PAS WEEKLY

pennalexander.philasd.org

Ms. Overton, Principal

215-400-7760

Upcoming Events:

K-2 In-person Learning M/T Group starts

Monday, March 8

School Advisory Council (SAC)

Monday, March 8, 3:45pm

K-2 In-person Learning
Th/F Group starts

Thursday, March 11

SAC Parent Nominations Due

Thursday, March 11

GSA

Thursday, March 11, 3:30pm

Student Grab & Go Meals

Friday, March 12, 9am-2pm

EC Summer Reading Discussion

Tuesday, March 16, 7pm

FACE Parent Workshop Homework Help

Wednesday, March 17, 1pm



Re-entry Update

Re-entry will start on Monday, March 8 for K-2 families who have opted into inperson learning. Families that selected M/T will start tomorrow, Monday, March 8 at 8:30am. The Th/F students will start on Thursday, March 11, 8:30am.

Starting Wednesday, March 10, all grades K-8 will have early dismissal every Wednesday for teacher professional development. Fridays will be a full day for all grades. The switch from Friday to Wednesday is to allow for the building to be throughly cleaned between the K-2 in person learning groups. There is no longer noon dismissal on Fridays. We know that schedule changes are challenging for our children and their families. Thank you in advance for your continued understanding.



Spirit Day - Monday, March 8

Please show your school pride by wearing school gear to help us welcome back our K-2 Hybrid students!

It is also a perfect day for K-27 to take your student portrait for our yearbook!

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.

Interim Reports - Check your child's progress

If you have not already done so, please **log into the <u>SDP Parent Portal</u> to view current grades for the midpoint of this marking period.** If you have questions or concerns about any of the grades, please reach out to your teacher in the new year. Their email addresses can be found on the PAS website.

Instructions for accessing real-time grades can be found in this stepper: K8 Campus Parent Stepper - p. 17

Parents/Guardians who do not yet have a Parent & Family Portal can register for one by visiting the Office of Family and Community Engagement's Parent & Family Portal website https://www.philasd.org/face/fr/parent-and-family-portal/.

If you do not have a Parent & Family Portal you can still review your students' grades by logging in with your student and following the steppers to review grades: K8 Student Portal Stepper - p. 8



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 (loverton@philasd.org) 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</u> form.



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

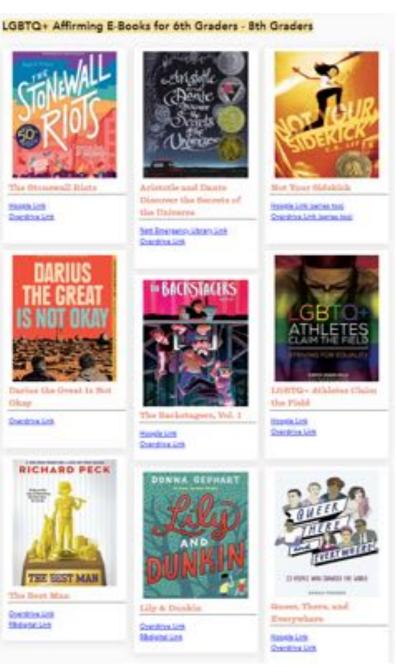


Until we are in the classroom again, you can read some of the books digitally via Hoopla or Overdrive.

Links to the books below available at:

https://www.rainbowlibrary.org/ebooks







PENN ALEXANDER SCHOOL

PRESENTS ...

TALENT SHOW 2021!!!



A Virtual Evening



Show off-your talents and see your classmates!!

All talents are invited!

- Any PAS student may participate! No audition this year!
- Record your talent in a video (maximum 2 minutes)
- 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!
- Tips for a great recording are on the next page
- All participants will receive a free PAS Snack Pack to enjoy during the show!

Stay tuned for show details!

Join us for a livestream event later in the spring, or watch at your convenience

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









^{*}Upload information will be provided in next week's pony

^{**}Questions, or a request to do more than one upload? Contact your planning committee

Michelle Bloodwell (mgoeke@gmail.com), Angela Curry (akweon@hotmail.com), Chrissie Hill-Kayser (hill.kayser@gmail.com),

Carrie Waterman (carrie.waterman@compass.com)

Tips for a Great Talent Show 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!

Please don't hesitate to reach out to the planning committee if you have any questions or issues. We're here to help. We can't wait to see our PAS stars!!



Calling Parent Nominees for the PAS School Advisory Council (SAC)

Join the School Advisory Council! The SAC supports the mission of Penn Alexander, and is comprised of parent, staff and community representatives. We are seeking nominees for 4 parent representatives, to be elected by the families of Penn Alexander students. SAC parent representatives serve a term of two years. Parent representative duties include:

- Representing parent viewpoints on issues brought to the SAC
- Responding to and collaborating with school community members
- Serving as a SAC officer or committee member
- Attending monthly SAC meetings
- Participating in workshops and trainings

For more information about the PAS SAC, please visit https://pennalexander.philasd.org/school-advisory-council/.

