# PAS WEEKLY

pennalexander.philasd.org

Ms. Overton, Principal

215-400-7760

# **Upcoming Events:**

#### **EC Summer Reading Discussion**

Tuesday, March 16, 7pm

## FACE Parent Workshop Homework Help

Wednesday, March 17, 1pm

#### GSA

Thursday, March 18, 3:30pm

#### **Student Grab & Go Meals**

Friday, March 19, 9am-2pm

# Music In Our Schools Wear Something Musical

Friday, March 19, 9am-2pm

#### **Talent Show Videos Due**

Monday, March 22



# **Announcing Phase II Hybrid Learning**

The district is now inviting our 100% digital Prek-2 students to opt into in-person learning. Communication will be sent this week for families to make their selection. Deadline is March 23. Phase II in-person learning will start on Tuesday, April 5.

As a reminder, all students have virtual learning at home on Wednesdays to allow for deep cleaning of our building between cohorts.

Wednesdays are also half days for all grades K-8. We will have teacher professional development in the afternoon.

**Fridays will be a full day for all grades.** Thank you in advance for your continued understanding.



# **Wear Something Musical on Friday!**

Please join us for a celebration of our School Music Program by wearing something musical to school on Friday, March 19. In-person and students learning at home are encouraged to participate. See the enclosed flier to learn more about our music program directed by Ms. Lam

# **Student Portraits for Yearbook - Deadline Extended**

If you haven't already done so, please take your student's picture for our yearbook. Our goal is to have 100% participation! Click <u>HERE</u> for step by step instructions. Thank you to the 220 families who have submit their photo. Just 319 more to go to reach our goal of all students in the yearbook! Please reach out to your room parent for assistance.



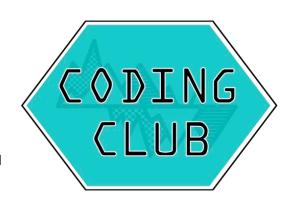
## **Title One Parent Feedback**

Please complete <u>this survey</u> to let us know the barriers you are experiencing as well as solutions to improve your child.



# Penn-Fife Coding Club EXTENDED- Join Today

The after school Penn-Flfe Coding Club on Mondays and Wednesdays has been extended until June 4. NEW students can sign up using this <u>form.</u> Students can attend both days or just once a week. Students will be grouped into beginner and intermediate.



# **Moving? Not Returning to PAS for '21-'22?**

Moving? Not returning to PAS for the '21-'22 school year? If you are planning to relocate, or not return to PAS in the Fall, please contact Principal Overton in writing or email (<a href="mailto:loverton@philasd.org">loverton@philasd.org</a>) as soon as possible. This information will assist us in planning and reorganizing for the upcoming school year. We have a number of students on our waiting list for each grade.



# Parent Portal - Made Easy with the App!

The School District Parent Portal for student attendance, grades, reports and more has an app! Get grades and attendance pushed to your smartphone with the Infinite Campus Parent App. Click on either of these links for more information: <u>iPhone or iPad App</u> or an Android device



# **Attendance Matters**

As a reminder to our students in grades 1-8, specialist classes - art, music, library, technology and gym - are graded subjects. Attendance and full participation in each class is expected. If your student is having difficulty accessing class, please reach out to the teacher. Email addresses are listed on our <u>staff webpage</u>



# **CHROMEBOOK ISSUES?**

During the first weeks of online learning, we have noticed some students are still having difficulty with the loaned Chromebooks. If you would like assistance, please complete <u>this form</u>.





# PENN ALEXANDER SCHOOL

PRESENTS ...



# **TALENT SHOW 2021!!!**



A Virtual Evening

Show off your talents and see your classmates!!

# All talents invited!

- Any PAS student may participate! No audition needed!
- Deadline for video submission: Monday, March 22
- · One video per student, please
  - If your student would like to be in more than one number/ act, let us know –
     we're happy to consider requests as long as space and time permit!
- Participants will receive a free PAS Snack Pack to enjoy during the show!

