



Akron Public Schools LEARNING 2021-2022



ADAPTIVE RESPONSIVE SUPPORTIVE

WEEKLY UPDATE

Thursday, April 7, 2022

Weekly Update is changing formats — sign up to receive future updates

Get Weekly Update delivered right to your email! Soon, a mobile-friendly version of Weekly Update will be sent to those who opt in every Thursday while school is in session. To receive district and community news, updates, resources and other information, please sign up [here](#).

Merkle's Mental Health Moment – managing stress shouldn't be stressful

Dr. Erich Merkle, Pupil Adjustment Program, Office of Special Education, Akron Public Schools

Stress can be debilitating and cause health problems. Although it's a normal part of human existence, no one is immune and it's important to prepare ourselves so we can recognize when we are becoming too stressed. The past two years have produced many sources of stress, including the COVID-19 pandemic, financial and professional challenges, educational disruptions and sociopolitical instability around the world. [April is Stress Awareness Month](#) and an opportunity to [identify, practice and develop strategies to better cope](#) with the stressors in our lives. As the American Institute of Stress reminds us, "Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life."

Registration is open for The Summer Experience: Choose Your Adventure at APS

Register your students for The Summer Experience: Choose Your Adventure at APS. Our summer programs provide opportunities for APS students to have fun, be creative, solve mysteries, learn about careers, build robots and earn high school credits. There are more than 50 programs for K-12 students that include both in-person and remote activities. [Register](#) in-person or online.

King CLC students promote kindness for Be Kind 330 campaign

APS students are participating in the district's [Be Kind 330](#) campaign, which encourages students, staff and community members to spread kindness. King CLC teachers collected and [shared ways their students have been spreading kindness in the district](#). What are you doing this week to be kind? [Learn more](#) about the campaign and follow us on [Facebook](#), [Twitter](#) and [LinkedIn](#) for updates, kindness challenges and tips. Be sure to use #BeKind330 and tag us when sharing content.

Additional COVID-19 testing kits available

Every household in the U.S. is eligible to receive two sets of four at-home COVID-19 testing kits. The tests are free and provided by USPS. Orders are limited to two orders per household and include four individual rapid antigen COVID-19 tests. [Order kits online](#) or call 1.800.232.0233.

APS *plus* After-Hours Support for students and families

APS *plus* After-Hours Support assists students and families with K-12 tutoring and academic support, family support services, social-emotional urgent support, technology and Google Classroom troubleshooting. **Support hours are Monday through Thursday from 4-7 p.m. and Saturday from 10 a.m. to 2 p.m.** For more information or to call the support squad, visit akronschools.com/apsplus.

HELPFUL RESOURCES

All the resources below have clickable links for your convenience.

General resources

- [Akron Summit County Library](#)
- [APS Covid-19 Dashboard](#)
- [APS District Website](#)
- [APS Family Resources](#)
- [Get 2 School/Stay in the Game](#)
- [Ohio Department of Education \(ODE\)](#)
- [Summit County Public Health](#)
- [United Way 2-1-1 Resource Referral](#)

Forms and downloads

- [Help Desk Form](#)

Educational and mental health resources

- [5 Things Parents Can Do to Support Learning at Home](#)
- [9 Tips for Parents Navigating Online Learning](#)
- [22 Remote Learning Tips for Parents](#)
- [CDC: Help Children Learn at Home](#)
- [Online Learning Tips for Families](#)

APS social media

- Facebook [@akronpublicschools](#)
- Twitter [@akronschools](#)
- LinkedIn [@akron-public-schools](#)
- YouTube [@Akron Schools](#)