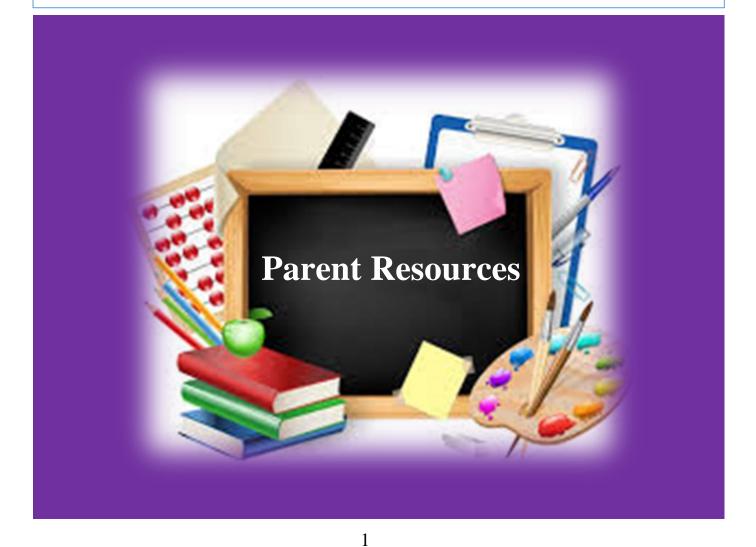


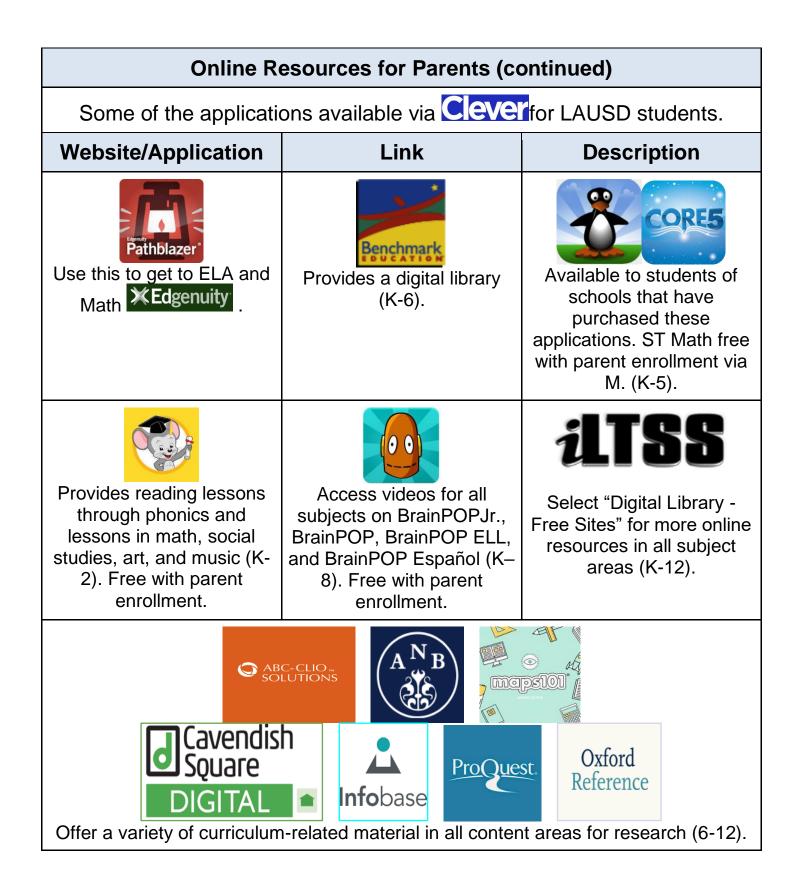
Local District Northwest





Local District Northwest Online Resources for Parents		
<ul> <li>Tips to monitor online activities:</li> <li>Sit with your child to monitor their online activity or use the apps that they are using</li> <li>Talk regularly to your child about online safety and responsibility</li> <li>Set internet use rules, regulations, and expectations</li> </ul>		
Website/Application	Link	Description
Students use LAUSD Single Sign-on: XXXX@mymail.lausd.net and their password: ●●●●●.		
OF EDUCATOR	https://lms.lausd.net Students	Access free online resources available to LAUSD Students. Edgenuity Elementary Edgenuity Secondary
<b>XEdgenuity</b>	Elementary School: https://clever.com/in/lausd Middle/High School: https://lausd.learn.edgenu ity.com/	Provides pretests in ELA and Mathematics are used to assess students and create assignments based on the results (K-12).
Clever	https://clever.com/in/lausd/stud ent/porta	Access a variety of free websites and applications for LAUSD students (K-12).
Amplify.	reading.amplify.com	Provides a fun and interactive website to support reading comprehension (K-8).
zoom	lausd.zoom.us	Meet with classmates and teachers online.
For home Internet access: https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/627/032520%20FL%20Home%20Connect ivity%20Options%20wESP6.pdf		

For LAUSD ITD technical support: Call 213-241- 5200 or go to <u>helpdesk.lausd.net</u>.



Non-LAUSD Resources		
Website/Application	Link	Description
🛇 Khan Academy	https://www.khanacademy.org/ En español: https://es.khanacademy.org/	Offers practice exercises, instructional videos, and a personalized learning dashboard (K-12). It is available in Spanish.
RECEIVENT RESSORCAL	<pre>www.pbskids.org https://pbskids.org/video/livetv www.pbssocal.org/athomelearn ing https://www.pbslearningmedia. org/ https://www.kcet.org/</pre>	Provides videos and games (K- 3). Provides standards-aligned videos, interactives, and lesson plans in various subjects (K- 12). Ex: Science - Kratt Brothers Ex: Math - Peg & Cat Ex: Middle School - core subjects Ex: High School - core subjects
🗋 newsela	https://newsela.com/about/dista nce-learning/	Provides news articles that bring relevance to learning (3- 12).