# Steps for upload

- 1) Video your talent production (max 2 min)
  - Horizontal format works best if using a phone or tablet
  - More tips for a great recording on next page
- 2) Complete the form found here <a href="https://forms.gle/V9TUskdNPvzzSwfSA">https://forms.gle/V9TUskdNPvzzSwfSA</a>
  - A form is needed for every student participating
- 3) Upload your video to Padlet\_ password <u>Talent2021</u>
  - You can use this link via computer
     <a href="https://padlet.com/hillkayser/1zwvvx5xydhdqjed">https://padlet.com/hillkayser/1zwvvx5xydhdqjed</a>
  - OR scan the QR code below from your phone



Scan the code using the Padlet app on your phone or table

# Tips for a great recording

Thank you for sharing your talents, PAS students! Here are a few things to keep in mind to make the best quality video to showcase your act:

## Camera Set-Up

Find a table or other flat surface to hold your camera straight. If someone is filming you, have them stay as still as possible.

#### **Camera Orientation**

If you're using a phone or tablet, be sure to position it horizontally so that the frame is across, rather than up and down. You'll get a larger frame to work with.

#### Lighting

We want to see you! Position yourself in front of the light – either natural light (preferable) through a window or a lamp. Or go outside! Try not to have any bright lights behind you.

#### Sound

Make sure you set up in a quiet location to minimize background noise.

#### **Distance**

Try not to be too far away from the camera — depending on your act, the closer the better. Also keep in mind: the bigger the distance, the lower the sound quality.

#### Take a Bow

\*

Be proud! You've worked hard, so take that bow. You deserve it!

# **Show Details**

This year's talent show will be a livestream event the evening of Friday, May 14!

The show will be hosted on a private YouTube Channel

Join us on May 14<sup>th</sup>, or watch on another date — at your convenience!

# Having Trouble? Have a question? We're here to help!!!

Contact your planning committee with questions or technical challenges

Michelle Bloodwell (<u>mgoeke@gmail.com</u>), Angela Curry (<u>akweon@hotmail.com</u>), Chrissie Hill-Kayser (<u>hill.kayser@gmail.com</u>), Carrie Waterman (carrie.waterman@compass.com)

We can't wait to see what you can do!





# **2021 CONTEST RESULTS**

## Grade 7/8 category

Winner ~ Samoa Hossain from the Henry C. Lea School. Grade 7 2nd Place ~ Drew Feldman from the Penn Alexander School. Grade 7 3rd Place~ Jauziyyah Hameed from the Henry C. Lea School. Grade 7

#### **Grade 5/6 category**

Winner ~ Willa Roberts from the Penn Alexander School. Grade 6 2nd Place ~ Amiya Henderson from the Gesu School. Grade 6 3rd Place ~ Jordyn Evans from the Gesu School. Grade 6

### **Grade 3/4 category**

Winner ~ Sofia R. Figueroa from the Samuel Powel School Grade 3 2nd Place ~ Noa Yurdin from the Samuel Powel School Grade 4 3rd Place ~ Crystal Headon from the Samuel Powel School Grade 3

Honorable Recognition - Lily Brimfield from the Penn Alexander School Grade 2

The winner of each grade group will read their essay at the March 25th Walnut Hill Community

Association Community Meeting at 6pm. The school communities are welcome to attend to support

the winners. The zoom link is posted on the association website walnuthillca.com

Click on this <u>link</u> to read the winning essays.

All 56 participants will receive an award and certificate.



