexual health questions
- get mental health counseling resources
- get alcohol and drug abuse resources

Meditation:

UCLA's Mindful Awareness Research Center has a host of free guided meditations (in English and Spanish) to help you feel calm and reduce stress (<https://www.uclahealth.org/marc/mindful-meditations>)

The Calm app has free guided meditations too. Find them [here](#).

Safety Concerns:

Say Something allows for anonymous reporting to help identify people at-risk of hurting themselves or others. Make a report [here](#) or call (844) 572-9669.

Supplemental Food Support:

California Fresh provides supplemental food support for low income families. To apply for benefits, go to go.getcalfresh.org. If you qualify, you'll get a debit card to use for groceries.

Home Cooking:

[My Fridge Food](#) is an easy to use website that helps you create meals based on what ingredients you already have in your home.

Medical and dental care for uninsured/underinsured:

[Young and Healthy](#) is open during school closure and ready to connect uninsured/underinsured families with medical and/or dental care. Call them at (626) 795-5166.

Outdoor Activities (that maintain social distance!)

- Best local parks near Pasadena

<https://www.cityofpasadena.net/parks-and-rec/parks/>

Home-based exercise videos:

- Home workout - Fitness Blender

https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ

- Yoga - Sarah Beth Show

<https://www.youtube.com/user/SarahBethShow>

Recursos para apoyar a Pasadena Unified Estudiantes y Familias durante el cierre de la escuela para COVID-19

| Currículo, Instrucción y Apoyo Académico | Bienestar Social y Emocional | Salud Física y Acceso a Alimentos |
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| <p>Currículo e Instrucción: PUSD cargará contenido en las cuentas de todos los estudiantes en Powerschool para Matemáticas, Estudios Sociales, Ciencias y Inglés. Los estudiantes pueden entrar en actividades, utilizando el siguiente enlace: www.gopUSD.com/remote</p> <p>Recursos de las bibliotecas de Pasadena y Altadena: <u>Bibliotecas de Pasadena</u> Con una cuenta de la biblioteca de Pasadena, los estudiantes pueden descargar libros electrónicos y transmitir videos aquí. Si necesita ayuda para navegar por el sitio web, consulte a un bibliotecario.</p> <p>¿Necesitas una cuenta de biblioteca de Pasadena? Puedes obtener una cuenta de biblioteca temporal aquí.</p> <p><u>Bibliotecas de Altadena</u> Con una cuenta en la biblioteca de Altadena, los estudiantes pueden acceder a libros electrónicos, revistas digitales y audiolibros en www.altadenalibrary.org/digitalreading</p> <p>¿Necesita una cuenta de biblioteca para la Biblioteca de Altadena? Puede obtener una cuenta de biblioteca temporal aquí.</p> <p>Tutoría:</p> <ul style="list-style-type: none"> • Con una cuenta de la Biblioteca del Condado de Los | <p>Salud mental: <u>Lidiando con el estrés durante COVID-19</u> El Departamento de Salud Pública y Salud Mental del Condado de Los Ángeles colaboró para crear una guía sobre formas de lidiar con el estrés durante el brote de COVID-19. La guía es aquí.</p> <p><u>Guía de recursos de salud mental en Pasadena</u> La Ciudad de Pasadena ha creado una guía integral de recursos de salud mental llena de servicios basados en Pasadena. http://cityofpasadena.libguides.com/ld.php?content_id=45737409</p> <p><u>Servicios de salud mental</u> Si un estudiante recibe servicios de asesoramiento de salud mental en la escuela, continuará recibiendo servicios de asesoramiento por teléfono o por videoconferencia mientras la escuela no esté en sesión. Esto incluye clientes de 5 Acres, D'Veal, Foothill Family, Hathaway-Sycamores, Hillside Pacific Clinics y PUSD Mental Health.</p> <p>Si un estudiante de PUSD está interesado en recibir servicios de salud mental, utilice este directorio para encontrar la agencia que sirve a su escuela.</p> | <p>Ubicaciones de PUSD Servicio de Comida durante el cierre de escuelas CUALQUIER estudiante de PUSD (independientemente de sus ingresos) puede recoger el desayuno y el almuerzo de los siguientes lugares TODOS LOS DIAS (incluidos sábados y domingos) de 9 a-11 a.m.</p> <ul style="list-style-type: none"> • Eliot MS • Wilson MS • Norma Coombs ES • McKinley K-8 • Muir HS • Madison ES • Field ES <p>IMPORTANTE: Si no puede acceder a los 7 sitios de comidas de PUSD y necesita que le envíen comidas escolares a su hogar todos los días, complete este formulario. El formulario es inglés y español.</p> <p>Despensa de comida local:</p> <ul style="list-style-type: none"> • La despensa de comida del Ejército de Salvación (Salvation Army) ayuda a las familias con alimentos. Ubicación: 960 E. Walnut (cerca de Lake Ave). Abierto de lunes a viernes de 9:00-11:30a.m. • La despensa de comida del Foothill Unity Center ayuda a las familias con alimentos. Ubicación: 191 N. Oak Ave (cerca de Foothill Blvd). Abierto los martes de 9-11:30a.m., los miércoles de 1-3p.m. y los viernes de 1-3p.m. • Pasadena/Altadena Coalition of Transformative Leaders (PACTL) tiene una despensa de pan abierta los lunes de 5:30 p.m. a 6:30 p.m. También |

