

Prince George's School Mental Health Initiative: Enhancing Student Success

Resources for PGCPS Families

PGCPS Information

- **PGCPS Coronavirus Resources**
PGCPS information on home learning and Coronavirus information (English, Spanish, and French) can be found [here](#)
- **PGCPS Notifications:** To sign up for PGCPS notifications, please click [here](#)

Continuity of Learning

Information on the PGCPS plan for distance learning, the revised grading periods, resources for students with disabilities, and frequently asked questions can be found [here](#)

Free Meals for Students

Starting Monday, April 6, students can pick up a week's worth of "grab and go" meals in fewer visits. Meal pick-up will occur twice a week going forward. Students can get meals for two days on Mondays and three days on Wednesdays. There will be no meal service on Monday, April 13 due to spring break. Service will resume Tuesday, April 14 with one meal; three meals will be available on Wednesday, April 15.

Breakfast, lunch and a snack are available at 43 sites. Parents may now pick up meals for students who are unable to come to the site by showing a student ID or report card.

Meals are available from 10 a.m. to 1 p.m. Parents and guardians are not required to accompany students nor are students required to show ID.

The full list of sites is below:

- **Andrew Jackson Academy**, 3500 Regency Parkway, Forestville
- **Benjamin Tasker Middle School**, 4901 Collington Road, Bowie
- **Bradbury Heights Elementary**, 1401 Glacier Avenue, Capitol Heights
- **Brandywine Elementary**, 14101 Brandywine Road, Brandywine
- **Buck Lodge Middle School**, 2611 Buck Lodge Road, Adelphi
- **Calverton Elementary**, 3400 Beltsville Road, Beltsville
- **Carmody Hills Elementary**, 401 Jadeleaf Ave., Capitol Heights
- **Carrollton Elementary**, 8300 Quintana Street, New Carrollton
- **Clinton Grove Elementary**, 9420 Temple Hill Road, Clinton
- **District Heights Elementary**, 2200 County Road, District Heights
- **Drew-Freeman Middle School**, 2600 Brooks Drive, Suitland
- **Dwight D. Eisenhower Middle School**, 13725 Briarwood Drive, Laurel
- **Gladys Noon Spellman Elementary**, 3324 64th Avenue, Cheverly
- **Glassmanor Elementary**, 1011 Marcy Ave., Oxon Hill
- **Hillcrest Heights Elementary**, 4305 22nd Place, Temple Hills
- **Hollywood Elementary**, 9811 49th Ave., College Park
- **James McHenry Elementary**, 8909 McHenry Lane, Lanham
- **John Bayne Elementary**, 7010 Walker Mill Road, Capitol Heights
- **Judge Sylvania Woods Elementary**, 3000 Church St., Glenarden
- **Kenmoor Middle School**, 2500 Kenmoor Drive, Landover
- **Kettering Middle School**, 65 Herrington Drive, Upper Marlboro
- **Langley Park-McCormick Elementary**, 8201 15th Ave., Hyattsville
- **Laurel Elementary**, 516 Montgomery St., Laurel
- **Lewisdale Elementary**, 2400 Banning Place, Hyattsville
- **Martin Luther King Jr. Middle School**, 4545 Ammendale Road, Beltsville
- **Nicholas Orem Middle School**, 6100 Editors Park Drive, Hyattsville

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- **Oxon Hill Middle School**, 9570 Fort Foote Road, Fort Washington
- **Port Towns Elementary**, 4351 58th Ave., Bladensburg
- **Ridgecrest Elementary**, 6120 Riggs Road, Hyattsville
- **Riverdale Elementary**, 5006 Riverdale Road, Riverdale
- **Robert Frost Elementary**, 6419 85th Ave., New Carrollton
- **Samuel Chase Elementary**, 5700 Fisher Road, Temple Hills
- **Springhill Lake Elementary**, 6060 Springhill Drive, Greenbelt
- **Stephen Decatur Middle School**, 8200 Pinewood Drive, Clinton
- **Suitland Elementary**, 4650 Towne Park Road, Suitland
- **Templeton Elementary**, 6001 Carters Lane, Riverdale
- **Thomas S. Stone Elementary**, 4500 34th Street, Mount Rainier
- **Thurgood Marshall Middle School**, 4909 Brinkley Road, Temple Hills
- **Waldon Woods Elementary**, 10301 Thrift Road, Clinton
- **Walker Mill Middle School**, 800 Karen Blvd., Capitol Heights
- **William Paca Elementary**, 7801 Sheriff Road, Landover
- **William Wirt Middle School**, 6200 Tuckerman St., Riverdale Park
- **Woodridge Elementary**, 5001 Flintridge Drive, Hyattsville