# HOW TO HELP YOUR CHILD WITH HOMEWORK

Parent/Caregiver Workshop WEDNESDAY, MARCH 17,1PM

Join Zoom Meeting

https://us02web.zoom.us/j/84996402295?pwd=YW9hQmk2K2dKZGltaVJiMnBjdFhhQT09

Meeting ID: 849 9640 2295 Passcode: 076995

One tap mobile +19292056099

# **MARCH** LUNCH



# School District of Philadelphia

Ochool District of 1 Tilladelphila					
Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	
8 Emergency Meal Milk	9 Emergency Meal Milk	10	CHICKEN BREAST & CHEESE ON A KAISER ROLL ^ Fresh Broccoli Fresh Grape Tomatoes Ranch Dressing Diced Peaches Mayo Fat Free Chocolate Milk	CHICKEN BREAST & CHEESE ON A KAISER ROLL ^ Fresh Broccoli Fresh Grape Tomatoes Ranch Dressing Diced Peaches Mayo Fat Free Chocolate Milk	
BUILD YOUR OWN PIZZA Pita Bread ^ Shredded Mozzarella Cheese Marinara Sauce Baby Carrots Ranch Dressing Mixed Fruit Fat Free Chocolate Milk	16 CHICKEN BREAST & CHEESE ON A KAISER ROLL ^ Fresh Broccoli Fresh Grape Tomatoes Ranch Dressing Diced Peaches Mayo Fat Free Chocolate Milk	17	TURKEY & CHEESE SUB ^ Fresh Broccoli Fresh Grape Tomatoes Ranch Dressing Diced Peaches Mayo Fat Free Chocolate Milk	VANILLA YOGURT Mozzarella Cheese Stick Sun Splash Veggie Juice Baby Carrots Ranch Dressing Mixed Fruit Cornbread ^ Fat Free Chocolate Milk	
VANILLA YOGURT  Mozzarella Cheese Stick Sun Splash Veggie Juice Baby Carrots Ranch Dressing Mixed Fruit Cornbread ^ Fat Free Chocolate Milk	TURKEY & CHEESE SUB ^ Fresh Broccoli Fresh Grape Tomatoes Ranch Dressing Diced Peaches Mayo Fat Free Chocolate Milk	24	25 CHICKEN BREAST & CHEESE ON A KAISER ROLL ^ Fresh Broccoli Fresh Grape Tomatoes Ranch Dressing Diced Peaches Mayo Fat Free Chocolate Milk	26  BUILD YOUR OWN PIZZA Pita Bread ^ Shredded Mozzarella Cheese Marinara Sauce Baby Carrots Ranch Dressing Mixed Fruit Fat Free Chocolate Milk	
SPRING BREAK	30 SPRING BREAK	31 SPRING BREAK			

^ Denotes item is whole-grain/whole wheat

Find your school's menus online at: preferredmealsmenu.com



# MARCH BREAKFAST



# School District of Philadelphia

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3		
8	-	10	11	12
FRUITY CHEERIOS ^ Maple Breakfast Square ^	APPLE CINNAMON CHEERIOS ^ Vanilla Breakfast Square ^		FROSTED MINI WHEATS ^ Crispy Granola Bites ^	CINNAMON FROSTED FLAKES ^ Strawberry Square ^
Orange Tangerine Juice 1% White Milk	Blended Fruit Juice 1% White Milk		Apple Juice 1% White Milk	Blended Fruit Juice 1% White Milk
Cherry Craisins	Cherry Craisins		Cherry Craisins	Cherry Craisins
15 FROSTED MINI WHEATS ^	16 CINNAMON FROSTED FLAKES ^	17	18 FRUITY CHEERIOS ^	19 APPLE CINNAMON CHEERIOS ^
Crispy Granola Bites ^	Strawberry Square ^		Maple Breakfast Square ^	Vanilla Breakfast Square ^
Apple Juice 1% White Milk	Blended Fruit Juice 1% White Milk		Orange Tangerine Juice 1% White Milk	Blended Fruit Juice 1% White Milk
Cherry Craisins	Cherry Craisins		Cherry Craisins	Cherry Craisins
22	23	24	25	26
FRUITY CHEERIOS ^	APPLE CINNAMON CHEERIOS ^	24	FROSTED MINI WHEATS ^	CINNAMON FROSTED FLAKES ^
Maple Breakfast Square ^ Orange Tangerine Juice	Vanilla Breakfast Square ^ Blended Fruit Juice		Crispy Granola Bites ^ Apple Juice	Strawberry Square ^ Blended Fruit Juice
1% White Milk	1% White Milk		1% White Milk	1% White Milk
Cherry Craisins	Cherry Craisins		Cherry Craisins	Cherry Craisins
29	30	31		
SPRING BREAK	SPRING BREAK	<b>SPRING BREAK</b>		
	**	MENU SUBJECT TO CHANGE	**	

\*\* MENU SUBJECT TO CHANGE \*

^ Denotes item is whole-grain/whole wheat

Find your school's menus online at: preferredmealsmenu.com



# PENN ALEXANDER SUNRISE HUB PROUDLY PRESENTS



# SINGLE-USE PLANET

# 40TH STREET TROLLEY PORTAL MARCH-MAY 2021

The Sunrise Movement is a youth climate action that is focused on implementing the Green New Deal. We are dedicated to educating our community about our climate crisis, and advocating for government officials to take action in improving our climate.

