

Dear CDA Families,

I hope you and your family are doing well and continue to stay healthy and safe. The teaching staff and I want to offer a vital resource for you and your family while keeping everyone safe during this COVID-19 pandemic. Over the next few weeks, the center team will be working diligently to provide helpful information and educational resources to keep your children learning.

Click on the [teal](#) titles below for more information:

- [Coronavirus Disease \(COVID-19\) Information](#)

Distance Learning Resources

- [SDCOE - KPBS Distance Learning:](#)
San Diego County Office of Education, San Diego School District and KPBS are collaborating to make at-home learning options available for educators, parents, and students. The partnership includes a broadcast component with standards-aligned programming in blocks by grade level and a digital component with access to an online library of free educational resources.
- [Virtual Museum Tours:](#)
Take a virtual tour around some of the most famous museums around the world.
- [California State Library K-12 Online Content Project:](#)
This free resource supports learning with access to online educational content for K-12 students from Encyclopedia Britannica, [TeachingBooks.net](#), and ProQuest.
- [Common Sense Media:](#)
Review what your kids watch before they watch it. Navigate quality media and at-home learning opportunities for you kids.
- [123 Homeschool for Me:](#)
Access to a great collection of free printable worksheets and hands-on activities to make learning fun for age groups from Pre-K to middle-school and more! Resources are arranged by grade and subject.
- [Scholastic Learn at Home:](#)
Scholastic Learn at Home is a free resource that provides your children with 20 days of learning projects to keep kids reading, thinking, and growing.
- [Mystery Science:](#)
Free, easy lessons that inspire K – 5 students to love science. All activities are designed to use simple supplies you may already have at home.



- **No Red Ink:**
Helps K – 12 students practice their grammar and writing skills through a variety of interactive activities.
- **PBS Kids:**
PBS Kids Daily newsletter is a new resource that offers activities and tips you can use to help your kids playing and learning while school is closed.
- **ABC YA:**
Practice math and reading skills all while playing fun games.
- **Star Fall:**
Practice your phonics skills with these read-along stories.
- **National Geographic Kids:**
Learn about animals, science, history, and geography. The website offers games, videos, and more.
- **Fluency & Fitness:**
Fluency & Fitness is offering parents FREE unlimited access to over 900 videos to use at home with your children during school closures due to COVID-19. The website helps students, K – 2nd grade with learning topics in math and reading, while providing movement exercises to help burn off extra energy.
- **Seussville:**
Seussville provides hours of fun with activities, crafts, and recipes and more to engage your child in playful learning.
- **Switch Zoo:**
Watch, listen, and play games to learn all about amazing animals.

Community and Online Resources

- **Resources for Families, Parents & Caregivers - Emotional Support and Wellness**
- **SDCOE - Meals During School Closures:**
Known food service sites open during school closures throughout San Diego County.
- **2-1-1 San Diego**
For general questions about COVID-19 or information about community resources.
- **Family Resource Centers:**
For assistance please visit: www.mybenefitscalwin.org or call 1-866-262-9881
- **San Diego Hunger Coalition:**
Variety of food resources.



- [San Diego Food Bank](#)
- [San Diego Food Bank Distribution Sites](#)
- [Feeding San Diego Distribution Sites](#)
- [San Diego Diaper Distribution Sites](#)
- [Jewish Family Services San Diego:](#)
Variety of services to support families during closures.
- [United Way Workers Assistance Initiative:](#)
Provides flexible resources to individuals impacted by lay-offs and reduced working hours. People can request help to pay their utility bill or their rent/mortgage.
- **SDG&E:**
1-800-411-7343
If you are unable to pay for your utilities this month, contact SDG&E to make payment arrangements. Your service will NOT be shut-off for non-payment during this time.

*CDA will be available via phone or email to provide you with community resources, referrals, and support.
Please continue visiting our website at www.cdasd.org for updated resources.*

For individualized assistance with resources or referrals during COVID-19 closure, please contact our Family Resources Team via email or by phone, during the hours of 8:30 a.m. to 5:00 p.m., Monday through Friday.

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