



Maree G. Farring Elementary-Middle School

300 Pontiac Avenue // Baltimore, MD 21225 // (410) 396 – 1404
Benjamin Crandall, *Principal*

MGF Updates -- March 2020

Dear Farring Families - We know that we are entering an unprecedented time of uncertainty, and we hope you know that the teachers, staff, and leadership of Maree G. Farring Elementary-Middle School is committed to supporting you, whether we are in school as normal or on hiatus to encourage healthy communities. Until we can be together again, we offer resources to help at home, including a list of neighborhood food and clothing resources; learning packets developed by our teachers; and at-home activities for students and families listed below. You are always in our hearts and minds, and we hope you'll reach out to the school using the phone number above with any questions or concerns: Tuesday-Friday, 8:30-11:30.

Our PE teacher, Ms. Fowler, has a great way to **get up and get moving EVERY DAY** for at least **30-45 minutes**. Here is a suggested workout that you do not need any equipment for, either indoors OR outside!

- 1) 25 Jumping Jacks
- 2) 15 Sit Ups
- 3) Plank (Hold for 45 seconds)
- 4) Mountain Climbers 30 seconds
- 5) Run in Place High Knees 30-45 seconds
- 6) 10 Burpees
- 7) 10 Body weight squats
- 8) Rest 1 minute

** Repeat the workout 4 times each day. If the amount of each exercise is too easy for you, increase the number of reps by 5 each round**

From Ms. Brunson, our Computer Science teacher: Below you will find a list of **educational websites that are offering FREE access** to students, and families:

Age of Learning (ABCmouse, ReadingIQ) <https://www.ageoflearning.com/schools>
 BrainPop <http://bit.ly/2TMAdy>
 Minecraft: Education Edition <https://education.minecraft.net/>
 Khan Academy <http://bit.ly/2wanPPE>
 Scratch <https://scratch.mit.edu/>
 Code Monster <http://www.crunchzilla.com/code-monster>
 Blockly <https://blockly.games/>
 Typing Club <https://www.typingclub.com/>

Mindfulness at Home

We would like to share **3 simple breathing and mindfulness techniques** that can be **easily implemented at school or home** for students, teachers, and parents who may be experiencing anxiety.

- **4/5 Breathing**
Inhale for the count of 4. Pause. Exhale for the count of 5.(Repeat for 30 seconds to 1 minute)
- **1:1 Breathing**
Identify and name a familiar object (like a notebook). Say the name of that object in your mind ("notebook"). Breathe in, breathe out. (Repeat by naming additional objects for 30 seconds to 1 minute)
- **Mindful Listening**
Identify a familiar sound (like a clock ticking or traffic). Concentrate on that sound. Breathe in, breathe out. (Repeat for 30 seconds to 1 minute)



Access to Clean Water During Health Emergency

On Friday, Mayor Young and Baltimore County Executive Johnny Olszewski announced that they will issue joint Executive Orders stating that, effective immediately, neither jurisdiction will turn off water service for failure to pay. "It is critical that we ensure residents have all the essential resources and services they need to safeguard themselves and their families," Mayor Young said. "All residents in the Baltimore region can be assured that their services will continue regardless of their ability to pay, while we continue to work through this public health crisis."

Citing Public Health Crises, Mayor Young Requests Halt to Evictions

Evictions in Baltimore City are halted while schools are closed due to the growing COVID-19 virus. Mayor Young reached out to Baltimore City Sheriff John W. Anderson to request his office, which has jurisdiction over evictions, stop the practice during the period when schools are closed in Baltimore. "I am thankful to Sheriff Anderson District Administrative Judge Barbara B. Waxman for working with my office to put in place a policy to allow people to remain in

"If I Were Mayor, I would..." Essay Contest (Deadline: March 27)
Each year, the Maryland Municipal League and the Maryland Mayors' Association invite 4th grade students to participate in a statewide essay contest: "If I Were Mayor, I would..." This year's theme is "re-imagining tomorrow." The contest gives students a chance to creatively use grade-specific language arts skills and civics/social studies knowledge. Eleven essays are selected annually as the best essays from their region. This year's winners will receive: \$100 cash, a Governor's citation, and a ceremony in Annapolis. For more information, interested folks should visit <https://mdmunicipal.org/168/Mayors-Essay-Contest>
 Essays are due on March 27!

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Curtis Bay

1630 Filbert St.
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410-396-1811

homes while schools and many other government buildings are closed due to COVID-19," said Young.

Rec Centers Will Serve as Hubs Where Students Displaced by Coronavirus Can Get Access to Meals

Mayor Young and the Director of Recreation and Parks Reginald Moore announced Friday that all of the City's recreation centers would serve as food distribution hubs, where school-age children can pick up a midday snack, and prepared dinners in the evening. Beginning Monday, students will be able to pick up a snack beginning at 2 p.m. and receive dinner starting at 5 p.m. at any one of 40 Recreation Centers. The dinner program will end at 7:00 p.m. Sites nearest to Farring are the

The Historic Cherry Hill Elementary/Middle School
801 Bridgeview Road
Baltimore, MD 21225
410-396-1392

Farring-Baybrook

4501 Farring Ct.
Brooklyn, Md. 21225
Center: 410-396-2595

Curtis Bay and Farring-Baybrook Rec Centers. *Additionally, Baltimore City Public Schools are operating several sites where students can receive breakfast and lunch between the hours of 10:00 a.m. and 2:00 p.m. Closest site to Farring is The Historic Cherry Hill Elementary/Middle School.*