Email sunrisemvmtwestphilly@gmail.com

Email 8394526@philasd.org

# SUPPORT OUR RAINBOW LIBRARY

The Penn Alexander GSA is fundraising for diverse books featuring LGBTQIAP+ characters for our classrooms. Having these books is critical to help students feel supported at our school as well as to educate our community.

If you would like to support the Rainbow Library, please donate!

You can make a donation easily

- via Venmo: @PennAlexanderHSA
- via the Website https://pennalexanderschool.org
- via Check payable to "PAS HSA"

\*please specify
"Rainbow Library"
in the note/memo

"The first time I read a book with a lesbian character I was so excited, I hope other kids don't have to wait until they are 10 for that moment."

-PAS GSA Member

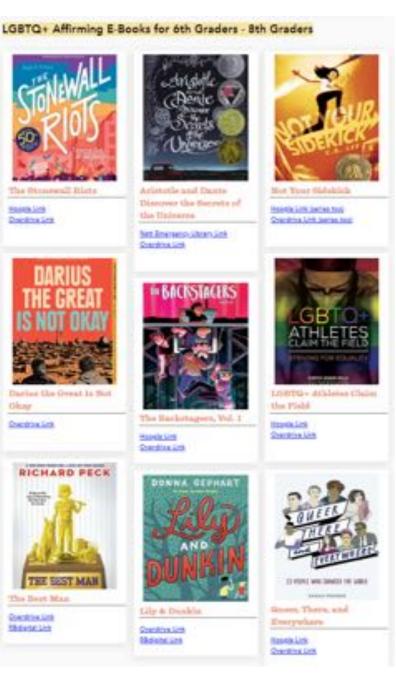


Until we are in the classroom again, you can read some of the books digitally via Hoopla or Overdrive.

Links to the books below available at:

<a href="https://www.rainbowlibrary.org/ebooks">https://www.rainbowlibrary.org/ebooks</a>





The PAS Equity Circle invites you to join us for a

# SUMMER READING DISCUSSION

Thursday, March 4, 2021, 7-8:30 pm Tuesday, March 16, 2021, 7-8:30 pm

READING LINK: https://tinyurl.com/PASS ummerReading2020

ZOOM LINK:

<a href="https://tinyurl.com/Sum">https://tinyurl.com/Sum</a>

<a href="mailto:merReadingDiscussion">merReadingDiscussion</a>

Meeting ID: 898 5143 5625,

<a href="Passcode: 924885">Passcode: 924885</a>

PLEASE RSVP HERE: <a href="https://tinyurl.com/SummerReadingSignUp20-21">https://tinyurl.com/SummerReadingSignUp20-21</a>
YOU ARE WELCOME TO JOIN ONE OR BOTH SESSIONS THIS MONTH!



Readings that will be part of the discussion:

1619: THE IDEA OF AMERICA 1619: MEDICAL INEQUITY

Other topics to cover:

TALKING TO CHILDREN
ABOUT RACE





The Philadelphia Writing Project presents...



# The Black Girls Literacies Project

An online literacy collaborative for adolescent girls ages 13-18.

Students will read, write, and respond to each other in order to explore the concept of love. This is a space for students who also enjoy composing texts using digital tools and desire to learn more about how to love themselves and others.

Interested? Register for our 3-day spring workshop series and one-week summer program. The cost of each is \$150. Scholarships are available for Philadelphia students. Capacity is limited, so sign up now!