C O D E	https://studio.code.org/courses	Learn how to code (K-12).
History for the mind and heart UShistory.org	https://www.ushistory.org/	Provides online material for history courses (9-12).
CRASH COURSE	https://www.youtube.com/user/ crashcourse	Provides videos ranging from the humanities to the sciences (8-12).
howstuffworks	https://www.howstuffworks.com	Provides a variety of curriculum-related articles in all content areas (6-12).
WORLD DIGITAL LIBRARY	www.wdl.org/en/	Provides access to thousands of books, documents & photos from all countries and cultures (K-12).

Non-LAUSD Resources (continued)		
Website/Application	Link	Description
Interactive Sites For Education	http://interactivesites.weebly.co m/	Provides engaging activities for Mathematics, Language Arts, Science, Social Studies, Brainteasers, Music, Art, Typing, and Spanish(K-12).
<b>TweenTribune</b>	https://www.tweentribune.com/ En español: https://www.tweentribune.com/c ategory/spanish/	Provides a collection of nonfiction articles and current events (K–12). Also available in Spanish.
TypingClub	https://www.typingclub.com/	Shows the correct hand posture on every key to learn how to type (K-12).
engage <sup>ny</sup>	https://www.engageny.org/	Provides detailed lessons and worksheets for Language Arts and Math (K-12).
<b>MBC NEWS LEARN</b>	https://www.nbclearn.com/porta l/site/learn	Provides a huge archive of video-based news, current events coverage, and links to Newsela articles (K-12).
GREAT MINDS	https://greatminds.org/math	Provides daily lessons for Eureka Math, Wit & Wisdom, and PhD Science (6-12).
<b>TeachEngineering</b> STEM Curriculum for K-12	https://www.teachengineering.o rg/	Provides online videos, activities and lessons in mathematics, technology, and engineering (K-12).
FreeSchool	https://www.youtube.com/user/ watchfreeschool	Provides educational videos related to Science as well as other topics (6-12).
the Physics Classroom	https://www.physicsclassroom.c om/	Provides a collection of online tutorials, concept builders, and interactive lessons in physics (6-12).
duolingo	https://www.duolingo.com/	Provides interactive lessons to learn a new language similar to Rosetta Stone (K-12).

