

Ready, Set, GROW!

Back to School – Family Edition



Finding Childcare

Operating in Virginia Beach



A task group comprised of VB Schools staff, City of Virginia Beach staff, local youth-serving agencies and faith-based leaders, has compiled a database of resources to assist families as they select child care options to meet their children's care and learning

support needs during virtual learning and beyond. Explore the map of licensed child care agencies by entering your address and using the filter to narrow your selections to your child's age group. Information about the provider, including virtual learning support access, will appear for each location. Families are encouraged to visit the Virginia Department of Social Services to review provider inspections. [Info. Here](#)

Safe Learning Centers

You've been so patient while we've been working with VBCPS to get the plans for the [new Safe Learning Centers](#) in place. Registration for the general public begins



NOW! First priority has been given to City essential workers and teachers, and we have a limited number of spaces available for working parents who are in still need of childcare during the period in which VBCPS is in the red virtual learning setting. Here is a snapshot of what the Parks & Rec Program involves:

- ✍ Students in grades K-5
- ✍ Hours: 6:30 am to 6 pm, M-F
- ✍ Locations: 14 designated VB elementary schools (see list on website). Note, you do not have to register your child at their home school site!
- ✍ Cost: \$160 for the first 2 weeks, \$80 for each week following as long as schools are still in virtual learning
- 👉 Register now! VBgov.com/childcare

Share Your hand washing tips & songs

Tag us [@VBGrowSmart](#) with your [#Back2School](#) photos!

For information webinars To help you prepare for Virtual learning

And Resources on How to Talk to Children About Race

Visit WHRO [Here](#)

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VBSchools

Keep up to date with VBSchools reopening plan, find resources, and more.

Using the Fall 2020 Plan, which outlines the division's health monitoring metrics, VBCPS will continue to monitor the data and plan face-to-face instruction for those who choose Option 1 once all indicators are green or yellow for 14 days. There are several important considerations for using a 14-day wait period. [More Info. Here](#)



#VBSafeTogether – Virtual Feeding Plan

Wondering how the feeding plan will operate during virtual learning? Check out VBSchools FAQ's page for more information! It will look different than the summer feeding program, so make sure you get all the details. Tuesday, Sept. 8, marks the beginning of the school year and our usual food service program. However, because our Division will be virtual for at least the first two weeks, our online ordering module through SchoolCafé will replace serving lines. All meal orders will be ordered using this app and processed at the student's home school for pickup.

[Info. Here](#)



CHKD's Back to School Tips



Virginia's Child Care Resources

Virginia Beach child care programs are open and ready for you! Here are some more resources for you and your family in finding child care:

- Child Care Aware of Virginia: visit <https://vachildcare.com/> or call 866-KIDS-TLC to find operating programs
- Visit [Common Help](#) to apply for assistance
- [WHRO Virtual](#) Classroom

Supporting Youth Mental Health

National Federation of Families for Children's Mental Health has provided activities, worksheets, and videos for children youth.

[More info.](#)

Other Resources:

- [Children's Hospital of the King's Daughters](#)
- [Center for Disease Control](#)
- [Unicef](#)



If you or someone you know has been laid off or is working reduced hours, Anthem HealthKeepers Plus wants you to know that you may be eligible for free or low-cost insurance. In fact, you may qualify if your monthly income is less than \$1,469 (single person) and you are a Virginia resident. Go to www.chooseanthem.com/va/ to learn more or call 855-242-8282 to apply.

Cloth Face Coverings: Helping Children Overcome Anxiety

Blog Post from CHKD

Be prepared to support your child with face coverings as they return to childcare and school settings. " For many children, wearing a face covering is reassuring and gives a sense of control. But some children (and adults) have unfounded fears about mask wearing and for them, wearing a mask may trigger anxiety." [Read More from CHKD's Blog](#)



IT'S STORM SEASON AND COVID IS STILL HERE. PREPARE FOR BOTH.

Connect with the right sources to stay aware.

Sign up for alerts and warnings from your schools, workplace and community.
And follow these sources so you have the most accurate information:

- Virginia Dept of Emergency Management (VDEM)
vaemergency.gov |  VAemergency |  @VDEM
- Virginia Dept of Transportation (VDOT)
511Virginia.org |  VirginiaDOT |  @VaDOT
- Virginia State Police (VSP)
vsp.state.va.us |  VirginiaStatePolice |  @VSPPIO
- National Weather Service (NWS)
 @NWSWakefieldVA @NWS_BaltWash @NWS-Blacksburg @NWSCharlestonWV @NWSMorristown
- Federal Emergency Management Agency (FEMA)
fema.gov and ready.gov |  FEMA |  @FEMA |  @FEMARegion3



Are you prepared for hurricane season?

Hurricanes are severe tropical storms, massive storm systems, that form over the open water in the southern Atlantic Ocean, Caribbean Sea, Gulf of Mexico and in the eastern Pacific Ocean. Each year, many coastal communities experience threats from hurricanes including heavy rains, strong winds, rip currents, floods and coastal storm surges from tropical storms and hurricanes. A hurricane may spawn tornadoes. Torrential rains cause further damage by causing floods and landslides, which not only threaten coastal communities but may impact communities many miles inland. **The Atlantic hurricane season runs from June 1 to November 30, with the peak occurring between mid-August and late October.**

Stay-up-to-Date with Virginia's Department of Emergency Management:

- [Evacuation Plan](#)
- [General Information](#)



Know your zone before the storm arrives.

Go to KnowYourZoneVa.org or
VAemergency.gov/hurricanes to find
your storm evacuation zone.



LENA Start Information

Did you know? **LENA START**

★ Talk builds babies' brains! ★

Parents and caregivers of children aged 0-3:

FREE LENA Start classes can help you make a difference in your baby's life **just through early talk and interaction!**

LENA Start families receive:

- ★ 11 **FREE** children's books
- ★ High Quality parent materials
- ★ Program incentives
- ★ Classes run weekly for 10 weeks

Registration & Orientation Session: Monday, September 21st @ 6:00 p.m.
Class start date: Monday, September 28, 2020 @ 6:00 – 7:00 p.m.
Virtual Host: Virginia Beach GrowSmart on Zoom

Registration & Orientation Session: Tuesday, September 15th @
Class start date: Tuesday, September 28th @ 10:00 – 11:00 a.m.
Virtual Host: Virginia Beach Public Library on WebEx

Registration & Orientation Session: Wednesday, September 23rd @ 7:00 p.m.
Class start date: Wednesday, September 30th @ 7:00 p.m.
Virtual Host: Virginia Beach GrowSmart on Zoom

For more information, contact GrowSmart at: (757) 385-6464

Or at vbgrowsmart@vbgov.com



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