4226 Spruce St Philadelphia, PA 19104 215-382-7811 www.ucartsleague.org



# COVID-19 EMERGENCY SHUTDOWN POLICY

If another stay-at-home order is issued by the city or state, UCAL classes will move to a virtual format, where possible. This applies to both adult and children's programs.

If UCAL needs to shut down because a student or staff member has tested positive for Covid-19, UCAL classes will move to a virtual format, where possible.

UCAL will respond to other refund needs on a case by case basis

# ADULT PROGRAM PRICING SPRING 2021

2 sessions - 16 weeks total

#### **UCAL NEEDS YOUR SUPPORT!**

It's no secret that UCAL is struggling financially as we head into the 2021 school year. If you're able, please invest in your art community and donate to UCAL when you sign up for classes this session. We need your support to continue to serve our community.

3 hour class cost \$299

2 hour class cost \$181

Online class cost \$110

4 week workshop \$93

# ADULT PROGRAMMING SPRING 2021

Monday March 15th Session Begins

**UCAL** is closed May 31st

Visit www.ucartsleague.org to learn about our day camps, (We are open during Spring Break)

Friday June 11th, session ends

#### **DAILY SCHEDULE**

3:00pm - 4:00pm Parent dropoff & playtime

4:00pm - 5:30pm Art classes

**5:30pm - 6:00pm** Free play & parent pickup



	2 Hour Classes	3 Hour Classes	Spring workshops
N U S		HAND & WHEEL handbuilding and wheel throwing Bryson Kerns \$282	BISQUE MOLD HANDBUILDING Roberta Massuch \$176
Z 0 8	THE BRUSH AND CANVAS* Jo Gamel \$159 PRINTMAKING Martha Knox \$137	HAND & WHEEL handbuilding and wheel throwing Heather Ossandon \$282	HANDBUILDING PLANTERS Domenic Frunzi \$141   4 weeks  MAKING SETS IN POTTERY Heather Ossandon
TUES	WORKS ON PAPER* Jo Gamel \$181	HAND & WHEEL handbuilding and wheel throwing Josh Landowe \$299	\$176 5 weeks  PLASTER MOLD MAKING  HIroe Hanazono  \$70 2 weeks  SURFACE STUDIES  Kopal Seth
WED	ART & SOCIAL MEDIA* Jo Gamel \$181  DRAWING WITH INK** Pat Aulisio \$93	HAND & WHEEL handbuilding and wheel throwing Debora Williams \$299	\$176 5 weeks  LUSTER GLAZING  Yvonne Lung \$40 1 day
THURS	OIL PAINTING 101* Jo Gamel \$181  POETRY NIGHT Karen Smith \$181		HANDBUILDING (ONLINE)  4 week pottery course Heather Ossandon \$110
н -	THE PAINTED SKETCH Ekaterina Vanovskaya \$93		*Participants can join this class both in person
SAT		HAND & WHEEL handbuilding and wheel throwing lan M. Petrie \$282	and online  **session 1 is a  4 week workshop



# PAYSA Youth Baseball

# Registration for the 2021 season of Philadelphia Athletics Youth Sports Association (PAYSA) Baseball at the 48<sup>th</sup> & Woodland Playground is now OPEN via the registration tab on our website:

# www.phillyathletics.org

The following in-house age groups are anticipated/planned:

Ages 3 - 4	Pee Wee (Introduction to Baseball)
Ages 5 - 6	Tee Ball (Tee, Coach Toss & Machine Pitch
Ages 7 - 9	Rookie (Machine Pitch)

Ages 9 - 11 Senior Rookie (Machine & Kid Pitch)

Final age groups and format are subject to change based on the number of players who sign up.

# In-House League Registration = \$85

- Discounts for multiple children
- Financial assistance available

Opening Day is Saturday, April 10

Registration will close by March 7 or when we fill up, whatever comes first.

Questions, for more information, interested in coaching/volunteering, please email: paysabaseball@gmail.com.

