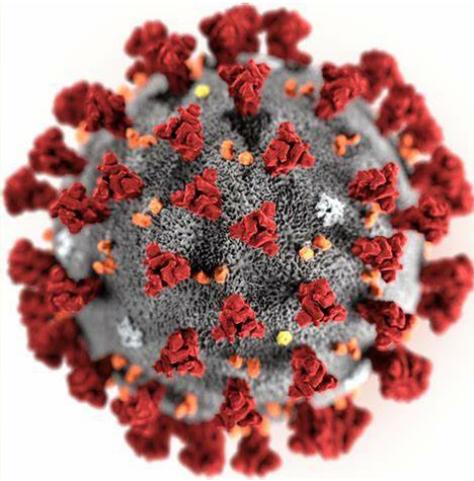




The Lawson Academy News

THE BEST RESOURCE FOR PARENTS WHO CARE ABOUT THEIR STUDENTS'
LEARNING LIKE YOU

COVID-19 Changed Everything



Instead of returning after Spring Break to prepare for the April and May STAAR examinations, COVID-19 caused all schools across the nation to close.

The Lawson Academy was working on our Distance Learning implementation during the Spring Break, and we were ready on Wednesday, March 25 to activate Distance Learning for every student.

While other schools are waiting to get started, our students are learning every day!

[Closure Letter](#)

Learning At Home

The Technology Survey (March 20-27) identified students who needed computer and Internet access. Laptops have been checked out to many students. Everyone can get headphones by coming to the District Office (5220 Scott Street) and just signing them out.

As changes occur, you will get emails and calls. Keep monitoring your email! We are working to support your student's learning at home.

[6th Grade](#)

[7th Grade](#)

[8th Grade](#)



Major Changes with Distance Learning

STAAR Assessments: Governor Greg Abbott released all

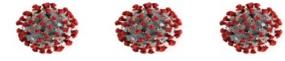
Texas schools from the STAAR Assessments, normally scheduled in April and May.

COVID-19 MEAL DELIVERY STOPS	MEAL DELIVERY TIMES	# STUDENTS
The Lawson Academy, 5052 Scott St.	10:50 AM	start
STOP 1 - Family Dollar, 10747 Homesstead Rd.	11:30 AM	8
STOP 2 - Emancipation Park, 3018 Emancipation Avenue	11:50 AM	41
STOP 3 - Park @ Palm Center, Corner of Beekman & St. Ives	12:10 PM	17
STOP 5 - Yellowstone Pool, 6900 La Salette St.	12:30 PM	41
The Lawson Academy, 5052 Scott St.	12:50 PM	end

Please arrive at designated stops at least 20 minutes early.
Students must be present to receive meals.
Lunch for the day and breakfast for tomorrow will be delivered.
Adjustment to route times will be announced.

Meal Delivery: Lunch (for today) and breakfast (for tomorrow) is delivered to ten stop every day. Check out the [route list](#). Some meals are to be warmed, here so here are the [warming instructions](#).

Additional Meal Sites: Food is available at sites around Houston. Go to <https://www.covid19txfoodresources.org/> for info on locations.



Thanks to our Bus Monitors who make sure that students receive meals daily. If your student isn't getting meals, you can change that today!

APART WE STAND TOGETHER



IT TAKES ALL OF US TO SAVE LIVES!

If we work together, fewer of our friends and family will be affected by the coronavirus. Hospitals won't be overloaded and lives will be saved.

Learn more at www.texas.gov/covid19

DO YOUR PART TO KEEP FELLOW TEXANS SAFE!



PRACTICE SOCIAL DISTANCING

If you must go out, avoid public spaces and keep your distance.



KEEP HANDS CLEAN

Use soap and water for 20 seconds or use 60% alcohol hand sanitizer.



CLEAN & DISINFECT

Disinfect frequently touched objects and surfaces often.



STAY HOME WHEN SICK

Call your doctor if you have fever, cough or shortness of breath.



DON'T SPREAD GERMS

Don't touch your eyes, nose or mouth. Cover a cough or sneeze using your elbow.

SYMPTOMS OF COVID-19

Symptoms may appear any time between 2-14 days after exposure.



