



C.H.O.I.C.E.S.



South Gallia Middle School

Site Coordinator: Carey Roberts / Karen Waugh

April 2021

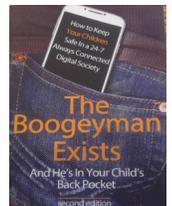


Jesse Weinburger Internet Safety

We were fortunate to be able to present to our parents via Zoom, Jesse “Big Mama” Weinburger, an internet safety speaker for schools on April 13 or 15, 2021. She’s the host of the Internet Safety Podcast: Big Mama’s House Podcast, has authored the book, *The Boogeyman Exists: And He’s In Your Child’s Back Pocket, a guide for parents and educators on how to keep children safe in a 24-7 always connected digital society*. According to research, much of the technology that was designed to connect us is having the opposite effect. In addition to increased depression and anxiety, excessive screen time can lead to addictive behaviors, poor sleep, psychosocial and other problems. Jesse gave the parents the following suggestions for managing social media in families lives:

- ⇒ Mom and Dad: take social media apps off of YOUR phones.
- ⇒ Entire family: turn off all app notifications and use “Do Not Disturb” settings at night.
- ⇒ Entire family: dial back the number of minutes/hours spent on devices – even if it’s just a little at first. No phone use less than an hour before bed.
- ⇒ Entire family: Cut back on the total number of social media apps used. Remember children are not allowed to have any social media under 13 years old, per federal COPPA standards.
- ⇒ House: Create geographic no-phone-zones in your house and abide by them yourself.
- ⇒ Read for pleasure on paper versus e-reader (exception is paperwhite)
- ⇒ Avoid cognitive and eye fatigue – watch programs on you TV versus laptop or phone.

It is a fact that everybody needs routine, to feel connection, and to feel seen. So it is very important that parents need to stay informed with the fast pace of the continuously changing social media platforms that is always present in our lives. Parents will be given a copy of the Jesse’s book for participating in the Zoom presentation.



Cincinnati’s Children Theatre Family Engagement



Due to Covid, travel and buildings had restrictions that limited the opportunities available to students and families. The Cincinnati’s Children’s Theatre was able to provide a unique experience for the C.H.O.I.C.E.S. children and their families in their own homes. *Harriet Tubman: Straight Up Outta’ the Underground*, a one-woman interactive pick a path adventure in which the students were able to choose the path the character Harriet Tubman would take in sections of the play. This play brought to light the journey of Harriet Tubman’s life and the 200-year-old struggle with slavery in this historic retelling. A link to the play was sent out through the student’s google classroom account along with a guide for the play and popcorn to enhance their experience. When the students returned their family engagement survey, each student received the book *Harriet Tubman Portrait of an American Hero* by Kate Clifford Larson and a family game to extend the family experiences and bonding opportunities. With the knowledge that some students did not have the capabilities to watch the plays at home, the afterschool provided a time for the students to have the theater experience at school.





James Orrigo Speaker

James Orrigo, a creative techie, is a very energetic person and has overcome many obstacles to become who he is today. He is a successful songwriter, musician, videographer, social entrepreneur, and the winner of Zoomtopia Innovation Award 2020. On March 17, 2021, James held a Zoom session with the C.H.O.I.C.E.S. afterschool program. He focused on the importance of being creatively resourceful and finding ways to use your gifts to make a positive impact. He shared his story and how he used his passion and the tech world to have a positive impact on children suffering from cancers. He kept his Zoom presentation entertaining with his message and creative use of technology.



Creating and Personalizing

With Covid running about in our communities, the students had to adapt to requirements to stay safe in the schools. Students and teachers alike had to wear face masks, use personal water bottles since the water fountains were turned off, social distance, and clean often. During C.H.O.I.C.E.S., students wanted to add a little pizzazz in their changing school life. The program ordered water bottles and face mask for the students in the program. Turning on their Cricut, they personalized their new school requirement items: water bottles and face masks to use during the day.



Virtual Field Trips MAYA I & MAYA II

In the past, students in the C.H.O.I.C.E.S. program has ended the year with a field trip and this year was no different. Cincinnati Museum Center provided the students with two virtual field trips: Maya I and Maya II which reinforces Ohio Educational Social Studies standards. Each field trip was about an hour long. During the narrated field trip students visited Guatemala Mexico to see ancient ruins and observe the Maya people alive today continuing their culture and practicing their beliefs. A guided tour showcasing the museum's exhibits of the Maya with movie snip-its explaining the importance and influence of each piece. The students immersed themselves in the Mayan growth of an urban civilization that grew from the hostile habitat of the tropical rainforest and continues to influence our lives today. Maya I was a tour of the temples and reservoirs, agriculture, trade, and the collapse and rise of a new Maya Culture in the 17th century. Maya II continued with the Maya culture with the Gods and Goddesses, the cosmic balance and divine kingship, art, and their writing, numbers, and timekeeping.



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Don't miss out on the [Treasure Your Family](#) a month long event. Engage with your family by visiting local places such as Mound Hill, Bob Evan's Farms, O.O. McIntyre Park. Some engaging family activities to do this month have a picnic lunch in the park, walk the bike trail, or play a family game of cornhole. You'll be creating good memories that you will cherish for a life time.