Serving on the SAC can help you make a difference at PAS!

We invite and encourage all interested parents (who will be parents at PAS for at least the next two years) to apply for nomination online at https://www.philasd.org/face/sac/. Select the SAC quick link "2020-2021 School Year SAC Application".

The nomination deadline is March 11th at 3:30PM EST.

A ballot, including statements by all parent nominees, will be circulated to the parent community beginning the week of March 18th. Nominees are invited to participate in a meet and greet with parents at a virtual HSA meeting in March. Elections will be held during report card conferences April 3rd-5th. Election results will be announced on April 8th.

For questions or comments, contact Elections Committee Chair Monica Calkins, mcalkins@upenn.edu.

2021 PAS SAC Elections Committee

Monica Calkins (Chair), Spruce Hill Community Association (SHCA) & Parent Volunteer; Jayne Downing, PAS PFT Building Representative; Helena Miller, HSA & Parent Volunteer; Al Suh, SHCA & Parent Volunteer; Rebecca Geller-Puchalsky, SHCA & Parent Volunteer

JOIN US AT OUR SAC MEETING!

Penn Alexander School Advisory Council (SAC)

Monday, March 8, 2021, 3:45-4:45PM Zoom Link:

https://us02web.zoom.us/j/9751540779?+pwd=SIc5Y2o3T2VuUmRLa01WdExVMzNRQT09

Meeting ID: 975 154 0779 Passcode: 820583

One tap mobile +13017158592

The Penn Alexander School Advisory Council (SAC) is comprised of peer-elected stakeholders including parents, staff and community members. The SAC is a forum for discussion and collaboration with the PAS administration on school-based decision making with a focus on student achievement and school improvement.



The SAC meetings are public meetings that are open to all families and community members. The first thirty minutes of each meeting is reserved for family or community members to address the SAC in a public forum, each speaker will be given three minutes to speak. If you wish to speak at a SAC meeting, please email SAC Chairperson, Jessica McCollum at tjmccollum@gmail.com by 3:45PM on the day before the meeting. If you are not able to attend, you can submit a public testimony that will be shared with all SAC members.

To learn more about Penn Alexander's SAC and review a list of SAC members, please visit our SAC website-<u>pennalexander.philasd.org/school-advisory-council/</u>

March 2021 SAC Tentative Meeting Agenda March 8, 2021, 3:45-4:45PM

	Agenda Item	Time Estimate
1	Open Forum	30 minutes
	-	
2	Approval of February 2021 Meeting Minutes	5 minutes
3	PAS Parent Rep Elections	5 minutes
4	Title One Winter Update	15 minutes
5	Principal Report	5 minutes
	- Budget Update	
6	Future SAC Meeting Dates:	5 minutes

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

PLEASE RSVP HERE: https://tinyurl.com/SummerReadingSignUp20-21
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 48th & 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 48th & 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

2021 III Flodde 7 tgc Catoli 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 must be evaluated on Evaluation Day in March 2021.	
2011	10	Senior Rookie 9-11		
2010	11	Senior Rookie 9-11		



BEAT-MAKING FUNDAMENTALS FINDING YOUR SOUND



A LINETURE, CLASS PRODUCTED BY JOSEN WHIRT BOY MUNICIPAL

March 10, 30211-4:00-6 pm:

Register here

MISSELTIMENTS DEVIALATION SECTION IN



SDP PSTV is excited to announce another round of new workshop offerings that will begin the week of March 8th.

SIMBY presents: The Black Girl Photo Club: Developing Creative Consciousness

Begins Monday March 8th and will be running every Monday for 4 weeks til April 5

Are you a Black girl in a Philadelphia middle school looking to connect with others your age who have a mutual interest in photography? If so, then this virtual photo club is for you! In our four weeks together on Zoom, we will discuss images, photographers, and social issues related to Black life. Our goal is to build community through conversation and help young Black girls initiate the development of an intentional mindset surrounding photography. Upon request, we will also share information and resources to help advance your ability to both interpret and create visual art. Curated by Black womxn photographers Ruby Johnston and Kyra Williams, this is a safe space to ask questions and explore the realities of modern Blackness with a focus on Black girlhood, storytelling, and a love for photography. - Register Here

A Year in the Life Web Series -

Every Wednesday 4:00-6PM Begins March Thursday March 11, 2021

The 2020-21 school year will undoubtedly be one to remember. We are looking for students to produce and participate in sharing the stories, songs, highlights and struggles of a year in the lives of the young people in Philadelphia. Through conversations, cell phone training and a study of virtual storytelling tools such as vlogs, shared artwork, poems, and performances.

We want to create a platform where your voices and the voices of your classmates can be elevated through a regular, student-produced web series. Interested in producing a year-long television program? Interested in telling your story? Join us in documenting the trials and successes of a Year in Life.

