

Butte School District: SOARS



Parents, Guardians, and Students,

Our Butte School District SOARS team will continue to check in with our caseloads weekly. Your case manager will be in contact with you soon via phone or e-mail. SOARS will continue to be and is available for **ALL** students in Butte School District. Please contact your SOARS Case Manager for any concerns, questions, need for any resources, or to schedule to speak on the phone. We are available and would enjoy staying connected with families and students to provide support.

Claire Holman (Butte High School and Margaret Leary Elementary): holmanc@bsd1.org

Ashley Choquette (Hillcrest and Emerson Elementary): choquetteap@bsd1.org

Callie Boyle (East Middle School and West Elementary): boyleca@bsd1.org

Dan Larson (Whittier and Kennedy Elementary): larsondj@bsd1.org

Resources to Remember:

You can get **free Spectrum Internet for 60 days** if you live in a household with K-12 or College student(s). To enroll contact: [1-844-488-8395](tel:1-844-488-8395) Call early, as waiting to speak with someone can be 1-2 hours. After 60 days call to **CANCEL**.

Our schools will continue to provide **free, grab and go breakfast and lunches**. Students can go to **the nearest school**. This is from 11:00 AM- 1:00 PM. **No grab and go at Whittier or Hillcrest Elementary School**. Locations and entrances for buildings are listed on BSD1.org

Butte Pantry Popup: 406-490-2547 or message through **Facebook: Butte Pantry Popup**

Orders in before 3:00 PM and **delivered to your home** between 4:00- 5:00 PM

State how many in your family and what you need

Butte Food Bank: 406-782-3814

Monday-Friday 9:00 AM-11:00 AM call in to order and food is distributed from the food bank at 11:00 AM

Action Inc. for power bills, housing/rent assistance, and food
406-533-6855

Butte Rescue Mission Located at **610 E. Platinum**

7 days a week provide 3 hot meals a day

7:30-9:00 AM

11:30-1:00 PM

5:30-6:30 PM

*Sack lunches are also provided

In Case of an Emergency

- Remember to call **911** if there is an immediate emergency
- National Suicide Prevention Hotline is available 24/7. Call **1-800-273-8255**

OR Text “**MT**” to **741 741**

Continue a Routine

- Set an alarm and continue to wake up at a regular time M-F in the mornings
- Eat breakfast
- Continue to get dressed in clothes and change out of pajamas
- Work on school learning packets or online work for 30-60 minutes, then take a 15 minute break
- Continue to take breaks every 30-60 minutes until school work is complete. You could go outside to play, or eat a snack. Then continue and finish the day’s school work
- Eat lunch at the same time everyday
- When school work is complete, do a chore around the house, or a fun activity.
- Continue a regular bedtime as well and routine



Find us on Facebook by searching Montana SOARS.

A great resource for

activities and information for you and your children.

Butte School District: SOARS



ACTIVITIES TO DO AT HOME WITH YOUR KIDS

(Also, check out our Facebook page, Montana SOARS, for more information)

Get outside: Ride bikes, rollerblade, play basketball, street hockey, or take a walk on a trail.

Call a friend: Check in with a friend and see how they are doing. It could be a friend from school or out of town.

Read books together: Grab a book and read it together, or a series of books like Harry Potter.

Game night: Play charades, pictionary, your favorite board game, or card game together

Scavenger hunt: Create a scavenger or treasure hunt with clues. You could even create the "treasure" to find.

Get hands on: Learn how to change oil or tires together. You could even learn how to do laundry or load a dishwasher.

Cook a meal together: Cook your favorite dish. It could even be a holiday dish or dessert!

Create an e-card and e-mail to your loved ones to let them know you are thinking of them.

Take old T-shirts and sew by hand or use a sewing machine to **create a blanket or pillowcase.**

Create a playlist of music and share with a friend.

Make a music video: Create a music video with costumes

Plan a Netflix hangout with friends: On Netflix now, you can watch television shows or movies together while chatting online.

Spa Day: Make homemade facemasks, do manis, pedis, and hair for a spa day.

Build a fort and "camp" out in your living room.

Do a fun **science experiment together**, like making a volcano!

Create a Terrarium: Go outside and find objects or things from nature to create your own terrarium. You can use an empty jar, cup, or pop bottle as the holder for your terrarium.

Learn a new language: This is a great time to learn a new language!

Online Resources: Websites to Continue Staying Connected and Grounded

Go Noodle: A variety of movement and mindfulness videos. You can search on YouTube or your Smart T.V.

<https://www.gonoodle.com/>

Fit4Schools: A comprehensive program to get students active

<https://fit.sanfordhealth.org/>

CosmicKids: Videos for kids to follow which focuses on yoga and mindfulness

<https://www.cosmickids.com/category/watch/>

Move to Learn: This is a YouTube channel that teaches dances and gets kids moving

<https://www.youtube.com/user/MovetoLearnMS/videos>

Google Hangouts: With Parent/Guardians permission and help, this is an Interactive Video for Google Hangouts with friends. It is free and can be done on a computer or cell phone.

<https://meet.google.com/>

TumbleBooks: Online books for children and teens. An online resource to “rent” books to read online. They offer a free trial.

<https://www.tumblebooks.com/>