Non-LAUSD Resources (continued)		
Website/Application	Link	Description
TEACHING TOLERANCE	https://www.tolerance.org/class room-resources/student- tasks/do-something	Provides free materials to teach tolerance (K-12).
FUNBRAIN	www.funbrain.com	Provides activities for reading and Math (K-12).
TED Ideas worth spreading	https://www.ted.com/playlists/8 6/talks_to_watch_with_kids	Provides TED talk videos from scientists, musicians, innovators, and activists who are all under the age of 20 (K- 12).
the learning network The New York Times	https://www.nytimes.com/sectio n/learning	Provides articles from The Times on current events (7-12).
YOUTH VOICES THEIR PERSPECTIVE	http://www.yourcommonwealth. org/	Provides a variety of news and opinion stories on global issues and on civic engagement (7- 12).
MATH	https://www.youtube.com/user/ PBSMathClub/featured	Provides fun videos on various math concepts (6-12).
<b>GRAMMAR</b> Girl®	https://www.youtube.com/user/ TheGrammarGirl	Provides informative videos on the basics of grammar, how to write, sentence structure, and punctuation (6-12).
Google News	https://news.google.com/?hl=en -US≷=US&ceid=US:en	Explore news stories and research current events (6-12).
$\sim$	https://mathandteaching.org/Co vid-19/	Provides math resources to download (6-8).
	https://www2.calstate.edu/apply /Pages/middle-school- students.aspx https://hs- articulation.ucop.edu/guide	Provides information for preparing for college (6-11).
ScienceNewsforStudents	https://www.sciencenewsforstu dents.org/	Provides informative science articles (3-8).

Non-LAUSD Resources (continued)		
Website/Application	Link	Description
TCM Teachers Created by Teachers and Students	https://www.teachercreatedmat erials.com/teachers/free-home- learning/	Provides downloadable resources for at-home learning (K-8) Select items are free.
MSCHOLASTIC	https://classroommagazines.sc holastic.com/support/learnatho me.html	Provides articles and magazines for day-by-day projects to keep kids, reading, thinking and growing (K-9).
Storyline Online	www.storylineonline.net	Provides links to videos of celebrities reading books to children (K-6).
Highlights kids	www.highlightskids.com	Provides articles, games, and instructions to conduct science experiments (K-6).
GoNógdle.	gonoodle.com	Provides videos to inspire kids to be physically active and learn (K-6).
GEOGRAPHIC KIDS	www.kids.nationalgeographic.c om	Provides information on geography and animals (K-8).
into the Book	www.reading.ecb.org Books available in Spanish.	Allows viewers to go "into the book" to play games that practice reading strategies (K- 6).
Math Playground	https://www.mathplayground.co m/	Provides practice in math (K-5).
ABECO	www.abcya.com	Provides Common Core Standards practice in math and reading skills all while playing fun games (K-5).
JUMPSTART	https://www.jumpstart.com/pare nts/activities/grade-based- activities/preschool-activities	Provides activities for Preschoolers
	https://www.mindresearch.org/	Provides interactive activities for learning basic skills in math (K-6). Free with parent enrollment.

Non-LAUSD Resources (continued)		
Website/Application	Link	Description
BOSTON CHILDREN'S MUSEUM	https://www.bostonchildrensmu seum.org/museum-virtual-tour	Take a virtual of the Boston Children's Museum (K-6).
CALIFORNIA MISSIONS FOUNDATION	http://californiamissionsfoundati on.org/virtual-tour/	Take a virtual of California Missions (K-6).
Sports Illustra Kibs	www.sikids.com	Provides a kid-first perspective of sports news for kids (K-6).
TIME	https://www.timeforkids.com/	Provides online articles and resources to motivate curious minds (K-6).
Starfall	www.starfall.com	Provides practice for phonics skills and math (K-3).
SESAME STREET, SÉSAMO	https://www.youtube.com/sesa mestreet https://www.youtube.com/user/ plazasesamo	Provides fun educational videos focusing on basic skills in reading and math and social skills (K-2).
SQUIGGLE PARK	https://www.squigglepark.com/s quigglepark/	Provides fun and interactive reading games for early learners (K-6).