Other Free Food Sites

- **Bladensburg Community Center**, 4500 57th Avenue, 3rd Thursday of each month, Free fresh produce
 - **Capital Area Food Bank is distributing food on Tuesdays and Saturdays**, at 3:00 pm at the Giant Food stores located at 6000 Greenbelt Road, Greenbelt; 10480 Campus Way South, Largo; and 7074 Allentown Road, Camp Springs
 - **Capital Area Food Bank COVID-19 Interactive Partner Map** lists school and community food distribution sites. www.capitalareafoodbank.org/covid19response/#get-help
 - **Community Support Systems Inc.'s Baden pantry** operates on Fridays from 9:30-11:00 am is located at 13500 Baden-Westwood Road, Brandywine 20613.
 - **Community Support Systems Inc.'s Accokeek pantry** operates on Fridays from 10:30-noon and is located at 15769 Livingston Road, Accokeek 20607.
 - **Ebenezer Food Bank**, 1st and 3rd Saturdays each month at New Carrollton City Hall
 - **Faith Based Cooperative at Charles Carroll Middle School**, 4th Saturday of each month
 - **Help by Phone, Daily** at Trinity Moravian Church, by appointment, 301-441-1814
 - **Prince George's County Department of Parks and Recreation** is offering grab and go lunches to children at Marlow Heights, Oakcrest and Glenarden community centers. Lunches will be available Monday through Friday from 12pm to 2pm on a first come, first served basis.
 - **SEED** is distributing food weekly on Wednesdays at 12pm at East Pines Community Center, 5819 Eastpine Drive, Riverdale.
 - **Trinity Church**, 7800 Good Luck Road, 4th Friday of each month, Free Fresh Produce
- Please note, these food distribution sites may change.*

Community News

- **Giant Food** have reserved hours from 6am to 7am daily for shoppers 60 and older and those with compromised immune systems.
- **Safeway** will reserve every Tuesday and Thursday from 7am to 9am for seniors, those with compromised immune systems, and other at-risk customers to shop.
- **Save-A-Lot** hours for senior shoppers are from 7:00 AM to 8:00 AM daily.
- **Walmart** will let customers who are 60 or over shop one hour before the stores open on Tuesdays from March 24 to April 28. Pharmacies and vision centers will be open too.
- **Maryland Department of Aging Senior Call Check** is a daily call to check on senior residents that are home alone. Call 1-866-50-CHECK to register

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Community News

- **Prince George's County COVID-19 Hourly Employee Relief Fund** provides \$200 cash cards to county residents who were recently laid off due to the COVID-19 pandemic. For more information and to apply, go to www.employpg.org/covid19/
- **Rotary International** has launched a volunteer initiative to assist elderly and other high-risk individuals in picking up groceries and prescription medication. If you need assistance, call their hotline at 240-781-6586 between 9am and 6pm daily.

Utility/Eviction Notice Information

- **Prohibition on Utility Shutoffs:** Governor Hogan has issued an emergency order that prohibits electric, gas, water, sewage, phone, cable TV, and internet service provider companies from shutting off any residential customer's service, or charging any residential late fees. To read more about this order [here](#).
- **Prohibition on Evictions:** Governor Hogan has issued an emergency order that prohibits Maryland courts from ordering the eviction of any tenant who can show that their failure to pay rent was the result of COVID-19 (for example, because of lost or reduced unemployment, or needing to care for a school-aged child—or because they are diagnosed with, or under investigation for, COVID-19). You can read more about this [here](#).

