

Local tutor offers advice for parents educating children at home now

By Kristine Coulter

Most areas schools have been closed since Monday, March 16. That means children who have been going to school for their education, are now being taught at home. Most districts have supplied online learning for their students. How can parents assist their children at this time?

“Considering the recent developments regarding the novel coronavirus Covid-19, all of us are facing disruptions to nearly every part of our daily lives. Over the next few weeks, our educational system will be much different than anything we have worked with before. Both educators and administrators are now tasked with transitioning to a remote-learning system in order to minimize disruptions to your child’s education,” said Francyne Craig, co-owner of Tutor My Success in East Fishkill.

She said, “Many parents are now working from home while juggling the many tasks associated with parenting and now teaching. These new methods of teaching can seem confusing and somewhat intimidating at first glance, but it is important to remember that

there is a wide range of online educational resources available to help.” She acknowledged this remote learning system “will likely look very different than a standard school day but furthering the education of your child is still the top goal of our educators.”

Craig offered these tips for anyone feeling overwhelmed with this new system of education:

- Remember that this remote-learning system is new to everyone. Be patient as we work together to familiarize ourselves with this new system. Keeping expectations low and accepting what is, will lower potential frustration.

- Create a daily schedule for Monday through Friday. While this will not replicate the structure of a school day, a schedule helps to comfort us and our children and keep us in a routine that will promote productivity. Try to stick to a regular bedtime and set an alarm for the morning. Avoid viewing this time off as a vacation from all school-work. Plan out the day to include different activities. Have a plan in place that includes time for academics, free play, physical activity, arts and music. Take a

break for a snack and lunch – and don’t forget recess!

- Keep in mind that your child may be missing their friends and try to set up phone calls or other virtual meetings so that they have an opportunity to interact with their classmates.

“While our current situation is very fluid and can be very scary, it can also be viewed as an opportunity for us as parents to take a step back and enjoy extra time with our kids. Reading books together is always a great opportunity to relax, and things like cooking together can even help your child develop their math and science skills. There are even dozens of simple science experiments that you can do with your child with common household items,” Craig said.

She added, “However you choose to spend this time, keep in mind that we will get through this period of hardship and that this remote-learning environment, no matter how foreign or intimidating it may seem at first, can be an effective tool to help dampen disruptions to your child’s education.”



A tutor with Tutor My Success works with a student. Co-owner of Tutor My Success Francyne Craig advised parents to set up a routine when educating children at home.

-Courtesy photo

Resources available for local residents

By Kristine Coulter

City of Poughkeepsie Mayor Rob Rolison announced steps last week to limit the local government workforce to essential employees in light of the coronavirus (COVID-19).

The mayor emphasized that essential workers -- including public safety and the sanitation department -- will be continuing their shifts. The mayor said there will be no physical public access to City buildings until further notice, according to a press release.

“These are extraordinary times,” Mayor Rolison said. “We are taking these actions to help slow the spread of this virus, while maintaining public safety and as many services possible.”

The mayor said the first round of nonessential workers will go on paid leave for two weeks effective Wednesday, and another round will go on paid leave for two weeks starting April 1.

According to the release, non-essential employees are considered any person who does not need to be physically present to perform their job functions, or they are not currently required to meet the core functions of city government during this response.

For emergency situations only, call 911. Otherwise, the Police Department’s non-emergency number is 845-451-4000.

The following hours of 8:30 a.m. and 4:30 p.m., the public will be able to con-

tact via phone the following departments: Assessor, 845-451-4039; Building, Planning and Community Development, 845-451-4007; Office of the Mayor, 845-451-4073; City Chamberlain, 845-451-4276; Corporation Counsel, 845-451-4065; Finance Department and Tax Collector, 845-451-4030; and Public Works, 845-451-4111.

Applications for Section 8 Housing must be made in person at 1 Civic Center Plaza between 9 a.m. and noon Monday through Friday. You can call 845-451-4020 for more information.

Payments for city services also can be done through the website at <https://cityof-poughkeepsie.com/finance>, by mail at 62 Civic Center Plaza, Poughkeepsie, NY 12601 or by using the drop box near the front door at the Police Station on Mansion Street.

