

# Firebirds Newsletter

## Folwell School, Performing Arts Magnet

3611 20<sup>th</sup> Avenue South Minneapolis, MN 55407

Office: 612-668-4550 [folwell@mpls.k12.mn.us](mailto:folwell@mpls.k12.mn.us)

### Principal's Message

September 25, 2020  
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Dear Folwell Firebirds,

We are in our third week of Distance Learning and it is amazing to see all the new and returning students' faces on Seesaw and Google Classrooms, as well as the creativity and engagement during virtual instructional time. It is with great pleasure that Assistant Principal Enck and I would like to introduce Brigid Butler, the new Elementary Assistant Principal! AP Butler has more than 20 years within in various roles in education and over 10 years in Minneapolis Public Schools. Please welcome her in the new role as Assistant Principal for grades Pre-K to 4<sup>th</sup> grade.

Our teachers, specialists, and support staff will be uploading on their individual webpages information about their classrooms, structures, routines and virtual systems. This will be our Virtual Open House to our parents and community.

We are working very hard on collecting and sorting materials and finalizing the system for our Supply Distribution Day. Please keep an eye for a communication and a robocall from the Administrative team regarding the date, time, and structures.

As always, please contact us/the main office so we can best

guide and support you and your student's needs. We are here to help and so are our School Social Workers, Cheryl, Linda and De'Ja' and our School Counselor, Jeannette.

Have a wonderful day!

Lucilla, Kimberly & Brigid

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### Virtual Open House

Due to Distance Learning and to keep everyone safe, we will host a Virtual Open House to celebrate the start of the school year.

Staff are creating video introductions that will be shared on their webpages by October 1st.

We know that many of our families have children in multiple grade levels, so this format allows for introductions that do not have to be at specific times. We invite families to view the messages at their convenience.

Please see our website at [www.folwell.mpls.k12.mn.us](http://www.folwell.mpls.k12.mn.us) to access all pages for classroom teachers, support staff, and teacher leaders.

Should you have any questions, please contact the main office 612.668.4550.

## Immunization Records

Health care providers in the state are ready to serve children for immunization services and get them caught up on vaccines they may have missed.

Start by calling your primary care provider to request an appointment. If you have difficulty locating a provider for immunizations, please visit:

Where To Get Vaccinated ([www.health.state.mn.us/people/immunize/basics/vaxfinder.html](http://www.health.state.mn.us/people/immunize/basics/vaxfinder.html)) to find locations where your child can get vaccinated.

The [Minnesota Vaccines for Children program](#) offers free or low-cost immunizations for eligible **children age 18 years and younger**.

Go to Free or Low-Cost Shots for Children: ([www.health.state.mn.us/people/immunize/basics/howpay.html](http://www.health.state.mn.us/people/immunize/basics/howpay.html)) to [learn more and see if your child is eligible](#).

Please send any updated immunization record to the Folwell main office or have your provider fax them over to 612-668-4560.

For any questions or concerns please contact the school nurse, Rachael Popp, at 507-312-9669 or email [Rachael.popp@mpls.k12.mn.us](mailto:Rachael.popp@mpls.k12.mn.us)



## 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](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](https://cws.mpls.k12.mn.us/contact_us)

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

## Diagnostic Testing

Distance Learning is new to everyone and our goal is to know our students better and understand what knowledge they bring to school. Knowing what our scholars understand is at the center of diagnostic assessments.

The assessments are administered by the student's teacher and provide more detailed information about where a student is at in

reading and math. These will help us with our instructional planning.

During the time your student is assessed, the other students will

engage in choice board and other asynchronous/anytime activities.

The assessments focus on reasoning strategies and understandings. We ask students questions, give them time to think, and listen to them explain. As teachers we will Ask, Listen, and Learn.

**Literacy and Math Diagnostic Assessments are coming, starting the week of September 21<sup>st</sup>!**

## 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

If you are still in need of any devices or a hotspot, please call the main office.

Our supply distribution will take place on October 1<sup>st</sup> from 10am-7pm and October 2<sup>nd</sup> from 9am-3pm.

Please drive up to Door #4/Main Entrance where you will give the names and grade levels of your children. Bags/supplies will be loaded into your trunk or handed to you. Please wear/bring masks and stay in your vehicle. No one will be

able to enter the building as all distribution will happen outside.

Firebirds Newsletters will be shared monthly this year. We will share them via email, posting on

**Please let your child's teacher/children's teachers know by October 14<sup>th</sup> if you'd like to receive hard copies of future newsletters.**

our website, and via our social media accounts.

If you would like to receive a printed version of all future newsletters mailed to your home, please let your child's teacher/children's teachers know by October 14<sup>th</sup>.

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

## 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](http://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  
3<sup>rd</sup>-5<sup>th</sup>: Linda Azure 612.668.4563  
6<sup>th</sup>-8<sup>th</sup>: 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.instagram.com/mps.folwell/](http://www.instagram.com/mps.folwell/)

We're on the Web!

[www.folwell.mpls.k12.mn.us](http://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](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/>

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## Upcoming Events

September 30- Site Advisory  
Committee Meeting 5-6 pm

October 14- Parent/Teacher  
Conferences (NO SCHOOL  
FOR STUDENTS)

October 15- State Conference  
Day (NO SCHOOL FOR  
STUDENTS)

October 16- Conference  
Conversion Day (NO SCHOOL  
FOR STUDENTS)

November 5- 1<sup>st</sup> Quarter Ends

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

November 9- 2<sup>nd</sup> 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- 2<sup>nd</sup> Quarter Ends

January 29- Record Keeping  
Day (NO SCHOOL FOR  
STUDENTS)

