



Dear GPMS Families,

We hope all of you are doing well. Please know that we are thinking of you all and truly miss your faces. This social distancing is challenge for us all. This can also be a stressful time. Working from home is something new for me, as I am sure it is for you. I'm going to share some links that I hope will help you academically, physically, and emotionally. Also, remember I am an email away: dgalvan@galenaparkisd.com. Or you can click the following link:

<https://forms.gle/9zDC1ak632X6JVZq7>

We hope to see you all very soon!

Sincerely,

Ms. Galvan and Mrs. Davis

List of Important Recourses for Parents

SEL activities: These links offer social emotional support by providing activities for families to do.

- <https://www.centervention.com/social-emotional-learning-activities/>
- <https://positivepsychology.com/mindfulness-for-children-kids-activities/>
- <https://www.mindfulschools.org/video/arrive-2/>

Educational support: These links offer support in your child's academic classes.

- <https://classroommagazines.scholastic.com/support/learnathome.html>
- <https://www.khanacademy.org/>
- <https://www.ixl.com/>

Physical activities: Keep active even if it's a short walk with the family get some outdoors time. This link suggests activities for the family.

- <https://www.hhs.gov/fitness/resource-center/physical-activity-resources/index.html>

Mental activities: Keep your brain working and try out this link.

- <https://www.hhs.gov/fitness/resource-center/physical-activity-resources/index.html>

***Other important resources:**

Galena Park ISD is offering free breakfast and lunch meal pick-up for children ages 1-18 years old beginning Tuesday, March 17th. The link below has specific curbside locations:

https://www.galenaparkisd.com/cms/lib/TX02217083/Centricity/ModuleInstance/950/curbsideMeals_group.pdf

Spectrum offers free internet so students can do classwork at home. Spectrum: 1-844-488-8398, call sales department and ask for Student Remote Education offer

- <https://www.engadget.com/2020/03/16/spectrum-free-internet-students-coronavirus/>