The focus of PAYSA Baseball is Learning, Fun & Good Sportsmanship

Help us build on our successful beginnings by expanding access to more families in West & Southwest Philly

www.phillyathletics.org



#### General information:

- All practices are held at the fields at 48<sup>th</sup> & Woodland.
- Practices generally run 6-7/7:30 p.m. on weeknights. Games are mostly Saturdays and occasionally Sundays; some games will be played instead of practices later in the season.
- No games Easter and Memorial Day weekends.
- Once your child is placed on a team, you will be told their practice night.
- Pee Wee will be held once a week only on Saturday mornings (no weeknight practices).

### Important In-House dates:

- Field Work Day: Saturday, March 13
  Coaches Meeting: Monday, March 15
- Evaluation Day (Rookie & Senior Rookie Leagues): Saturday, March 20
- Opening Day: Saturday, April 10Closing Day: Saturday, June 5
- Annual Fundraiser / Family Picnic: TBD

## The Registration Cost for a child participating in any of the In-House Leagues will be \$85.

- Discount for 2 players; total = \$150
- Discount for 3 players; total = \$200
- Discount for 4 or more; total = \$225

PAYSA is a 100% volunteer-run organization. Join our team and help us continue to make a difference in our community!

Final age groups and format are subject to change based on the number of players who sign up. PAYSA reserves the right to place your child in the appropriate level with athletic ability and the safety of play the determining factors.

# 2021 In-House Age Cutoff Dates

2021111	1 100	oc rige outon	Bates
Birth Year	Age	Level	Notes
2018	3	Pee Wee 3-4	Must be age 3 by March 1, 2021
2017	4	Pee Wee 3-4	
2016	5	Tee Ball 5-6	
2015	6	Tee Ball 5-6	
2014	7	Rookie 7-9	
2013	8	Rookie 7-9	
2012	9	Rookie 7-9 OR Senior Rookie 9-11	PAYSA will place 9 years olds on a case-by-case basis with <i>athletic ability</i> and the safety of play the determining factors. Children <b>must</b> be evaluated on Evaluation Day in March 2021.
2011	10	Senior Rookie 9-11	
2010	11	Senior Rookie 9-11	



# STEM Summer 2021 Programs at Penn

For School District of Philadelphia middle and high school students

# Find us online



- mone last agreem a disclicit STE Woodbook
- O L/SPRONTING HIRES APPRAISANT
- # SPANSASSE

# Our 2021 Programs



Penn Summer Science Initiative.  Laboratory for Research on the Structure of Matter  Participate in a completely virtual four-week intensive materials science and engineering course of workshops, projects, lectures, and virtual field trips.  www.lrsm.upenn.edu/outreach/pssi.html	APPLY BY	GRADE ELIGIBILITY*	PROGRAM DATES
	March 14	10th - 11th	July 12 - August 6
Teen Research and Education in Environmental Science	APPLY BY	GRADE ELIGIBILITY*	PROGRAM DATES
	March 2	9th - 11th	June 28 - August 6
Engineering Summer Academy at Penn. School of Engineering and Applied Science Combine theory with practical experience using technologies from 4 disciplines (Computer Graphics, Computer Science, Nanotechnology, and Complex Networks) https://esap.seas.upenn.edu/about/	APPLY BY	GRADE ELIGIBILITY*	PROGRAM DATES
	March 26	9th - 11th	July 12 - 30
Penn Summer Academies School of Arts and Sciences Select from 7 programs (ASL, Biomedicine, Chemistry, Experimental Physics, Mathematics, Neuroscience, Social Justice) fusing classroom instruction with experiential learning. www.sas.upenn.edu/summer/programs/high-school/academies	. APPLY BY	GRADE ELIGIBILITY*	PROGRAM DATES
	May 1	9th - 11th	July 1 - 23
Penn Summer Prep. School of Arts and Sciences Enroll in 2 college-level academic modules from across disciplines in an exploratory, non-credit environment. www.sas.upenn.edu/summer/programs/high-school/summer-prep	APPLY BY May 1	GRADE ELIGIBILITY* 9th - 11th	PROGRAM DATES Session A: July 6 - 16 Session B: July 20 - 30 Session C: August 3 - 13
Provost Summer Mentorship Program.  Division of the Vice Provost for Student Engagement Gain experience in STEM disciplines and explore academic and career opportunities in Schools of Dental Medicine, Engineering, Law, Medicine, and Nursing.  https://smp.vpse.upenn.edu/	APPLY BY May 14	GRADE ELIGIBILITY* 10th 9th - Engineering Only	PROGRAM DATES July 12 - August 6
Penn Laboratory Experiences in Natural Sciences	APPLY BY May 31	GRADE ELIGIBILITY* 10th - 11th	PROGRAM DATES June 21 - August 5
Canine Handler Academy. Working Dog Center, School of Veterinary Medicine Participate in hands-on dog training and working dog demonstrations. www.vet.upenn.edu/canine-handler-academy	APPLY BY	GRADE ELIGIBILITY*	PROGRAM DATES
	TBD	6th - 8th	TBD