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| <p>Ángeles, los estudiantes pueden recibir ayuda con la tarea en inglés y español, todos los días de 1 p.m. a 10 p.m. https://lacountylibrary.org/homework/</p> <ul style="list-style-type: none"> • Con una cuenta de la Biblioteca de la Ciudad de Los Ángeles, los estudiantes pueden recibir ayuda con la tarea en inglés y español, todos los días de 11 a.m. a 11 p.m. https://www.lapl.org/onlinetutor <p>Preparación para exámenes AP y / o SAT: Si estás inscrito en clase(s) AP o planeas tomar el SAT cuando se reanuda la escuela, puedes usar Khan Academy como una oportunidad adicional de preparación para el examen. Las lecciones están alineadas estrechamente con el conocimiento y las habilidades que necesitarás para obtener buenos resultados en estos importantes exámenes. https://www.khanacademy.org/</p> <p>Preparación universitaria y profesional <u>Todos los grados:</u> Activa tu cuenta en californiacolleges.edu - para conocer los pasos sobre cómo activar tu cuenta: Steps to Activate californiacolleges.edu Account</p> <p><u>Los estudiantes de 11º grado</u> también pueden: Hacer algo de preparación de SAT/SBAC en Khan Academy https://www.khanacademy.org/</p> <p><u>Los estudiantes de 12º grado</u> también pueden: completar FAFSA / Dream Act FAFSA: https://studentaid.gov/h/apply-for-aid/afsa Dream Act: https://dream.csac.ca.gov/ Cal Grant Log On (acceder al sistema): https://www.csac.ca.gov/webgrants-4-students Búsquedas en el sitio web para becas: https://www.fastweb.com/ https://www.scholarships.com/ https://bigfuture.collegeboard.org/scholarship-search</p> | <p>Líneas directas de suicidio</p> <ul style="list-style-type: none"> • Línea Nacional de Prevención del Suicidio al 1-800-273-8255 • Línea de texto de crisis juvenil. CONECTATE enviando un mensaje de texto al 741741 <p>Salud holística para adolescentes: La Teen Call Line (línea para llamadas de adolescentes) es una asociación entre Planned Parenthood y el Centro de Bienestar. La línea Teen Call está abierta de 5 pm a medianoche, los 7 días de la semana al (844) 810-0062. A través de Teen Call Line, los estudiantes pueden:</p> <ul style="list-style-type: none"> • Hacer una cita • Hacer preguntas sobre salud sexual • Obtener recursos de asesoramiento sobre salud mental • Obtener recursos para el abuso de alcohol y drogas <p>Meditación: El Centro de investigación de conciencia plena de UCLA tiene una serie de meditaciones guiadas gratuitas (en inglés y español) para ayudarlo a sentirse tranquilo y reducir el estrés https://www.uclahealth.org/marc/mindful-meditations)</p> <p>La aplicación Calm también tiene meditaciones guiadas gratuitas en Español. Encuéntralos aquí.</p> <p>Preocupaciones de seguridad: La aplicación Say Something SHP (Di Algo) permite informar anónimamente para ayudar a identificar a las personas en</p> | <p>pueden proporcionar tarjetas de supermercado de emergencia para familias. PACTL está ubicado en 236 W. Mountain St #204 en Pasadena</p> <ul style="list-style-type: none"> • Iglesia Católica de San Vincent de Paul y San Andrew dispensa de alimentos entrega bolsas de comida los sábados de 7:30-10:30 en la mañana a 140 Chestnut St (cerca de Raymond). <p>Apoyo alimenticio suplementario: California Fresh brinda apoyo de alimentos suplementarios para familias de bajos ingresos. Para solicitar beneficios, visite go.getcalfresh.org. Si califica, recibirá una tarjeta de débito para comprar alimentos.</p> <p>Cocinar en casa: My Fridge Food es un sitio web fácil de usar que te ayuda a crear comidas basadas en los ingredientes que ya tienes en tu hogar.</p> <p>Atención médica y dental para personas sin seguro o con seguro insuficiente: Young and Healthy está abierto durante el cierre de la escuela y está listo para conectar a las familias sin seguro o con seguro insuficiente con atención médica y / o dental. Llámalos al (626) 795-5166</p> <p>Actividades al aire libre (que mantienen la distancia social)</p> <ul style="list-style-type: none"> • Los mejores parques locales cerca en Pasadena https://www.cityofpasadena.net/parks-and-rec/parks/ <p>Videos para ejercicios en el hogar:</p> <ul style="list-style-type: none"> • Entrenamiento en casa - Fitness Blender https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ • Yoga - Sarah Beth Show https://www.youtube.com/user/SarahBethShow |
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| <p>College Access Plan (CAP) Los miembros del personal del College Access Plan (CAP) están trabajando para apoyar a los estudiantes con cualquier cosa que tenga que ver con la universidad, incluida la inscripción a la universidad. Para programar una llamada o video chat con el personal de CAP, llame a la oficina de CAP y deje un mensaje al (626) 398-8500 o envíe un mensaje a CAP aquí.</p> | <p>riesgo de lastimarse a sí mismas o a otros. Haga un informe en aquí o llame al (844) 572-9669.</p> | |
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