FEVER



DRY COUGH



SHORTNESS OF BREATH

WHY IT'S DANGEROUS

Most of us will be fine. But, if we allow the virus to spread, many people who don't have to could die.

30%
No Symptoms

56%
Moderate Symptoms

10%
Hospitalization

4%
Hospitalization + ICU

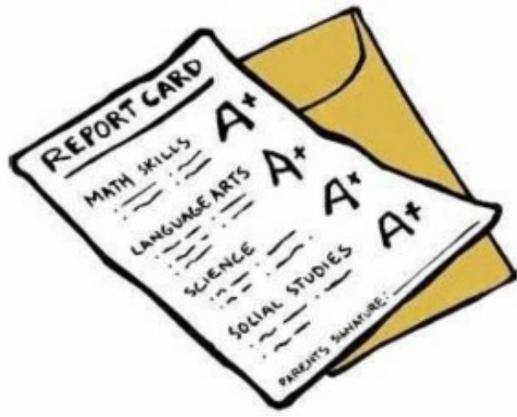
BY STAYING APART NOW, WE CAN ALL BE TOGETHER AGAIN FASTER!



Texas Department of State Health Services

Report Cards this Week

Student report cards are being mailed on Friday, April 3. You can expect to receive them next week. Most of this grading period occurred



before Spring Break.

If you need to update your correct mailing address, email info@theLawsonAcademy.org.

Discussing Coronavirus with Your Kids

Coronavirus has been officially declared a public health emergency by the World Health Organization and shows no sign of slowing down. Whenever an epidemic like this makes headlines, it's easy for kids (and grown-ups) to glom onto the scariest tidbits of information and become anxious.

Even though news about a virus like this as it spreads can be alarming, there are a few ways to reassure children by familiarizing them with how news stories are generated when it comes to things like coronavirus, **Sierra Filucci, editorial director at Common Sense Media**, says. "It's an opportunity to build upon their media literacy skills, so they can understand why the news is reporting on stuff like this, why it's such a big story, and why seeing it everywhere doesn't necessarily reflect the actual danger to their lives," Filucci says.

To defuse coronavirus panic in tweens and teens, deploy a combination of reassurance and emotional damage control, Filucci says. "Put it into context — the flu goes around every year and we don't hear as much about it in the news. This is something new, but it doesn't necessarily mean it's something that you have to worry about."

She says situations like these are an opportunity to work with your kid on building news and media literacy skills to separate fact from fiction. "Ask your kid to be skeptical of what they read and what they see. It doesn't mean not to believe credible news, but it means to ask who's creating this news? Is it credible? How can I tell that it's credible? What's the source? Who is creating this news for what purpose? Then, help them find credible information," Filucci explains. "Parents need their own media and news media literacy skills in order to do this because it involves role modeling."

To illustrate this point, Filucci recalls being in line at the grocery store and overhearing a (very grown-up) woman in front of her share a conspiracy theory about the coronavirus with the cashier. "If adults are falling prey to rumors and viral videos with misinformation, you can understand how challenging it's going to be for kids who have less well-developed literacy and reasoning skills," she says.

Your Voice Matters!

Will you take two minutes (really, only 2 minutes) and help The Lawson

Academy improve? Just tell us what we can do to make our school better... and watch us make it happen.

Stakeholder Feedback



RESOURCES YOU CAN USE AT HOME

Parents are our partners. Why not help your student focus on healthy foods at home and outside of school?

Check out the current [Teen Food & Fitness](#) newsletter. Great food ideas!

The Lawson Academy
Dr. Marthea Raney, Principal



FAST TAKES

It's veggie day!

Go meatless one day a week (or more) to enjoy plant-based meals and make the most of spring produce. Your child might look up vegetables that are in season and find nutritious recipes that call for them. *Examples:* asparagus quiche, spinach and mushroom enchiladas, spaghetti with spring peas.



No muscles left behind

Whether your teen works out regularly or is just getting started, encourage her to pay attention to all her muscle groups for better overall strength. She could keep a log of her workouts or designate one day for leg exercises, another for core, and so on.

Did You Know?