# Philly HopeLine

Recobre La Esperanza Con Sólo Una Llamada

# LLAME O ENVÍE UN TEXTO EN FORMA GRATUITA

**1-833-PHL-HOPE** (1-833-745-4673)

# **SERVICIOS**

- Consejería de salud mental gratuita
- Apoyo para el duelo
- Bienestar emocional
- Apoyo para pérdidas relacionadas con el COVID-19
- Nuevo: Horas de servicio dedicadas para hispanohablantes

# **HORARIO**

Lunes a viernes de 10 a.m. a 8 p.m. Festivos de 12 p.m. a 4 p.m.

Horas para Jueves de 1 p.m. a 4 p.m. hispanohablantes y viernes de 10 a.m. a 1 p.m.

# SOBRE

Philly HopeLine es una línea premiada directa confidencial y gratuita, auspiciada por el Distrito Escolar de Filadelfia y el Uplift Center for Grieving Children. Es atendida por personal clínico de Uplift con nivel de maestría y abierta a todos los estudiantes del Distrito Escolar y sus familias.

UPLIFTPHILLY.ORG/PHILLY-HOPELINE





# Philly Hope Is Only A Call Away

# CALL OR TEXT FOR FREE

**1-833-PHL-HOPE** (1-833-745-4673)

# **SERVICES**

- Free mental health counseling
- Grief support
- Emotional wellness
- Counseling for COVID-19 related losses
- New: Dedicated service hours for grieving LGBTQ+ youth

**SCHEDULE** 

Mondays - Fridays 10 a.m. - 8 p.m. Holidays 12 p.m. - 4 p.m.

Queer and Trans Youth Thursdays 4 p.m. – 8 p.m. Grief and Emotional & Fridays 1 p.m. – 4 p.m. Support Hours

**ABOUT US** 

The Philly HopeLine is an award-winning free, confidential helpline sponsored by Uplift Center for Grieving Children and the School District of Philadelphia. It is staffed by Masters's level clinicians from Uplift, and is open to all Philadelphia students and families. Our interpretation line offers translations into over 100 languages.

UPLIFTPHILLY.ORG/PHILLY-HOPELINE



# REGISTER today at www.gotrphiladelphia.org

Girls will have fun, make friends, increase their physical activity, and learn important life skills through our research-based curriculum!



# Not Canceled: Girls on the Run

Right now, girls need Girls on the Run more than ever.

This year's program is **safe** and **flexible** for our community so that girls can connect with their peers and keep learning how to practice empathy, stand up for themselves and others, and more! In the event of inclement weather or the need to stop meeting in-person, Girls on the Run has adapted our program to virtual lessons.

We celebrate the joy of movement! Our programs creatively integrate movement in a fun and motivating way.

Our caring and qualified coaches are trained to create trauma sensitive and inclusive spaces that enable girls to grow and connect.



Lee Cultural Ctr Girls on the Run team (for grades 3-5)

For Your Girl

Season begins: Week of March 15, 2021 Practice schedule: Mondays & Wednesdays, 4:30 – 6 PM at Lee (4328 Haverford Ave)

For more information please contact: Heather Plastaras, heather.plastaras@girlsontherun.org.

Registration is on a first-come, first-served basis. The registration fee is \$10+, depending on income bracket and household size.

Scholarships are available!

We have never turned a girl away based on inability to pay the registration fee.

Learn more and register today at www.gotrphiladelphia.org