



San Juan C.A.R.E.S

Scroll or use the “down arrow” on your keyboard to access resources

San Juan C.A.R.E.S.



- **Communicate** with your teacher during their office hours
 - Teachers are available for virtual support from 8:30-10:30 a.m. and 12:30 - 2:30 p.m. March 18-April 3.
 - Information on the exact methods your teachers will use to provide virtual office hours will be available on March 18.
- **Check** the [district website](#) for updates on this situation

San Juan C.A.R.E.S.



- **Ask questions** of your teacher
 - What do I need to review?
 - Where can I get more information?
 - What can I do to maintain what we have already learned?
 - What do I notice and wonder?

San Juan C.A.R.E.S.



- **Read and Review**

- Read a book and retell the story to a family member
- Review for upcoming tests and projects
- Review your class notes

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Enrich

- [California Department of Parks and Recreation](#): Virtual Field Trips to Coastal and Ocean Parks
- [Tour The Collection at The National Gallery of Art](#) You can perform a search by artist, title, or subject.
- [John Muir Exhibit](#): This exhibit by the Sierra Club offers the concise story of Muir's life, writings, and works. It includes sounds, video, and text.
- [Virtual field trips](#)
- Conduct [virtual college tours](#)
- [Tour The American Museum of Natural History](#) You can find 360 degree tours of dioramas, pictures, and video.
- [Reach the World](#) Sail around the world on a 43-foot sailboat, and meet the crew who did it. You'll find separate centers for teachers and students.
- [Monterey Bay Aquarium](#) webcams. With ten live cams to choose from, you can experience the wonder of the ocean no matter where you are.
- [Virtual Art Museums](#)

San Juan C.A.R.E.S.



- **Self Care**

- Get plenty of sleep
- Wash your hands
- Stay hydrated
- Maintain social distancing

Need internet access?



The following companies in our region are offering free internet and/or increased data to ensure students and others working from home have access during self isolation.

- [Comcast](#) is offering their “Internet Essentials” package for free to new customers for the next several weeks, with increased download and upload speeds during this time. Current customers of their “Internet Essentials” program now have increased download and upload speeds for the next several weeks. Additionally, Xfinity hotspots are currently accessible to all, even those who are not Xfinity customers. See map of hotspots [here](#).
- [Sprint](#) has pledged not to terminate access if customers can’t pay their bill. They are also temporarily removing data caps and ensuring every mobile hotspot-capable device has the ability to function as a mobile hotspot for the next two months, even if the customer did not have it set up as a hotspot originally (20GB limit).
- [T-Mobile](#): unlimited data for the next two months, and the ability to use a mobile hotspot-capable device as a mobile hotspot for the next two months (20GB limit)

Resources to Talk to Your Child about COVID-19



1. [Fact sheets](#) (available in English, Chinese and Spanish) from the Centers for Disease Control. Also scroll to “multilingual resources” for more information.
2. [Talking with kids about Coronavirus Disease 2019](#) from the Centers for Disease Control (CDC)
3. [Talking to children about COVID-19 \(coronavirus\)](#) from the National Association of School Psychologists
4. [How to talk to your kids about coronavirus](#) from PBS
5. [Eight tips to comfort and protect children](#) when talking about coronavirus from UNICEF
6. [How to talk to your teens about coronavirus](#) from Harvard Health Publishing
7. [How to talk to kids and teens about coronavirus](#) from Psychology Today with strategies separated by age group

Navigate to academic resources to maintain learning and practice skills



[Resources for multiple grades and subjects](#)

[Early Childhood Education](#)

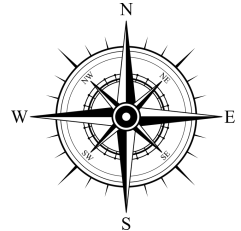
[TK-2nd grades](#)

[3rd-5th grades](#)

[6th-8th grades](#)

[9th - 12th grades](#)

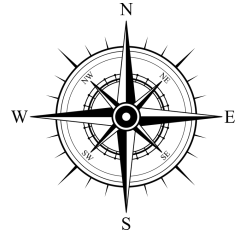
When you see the icon below, you can click it to return to this page.