Local District Northwest Activities for Students at Home		
Activity	Description	
Schedule Create and follow a daily learning schedule. Provide students with a set time schedule and what they will learn/do during that time.	The recommended amount of student <b>online</b> screen time is as follows: TK-K: 1 hour daily 1-3rd: 2 hours daily 4-5th: 3 hours daily 6-12th: 4 hours weekly per content area For <b>offline</b> learning should be: TK-2: 30 minutes for ELA, math, and science or history 3-5th: 30-45 ELA, math, and science or history 6-12th: at least 40 minutes for each class All grades: 30 minutes of exercise & 30 minutes of visual or performing arts	
Writing about Their Learning Students should keep a daily journal to document their learning or they can be given writing prompts.	<ul> <li>Examples:</li> <li>What is one thing you learned today about the character from the book you read?</li> <li>Ex: Explain equivalent fractions.</li> <li>Ex: What did you learn about on PBS.org?</li> </ul>	
<b>Fun Thinking</b> Bring out the board games, the deck of cards, or other fun family games that require strategic thinking.	Examples: - UNO, DOS, 21, matching, Go Fish - Ex: Chess, Monopoly, Rummy Tile, or Connect4 - Ex: charades, karaoke	
Household Learning Students should help with household work.	<ul> <li>Examples:</li> <li>balance the checkbook</li> <li>help an adult reorganize the pantry or a closet</li> <li>food preparations such as following the recipe instructions and measuring quantities</li> <li>setting and clearing the tables for meals</li> <li>sorting the laundry by colors, sizes or people in the family</li> <li>sort your books by genre, size, colors or by favorites</li> </ul>	

Activity	Description
<b>Read for Fun</b> At minimum students should read for fun every day. The amount of time varies by grade. If students are struggling to read, parents can read for them or take turns reading.	Examples: - 1st grade - 10 minutes - 5th grade - 40 minutes - 7th grade - 45 minutes - 11th grade - 65 minutes
<b>Creativity</b> Students need to express themselves by creating or making something.	<ul> <li>Examples:</li> <li>Draw a picture</li> <li>Make a craft</li> <li>Build a fort</li> <li>Create a treasure hunt with clues</li> <li>Create characters from a book using paper plates and utensils</li> <li>Make your own short story with your makebelieve characters</li> <li>Make a scrapbook with your family pictures</li> </ul>
<b>Exercise</b> Students need to stay in shape and blow off some steam. They should exercise at least 2 times a day by doing basic aerobic steps.	<ul> <li>Examples:</li> <li>Do jumping jacks, jump rope, squat jumps, alternating knee lifts and arm lifts, push-ups, burpees, mountain climbers, lunges, or hamstring curls</li> <li>Yoga or kickboxing (be safe)</li> <li>Jogging in place</li> </ul>
<b>Social Emotional Check-ins</b> Students need daily social-emotional check- ins to support their self-awareness and coping skills. Students need to express their feelings.	<ul> <li>Examples:</li> <li>What was your favorite activity today and why?</li> <li>What do you miss most about school?</li> <li>What are you grateful for today?</li> <li>How can we make tomorrow a better day?</li> </ul>

Fun Family Bonding Websites		
Website/Application	Description	
delish https://www.delish.com/cooking/g499/kids- cooking-recipes/	Provides 14 easy recipes for cooking with kids.	
DIY Projects for Teens https://diyprojectsforteens.com/	Provides cool DIY crafts ideas, fun food, do-it- yourself fashion and room decor for Teens and Tweens.	
https://www.allkidsnetwork.com/	Provides kids crafts, activities, worksheets, coloring pages and more.	
<b>verywell</b> family https://www.verywellfamily.com/things-to-do- with-or-for-your-teen-2609590	Provides 50 fun and positive activities to do with your teenager.	
the best         IDLAS tor         KIDS         https://www.thebestideasforkids.com/	Provides fun craft ideas for kids of all ages.	