You can create video, art, podcast, drawings to tell your story. Register for the workshop

Beat Making Fundamentals - Finding your Sound

Begins Wednesday March 10th, 4-6PM

Youth will be immersed in the music creation process, covering topics including Digital Audio Workstation beat-making, sound engineering, recording, mixing, and basic vocal performance. Specifically, youth will learn how to utilize SoundTrap to produce and engineer their own original musical projects.

Additionally, the workshop will cover introductory music theory, discussing common Pop/Hip Hop/R&B/Electronic rhythm and melodic structures. Participate in a highly individualized workshop that is tailored to all experience levels and musical interests. The end goal of this virtual workshop is to emphasize fun, teamwork, learning and most of all using music as a tool of creative expression during this difficult time. Register for the workshop above. Register Here

Artist Year presents Bop or Flop?

Wed. March 24th Grades 5-8. (4-5PM)

Based on a popular TikTok trend, students will explore and critique music to form opinions without outside influences. Together students will learn melody, rhythm, and other musical elements that influence their emotional reaction to the song.

This month's topic is still to be determined! Stay Tuned!

Register Here!

Partner Workshop offerings: whyy

WHYY has some great opportunities available for students interested in media, filmmaking, and drawing.

Enroll in our **free after-school programs** at <u>whyy.org/teens</u>. Or enter your films into the **WHYY Youth Media Awards** for a chance to win an award and be considered for inclusion in WHYY's youth-center TV show, *Young Creators Studio* at whyy.org/awards. Or follow the links below:

Virtual After School: Drawing Class (Digital, Comic, and Animation)

Are you a middle schooler/ high schooler who likes to draw but have been looking to take your skills to the next level, or are you an artist who's looking to get to know other artists while learning somethings along the way? Either way, WHYY

Education's Drawing class is for you! This class will be taught by WHYY's own Dre Reed a graduate of the University of the Arts with a BFA in Animation, and in this class, we'll learn how to draw heads, hands, and environments.

Schedule:

Fridays, March 19, 2021 through May 7, 2021

via Zoom

2:30 p.m. - 4:30 p.m.

Register Here

Virtual After School: Narrative Filmmaking Class

Do you have a passion for storytelling or interest in filmmaking? Ever wonder how your favorite movie was made and the elements that went into it? Then sign up for WHYY Education's free Narrative Filmmaking Class. In this class, you'll learn the foundations of how to tell stories through films, such as story structure, character development, scriptwriting, camera and lighting, and sound design. In this class, we'll meet twice a week for 1 ½ hour a day.

Schedule:

Tuesdays and Thursdays, March 23, 2021 through May 6, 2021

3:30 p.m. - 5:00 p.m.

Register Here

One application, two chances to have your work recognized!

WHYY wants to celebrate the best youth filmmakers in Pennsylvania, New Jersey and Delaware with two great opportunities: the WHYY Youth Media Awards, a film festival and awards show, and <u>Young Creators Studio</u>, a TV show featuring the works of young producers.

Enter here to be featured in the 2021 Youth Media Awards and in the next season of Young Creators Studio!



STEM Summer 2021 Programs at Penn

For School District of Philadelphia middle and high school students

Find us online



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- O L'ENGLISSIE HER 21 Appropriétée
- # BPAMS4558

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



QUESTIONS ABOUT THE COVID-19 VACCINES? WE'RE HERE TO ANSWER

Join the West Philadelphia Promise Zone's Virtual Conversation with representatives from

Penn Presbyterian Medical Center Children's Hospital of Philadelphia Drexel University Wellness HUB Philadelphia Department of Public Health

Tuesday, March 9th at 6pm
Register now: http://bit.ly/3upvza3
Or join us on Facebook Live (facebook.com/phlceo)
Submit questions for panelists at http://bit.ly/2ZKqyKU



CAUL OR TEXT FOR FIRE

We are exclosed to anytourne a collectionative effort that the School (School School of Philosophiles is working on to help provide a more reclusive and supportive learning environment for our collection studies of their families. At part of the other we are bringers.

Signifier a variety of partners and providers as well other somewhaters and receiving importantly students, the wood incertor have you proved for our first securior. Monday fithers, 8th, 2001, from 200 to 400 pm, via zoom or letteroley March, 25, 2001, 200 pm to 4,00 pm. This second will rivinde a provention from our partners at upolf the Conser for Greening Children, who have been providing a five holder for students, and families for employed outpoint, representation for students, and families for employed outpoint, representation for students, and families for employed outpoint, representation for students, and families for employed to support students from the USE Control to the source of your wife, our providers for severally to support students from the USE Control to severally. We self to reactively out to these of your wife, our providers to make you to present an use! If false services.

CLICK HERE TO REGISTER

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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 <u>safe</u> and <u>flexible</u> for our community so that girls can <u>connect</u> with their peers and keep learning how to <u>practice empathy</u>, <u>stand up for themselves and others</u>, 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

Questions? Please contact heather.plastaras@girlsontherun.org