Resources for multiple grades and subjects



- [Khan Academy](#)
- [BrainPop](#)
- [Online resources from the Sacramento Public Library](#) (link goes to a folder with access information in a variety of languages)
- Scholastic Learn at Home: [Pre-K and K](#); [Grades 1-2](#); [Grades 3-5](#); [Grade 6+](#)
- [Bowseat.org contest](#) (arts, all grades)

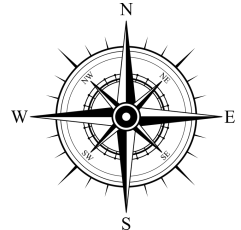


Early Childhood Education (ECE)



[Learning Genie](#) (communication tool used by the ECE program and participating families)

[Tips for reading out loud to your child](#) (link goes to folder with tips in multiple languages)



TK-2nd grades

- Math

- [Mr. Math Blog](#)
- [iXL](#)
- [Math games from PBS](#)
- [iReady](#)

- ELD

- [Starfall](#)
- [Online Books from Tumblebook Library](#)
- [BrainPop ELL](#)
- <https://www.learningchocolate.com/>

- PE

- [GoNoodle](#)
- [Cosmic Kids](#)
- [Open PhysEd](#)

- ELA/ELD:

- [OpenLibrary](#)
- [Author Read Aloud Schedule](#)
- [Starfall](#)
- [Tips for reading out loud to your child](#) (link goes to folder with tips in multiple languages)

- Science

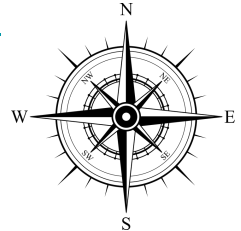
- [Ask Doug videos](#)
- [Mystery Science Lessons](#)

- Music

- [Classics for Kids](#)
- [Sing and Move with Ms. Lorentzen](#)
- [Carnegie Hall Activities](#)
- [Chrome Music Lab](#)

- Art

- [Art for Kids hub](#)



3rd-5th grades

- Math

- [Mr. Math Blog](#)
- [iXL](#)
- [Math games from PBS](#)
- [Learn Zillion](#)
- [iReady at home](#)

- ELD

- [Online Books from Tumblebook Library](#)
- [BrainPop ELL](#)
- <https://www.learningchocolate.com/>

- PE

- [GoNoodle](#)
- [Cosmic Kids](#)
- [Open PhysEd](#)

- Art

- [Art for Kids hub](#)

- ELA/ELD:

- [OpenLibrary](#)
- [iReady at home](#)
- [LearnZillion](#)
- [ManyBooks](#)
- [Read, Wonder, and Learn](#)

- Science

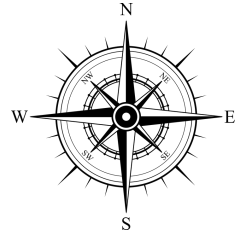
- [Ask Doug videos](#)
- [Mystery Science Lessons](#)

- History Social Science

- [Ted-ED Videos](#)
- [SchoolYard Rap](#)

- Music

- [Classics for Kids](#)
- [Carnegie Hall Activities](#)
- [Dr. Selfridge Music](#)
- [Chrome Music Lab](#)



6th-8th grades

- Math

- [Mr. Math Blog](#)
- [iXL](#)
- [Desmos](#)
- [Learn Zillion](#)
- [iReady](#)

- ELD

- [USA Learns](#)
- [Learn English Teens](#)

- Science

- Amplify Science (students access through their San Juan Portal login)

- World Languages

- [Duolingo](#)
- [Quizlet](#) (search for language card sets)

- Art

- [Drago Art](#)
- [The virtual instructor \(sketchbook\)](#)

- ELA/ELD:

- [OpenLibrary](#)
- [i-Ready.com/AtHome](#)
- [LearnZillion](#)
- [ManyBooks](#)

- History Social Science

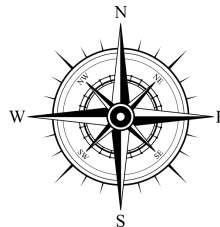
- [Ted-ED Videos](#)
- [SchoolYard Rap](#)
- [Digital Public Library of America](#)

- PE

- [GoNoodle](#) (up to age 12)
- [Darebee Fitness Videos](#)

- Music

- [Music Lessons](#)
- [Dr. Selfridge Music](#)
- [SmartMusic](#)
- [Music Tech Teacher](#)



9th-12th grades

- Math

- [Mr. Math Blog](#)
- [iXL](#)
- [Desmos](#)
- [Learn Zillion](#)
- [iReady at home](#)

- ELD

- [USA Learns](#)
- [Learn English Teens](#)

- Science

- [Bozeman Science](#)

- World Languages

- [Duolingo](#)
- [Quizlet](#) (search for language card sets)

- Art

- [Drago Art](#)
- [The virtual instructor \(sketchbook\)](#)

- ELA/ELD:

- [OpenLibrary](#)
- [iReady at home](#)
- [ManyBooks](#)

- History Social Science

- [Georgia Virtual Learning](#)
- [Ted-ED Videos](#)
- [SchoolYard Rap](#)
- [Digital Public Library of America](#)

- Physical Education

- [Darebee Fitness Videos](#)

- Advanced Placement courses

- [Fiveable](#) (a site to prepare for AP exams)

- Music

- [Music Lessons](#)
- [SmartMusic](#)
- [Music Tech Teacher](#)

