

Firebirds Newsletter

Folwell School, Performing Arts Magnet

3611 20th Avenue South Minneapolis, MN 55407

Office: 612-668-4550 folwell@mpls.k12.mn.us

Principal's Message

Dear Folwell Firebirds,
We had great participation last week during our Parent/Teacher Conferences. It is great to hear all of the hard work and levels of engagement where our students continue to grow and expand on their learning through Distance Learning.

In addition, we want to send out a friendly reminder how important it is for your child/ren, to be in attendance through Distance Learning on a regular basis within their classes. If your student is not able to participate in class due to illness, please contact the classroom teacher, so we can excuse your

child's absence, or call the main office at 612 668-4550.

Lastly, the end of this trimester is around the corner, November 5- 1st quarter ends!

November 6- Teacher Record Keeping Day (NO SCHOOL FOR STUDENTS)

November 9- 2nd Quarter Begins

As always, please contact us at the main office so we can best guide and support you and your student's needs.

We are here to help as well as Folwell's School Social Workers, Cheryl, Linda and De'Ja' and our School Counselor, Jeannette.

Have a wonderful day!

Lucilla, Kimberly & Brigid

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Free School Meal Boxes for All Youth

All families are invited to pick up free school meal boxes containing 7 breakfasts & 7 lunches for their children. Milk is offered on the side, up to ten milk cartons per box.

- All youth 18 & under can participate.
- Youth do not need to be enrolled in MPS.

- Youth, parents, or siblings can pick up one box per child, per week.
- **Pick up at any of the 29 school sites** - no registration required.

https://nutritionservices.mpls.k12.mn.us/smb_locations.html

- All sites are open Monday through Friday, most from 11 a.m. to 3 p.m. and a few have extended hours of 11 a.m. to 5 p.m.

For questions, please call 612-668-2820 or **contact us**.

https://cws.mpls.k12.mn.us/contact_us

**Pick up your food boxes at Folwell
Door #1 from 11am-3pm daily.**

Screen Time Tips from Nurse Rachael Popp

Computer screens emit blue lights which can cause headaches, eye fatigue, dry eyes and/or eye strain.

One way to help is to try using a computer application that adjusts screen brightness and color. **F.lux** is a free tool that works with Mac and PC and reduces the blue light on our computers. F.lux also has a **Google Chrome extension** that you install directly in your web browser.

Other browser extensions that adjust the brightness and blue light of your computer include **Color Temperature (Change Lux)**, **Night Shift**, and **Blue Light Filter Guard**.

Some other helpful tips to reduce eye strain are:

- Take frequent breaks from your computer (resting eyes for 15 minutes after 2 hours of screen time)
- Work in a properly lit area

- Reduce computer screen glare
- Use the 20-20-20 rule to rest your eyes
 - Take a 20 second break every 20 minutes by looking at an object 20 feet away.



Devices, Supply Distribution, and Newsletters

Please, if you still are in need of any devices or a hotspots, please call the main office so we can schedule a time for you to come to Folwell and provide your child a device.

We will meet you at door four using social distancing protocols.

Folwell will be hosting a second supply distribution in November. More information regarding dates, time and procedures, coming soon.

Firebirds; Newsletters will be shared monthly this year.

We will share them via email, posting on *our website*, and via *our social media accounts*.

We know how important timely communication is, especially during distance learning, so we will be using all formats possible to do so.

**Please let your child's
teacher/children's teachers know if
you'd like to receive hard copies of
future newsletters.**

Stable Homes Stable Schools

This is a message from Stable Homes Stable Schools, an initiative at Folwell School. If you are behind in your rent or mortgage there are resources available to you.

If you have lost income due to COVID and are not in subsidized housing, Hennepin County assistance may be available.

To apply visit www.hennepin.us/rent-help or call 612-302-3160 for assistance in filling out the form.

You can apply multiple times and are encouraged to apply as soon as possible.

If you are not eligible for these funds, Folwell also has eviction prevention funds available.

For more information, contact your school social worker:

PK-2: Cheryl Leavitt 612.668.4561
3rd-5th: Linda Azure 612.668.4563
6th-8th: De'Ja' Carter 612.668.4562

If you need help getting connected with your school social worker, call the main office 612-668-4550.

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*Where Arts Inspire
Achievement!*



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www.twitter.com/MPS_Folwell

www.instagram.com/mps.folwell/

We're on the Web!

www.folwell.mpls.k12.mn.us

Resources for students:

Hennepin County Library Homework Help

<https://www.hclib.org/programs/homework-help#tutors-online>

Homework and Research Help for Grades K-5:

https://mpls.k12.mn.us/homework_help_6.html

Student Learning Resources:

<https://mpls.k12.mn.us/learningresources>

Registration for After School Online is now open! After School Online classes will start the week of October 5th and are FREE for students to attend. Classes for K-5th grade meet online from 3:40-4:30pm, and classes for 6th-8th grade meet online from 4:45-5:45pm. Our classes include: arts & crafts, musical theater, fun exercise activities, and other games.

Learn more and register* at:

<https://sites.google.com/mps.k12.mn.us/afterschoolonline>.



Health Services Assistant

Folwell is looking for someone with medical experience to be a Health Services Assistant to work with the school nurse in the health office. For more information about the position and how to apply please use this link:

<https://jobs.mpls.k12.mn.us/job/Minneapolis-Health-Services-Assistant-Candidate-Pool-%282020-2021-School-Year%29-MN-55401/650855900/>

Upcoming Events

November 5- 1st Quarter Ends

November 6- Teacher Record Keeping Day (NO SCHOOL FOR STUDENTS)

November 9- 2nd Quarter Begins

November 25-27: No School for Students

December 21- January 1:

Winter Recess

January 4- Classes Resume

January 18- Martin Luther King Jr. Holiday (NO SCHOOL FOR STUDENTS)

January 28- 2nd Quarter Ends