Rolison has canceled other public meetings scheduled for this week. The mayor encourages residents to follow the city’s social media platforms for updates.

He also urged the public to get the latest updates on the COVID-19 and the impacts on our area at the county website at <https://www.dutchessny.gov/Departments/DBCH/2019-Novel-Coronavirus.htm>

Beacon City School District Meal Program Reminder- Children in the Beacon City School District are eligible to pick up a lunch and a breakfast daily at the

Beacon High School parking lot from 10-10:30 and South Avenue from 10:30- 11. Special thanks to Karen Pagano and her amazing team for making this meal program happen. Soup Kitchens.

Other programs offered in Beacon are:

First Presbyterian Church of Beacon
50 Liberty St.
845-831-5322

Friday and Saturday, 11 a.m. – Noon

Tabernacle of Christ Church
483 Main St.
845-831-4656

Monday – Thursday, 11 a.m. – Noon
Springfield Baptist Church (Seniors)
8 Mattie Cooper Square

Last Saturday of every month, Noon
Salvation Army (Seniors)
372 Main St.
845-831-1253

Tuesday and Thursday, 11 a.m. – 1:30 p.m.

Beacon Senior Friendship Center (Seniors)
One Forrestal Heights
845-838-4871

Monday – Friday, 10 a.m. – 2 p.m.
Food Pantries

Salvation Army Beacon
372 Main St.
845-831-1253 *By appointment only*

Tuesday – Thursday
St. Andrew’s/St. Luke’s
15 South Ave.
845-831-1369

Saturdays, 10 – 11 a.m.
New Vision Church of Deliverance @ Beacon Rec. Center

23 West Center St.
845-202-7199

Saturdays, 10:30 a.m. – noon
Trinity Episcopal Church
1200 Main St. Fishkill
845-896-9884

Tuesday - 6 – 8 p.m.,
2nd and 4th Saturday - 9-11 a.m.

Fishkill Food Pantry @ First Reformed Church
1153 Main St. Fishkill
845-896-4546

By appointment only Monday – Thursday - 9 a.m. - noon
Tuesdays - open until 2 p.m.

Fareground Tiny Food Pantries – Beacon

24/7 Location 1- Beacon Rec. Center - 23 West Center St.
Location 2- The Howland Public Library - 313 Main St.

Community Action Partnership- *By appointment only*
10 Eliza St, Beacon,
845-831-2620

They will continue to serve families with food emergencies. They are not taking any walk-ins at this time.

Families must call ahead at 845-831-2620 to schedule a time to come.

Food Bank plans increased service in response to COVID-19

The Food Bank of the Hudson Valley – along with its parent organization, the Regional Food Bank of Northeastern New York – is actively responding to increased emergency food needs resulting from the COVID-19 crisis. The situation is changing daily, but already food pantries, soup kitchens, schools, and other organizations are reaching out for guidance and support. The Food Bank has provided additional food for several of its school Backpack Programs to ensure vulnerable children

have the food they need now that schools have closed. Some food pantries may close temporarily to protect their elderly volunteer force. In those cases, the Food Bank will either set up special distributions to fill the gaps or provide additional assistance to nearby pantries experiencing an increase in demand.

“We have responded in a positive way to several disasters in the past,” said Mark Quandt, Executive Director of the Regional Food Bank of Northeastern New

York. “But this situation is unique. The level of need for emergency food assistance is unknown right now, so we are preparing for the worst.” Still, Quandt said, the Food Bank is committed to meeting the food needs of people who are negatively impacted by this crisis. “We are the only not-for-profit organization in the region that can respond on such a wide scale, and we take that obligation very seriously.”

The Food Bank will need additional

financial and volunteer support to meet the increased demand for its services. Contributions can be mailed to the Food Bank of the Hudson Valley, 195 Hudson Street, Cornwall-on-Hudson NY 12520, or made online at www.foodbankofhudsonvalley.org.

Volunteers can also sign up on that website. Other offers of support, questions, and requests for help can be directed to 845-534-5344 or info@foodbankofhudsonvalley.org.