

Healthy Futures Update!



22 Remote Learning Tips For Families

Remote learning is still proving to be a difficult task to undertake for many families. But don't give up. Tech Thought offers a list of remote learning tips for parents and families working with children at home. Learn more below.

<https://www.teachthought.com/technology/remote-learning-tips-for-parents/>

Free Holiday Food Baskets & Meals

Looking for places to go for Thanksgiving dinner or apply for a holiday food baskets? Please check out the Information Center of the Central Library site for a complete list of sites. Click the link below and scroll down to access the Holiday Information Bulletin (highlighted in blue).

<https://libraryweb.org/services/outreach-services/>

RCSD Meal Sites

In response to the COVID-19 pandemic, the City of Rochester has established meal distribution sites for school-age children.

Several RCSD schools are distributing grab-and-go breakfast and lunch to RCSD students Monday-Friday, between 10:00 AM and 2:00 PM.

Additionally, several R-Centers are distributing breakfast, lunch and dinner from 8:00 AM to 7:00 PM, Monday-Friday.

Please see link below for a complete list of school sites and R-Center sites.

<https://www.rcsdk12.org/Page/54797>

As a reminder, you can call **211** for food distribution information and help with shelter.

1

COGNITIVE

Teach skills and competencies

2

SOCIAL

Foster healthy relationships

3

EMOTIONAL

Create safe and secure environments & psychological safety

4

PHYSICAL

Build healthy habits