Internet Resources

- **AT&T** offers open hot spots, unlimited data to existing customers, and \$10 a month plans to low-income families <https://about.att.com/pages/COVID-19.html>
- **Comcast Internet Essentials** offers free WiFi for two months to low-income families and all Xfinity hot spots are free to the public during this time www.internetessentials.com/covid19
- **Spectrum** offers free internet services for low-income households with students in grades K-12 www.spectrum.net/support/internet/coronavirus-covid-19-educational-internet-offer
- **Sprint** provides unlimited data to existing customers, and allows all devices to enable a hot spot for 60 days at no extra charge www.sprint.com/en/landings/covid-19.html

Educational/Learning Resources

The PGCPS website has links to many free online learning resources which can be viewed [here](#).

Some additional learning resources are listed below:

- **ABCYa Learning Games and Apps** provides opportunities to practice math & reading skills www.abcya.com/
- **Audible** free audiobooks for students of all ages <https://stories.audible.com/start-listen>
- **Khan Academy** provides sample daily schedules and remote learning resources www.khanacademy.org/
- **National Geographic for Kids** www.nationalgeographic.com/
- **PBS Learning Media** www.pbslearningmedia.org/
- **Prince George's County Memorial Library System** Your library card gives you instant access to a collection of research databases, audiobooks, eBooks, videos and music. Username: pgcps + student ID (e.g., pgcps100496875). Password: last 4 student id digits (e.g., 6875) www.pgcmlls.info/online-resources-432

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Coping with COVID-19

SAMSHA Disaster Distress Hotline is a toll-free multilingual confidential crisis support for people experiencing emotional distress. Call: 1-800-985-5990

Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)
www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Additude www.additudemag.com/

Below are examples of the type of articles and information you can find on the Additude site:

Are You CoronaSchooling? Daily Schedule Advice for ADHD Families

www.additudemag.com/daily-schedule-coronavirus-home-school/

Coronavirus Anxiety: 10 Expert Coping Strategies

www.additudemag.com/adhd-coronavirus-anxiety-coping-strategies/

How to Explain Coronavirus to a Child with Anxiety

www.additudemag.com/explain-coronavirus-covid-19-anxiety-adhd-child/

Child Mind Institute <https://childmind.org/coping-during-covid-19-resources-for-parents/#resources>

Provides clinical and supportive resources as well as tips on numerous topics such as:

Giving Kids with ADHD Support and Structure During the Coronavirus Crisis

<https://childmind.org/article/giving-kids-with-adhd-support-and-structure-during-the-coronavirus-crisis/>

How Mindfulness Can Help During COVID-19

<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/>

Supporting Teenagers and Young Adults During the Coronavirus Crisis

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

Zensational Kids is offering a free weekly call to support parents/caregivers social, emotional, physical and mental well-being. The call is scheduled for Thursdays at 9am, a recording will be emailed to those who cannot attend. zensationalkids.com/mindful-tools-call/

Information from Prince George's County Health Department

Coronavirus Hotline: If you have any questions or concerns, please call the Prince George's County Health Department Coronavirus hotline at (301)883-6627 during **8:00am - 8:00pm** to receive updated information about the coronavirus disease. **Please contact 911 for medical emergencies only. Do not contact 911 for Coronavirus related issues.*

COVID-19 Hotline Flyer

www.princegeorgescountymd.gov/DocumentCenter/View/29106/COVID-19-Hotline-Flyer-English-PDF

Coronavirus Disease 2019 (COVID-2019) Frequently Asked Questions

www.princegeorgescountymd.gov/DocumentCenter/View/28935/Maryland-Department-of-Health-COVID-19-FAQs

FedExField COVID-19 Screening Site

Coronavirus testing site is located at FedExField and open Mondays, Wednesdays, and Fridays. Patients must call the Coronavirus hotline (301-883-6627) and schedule an appointment. <https://youtu.be/RqvmVm4uuRI>

What to do if you are sick with coronavirus disease 2019 (COVID-19)?

www.princegeorgescountymd.gov/DocumentCenter/View/28868/Sick-with-2019-nCoV-CDC-Factsheet-PDF

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