Being overweight raises the chances of a teen's face breaking out. In fact, moderate and severe acne is more common among heavier teens. Mention to your child that eating healthy foods and staying physically active may help lead to clearer skin.

Just for fun

Q: What are five things that contain milk?

A: Five cows!



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Processed food Q&As

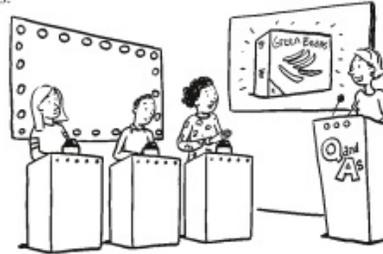
There's a lot of information to digest when it comes to processed foods. Here are answers to questions you and your teen may have.

"Does processed = unhealthy?"

"Processed" simply means a food has been changed from its natural state. But that doesn't automatically make it bad for you. For instance, bagged lettuce, pasteurized milk, and tofu are processed *and* nutritious. Teach your child to limit overly processed foods, however, such as instant soups, hot dogs, and soda.

"How can we cut back?"

Swap in whole foods or less processed alternatives. For snacks, your child could microwave a baked potato instead of grabbing a bag of potato chips, or eat a handful of nuts rather than an energy bar. For meals, she can make her own "TV dinners" by freezing individual portions of healthy leftovers to heat up on busy weeknights.



"Should we buy frozen fruits and vegetables?"

Yes—if they don't have added sugar, salt, or sauces. Fruits and vegetables are quickly frozen at peak freshness, so they may actually provide more nutrients than fresh produce that's shipped long distances. They also keep a lot longer once you buy them. Suggest that your teenager choose packages that list fruits or vegetables as the only ingredients. ♣

Fit with friends

What's more fun than running and playing? Running and playing with friends! Encourage your teenager to be active and social with these ideas.

Community events. Your child could search online or on community bulletin boards for upcoming activities like a walk-a-thon or a 5K race. Then, he can choose one and invite friends to join him.

Pickup games. Your teen and a friend might meet new people by finding pickup soccer or basketball games at a nearby park or school.

Fitness facilities. Offer to take your tween and his friends to places where other kids do activities. Examples include a skateboard park, an indoor swimming pool, or an open gym. ♣



This institution is an equal opportunity provider.

Recommend Us To Your Friends

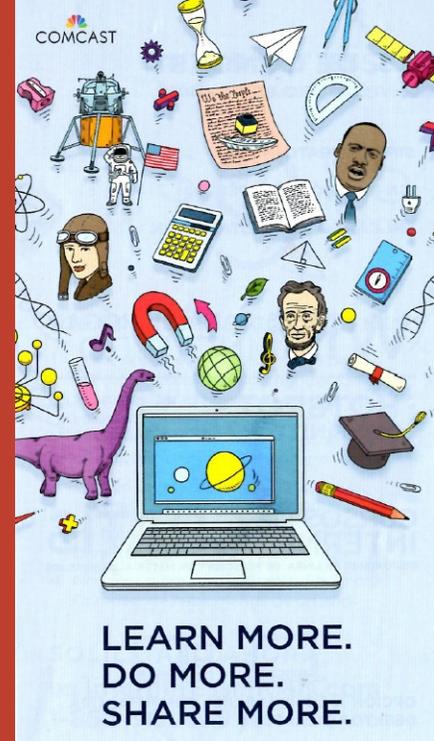
Every parent at The Lawson Academy is part of our Recruiting Team. Share information with your friends and neighbors about our program. Let them know how great we are, and give us a chance to prove it!

[ApplyHouston](#)

1. Have at least 1 child who is eligible for the free lunch (you have that)
2. Live in an area where Comcast Internet Service is available
3. Have not subscribed to Comcast Internet within the last 90 days and
4. Have no outstanding debt to Comcast that is less than one year old.

Apply online at InternetEssentials.com or call 1-855-846-8376 (1-855-8-INTERNET).

You can also purchase a laptop or desktop for only \$149.99 from Comcast which includes Microsoft Office, 90-day warranty and Norton Security Suite.



COMCAST

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DO MORE.
SHARE MORE.**

THE LAWSON ACADEMY
www.theLawsonAcademy.org

