

# **Jackson County**

**TEACHERS CREDIT UNION** 

Calling Jackson County home since 1954. Quarter 3 | 2020

# **NEWS YOU CAN USE**

Official Newsletter of Jackson County Teachers Credit Union

# Letter to Members

It's been since March that most of us have been asked to stay home, aka social distancing, to limit the spread of COVID-19, and though some states have started to lift some restrictions, there's still no clear end in sight to the pandemic.

Staying at home and keeping our distance from others has helped flatten the curve, but it has also come with its own set of problems and stressors. There's no questioning that things might feel a little bleak right now. If you are feeling any of these effects, remember that it is natural, and that there are a few ways you can bolster your mental health.

During times like this, it is important to connect with family, friends, religious leaders, professional help (therapy), or anyone else you feel you can discuss your concerns; especially helpful if you have significant worry. To help keep yourself mentally optimized, try to maintain a regular sleeping/ eating schedule and include a self-care routine like reading a book, taking a bath, or getting ready for the day (even if there is nowhere to go). For maximum benefit, include three healthy meals, time outdoors (if possible), and physical activity. Constantly following the headlines can add to the stress, so set a limit to your consumption of news. Give yourself a break. It's not normal to be stuck at home or to have to work while simultaneously homeschooling your child. Don't beat yourself up over every mistake or loss of patience. Do your best and let go of the rest.

Thanks. Valena Alexander, CEO.

### WE ARE OPEN AND HERE FOR YOU!



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## **IMPORTANT INFO**

Tax Deadline has been extended to July 15!

**STAY UP TO DATE** WITH SCHOOL SCHEDULE JCSB.org



#### **SOMETIMES THE BEST VACATION IS A STAYCATION!**

One way to save money on your summer vacation is to take a staycation. A staycation is when you visit places close to home that you normally wouldn't. Many people live in areas that draw people in for one reason or another, even if you don't live in a really popular tourist destination. Think of local places you rarely go, consider exploring that area or surrounding areas.

Here are a few things you can do to make your staycation count. Make a list of popular tourist destinations in your city, think about the places you've always wanted to visit, and look on-line for ideas. You can make a travel itinerary for a weekend, a few days, or a week. One of the many benefits to a staycation is, you save money on travel expenses, such as airfare and hotel accommodations.

This is a great way to explore where you live while saving money during the summer.



#### **FAMILY FUN ACTIVITIES**

Even when we are stuck at home, we can make the absolute most of it. Family time is so important! In the grand scheme of things, you have such a short time with your kids before they move out and begin a life of their own. Create lasting memories and strong family bonds by doing these fun things to do at home together as a family!

We love doing fun family activities that get us out and about, but that's just not always possible to do, especially during a quarantine. Finding cheap, easy, and fun things to do at home is not as difficult as it may seem! Here are five fun things to do at home as a family!

- **Creative Painting Activities**
- **Family Game Night**
- **Family Reading Activities**
- **Family Talent Contest**
- A Special Repeated Meal
- **Family Car Wash**

- **Spelling Bee**
- **Scavenger Hunt**
- **Nailed It! Cooking Challenge**
- **Board Game Time**
- **Back Yard Camping**
- **Movie Marathon**

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**66** Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. 99 THOMAS A. EDISON







# TIPS FOR TEACHERS

The pandemic has caused widespread school closures for an unknown duration. We are scrambling to find ways to support our students from afar through distance and online learning. If you're feeling overwhelmed by this daunting task, you're certainly not alone.

Here are some pointers that can help create a sustainable and engaging distance learning experience for your students.

#### SIMPLICITY IS KEY

Every teacher knows what it's like to explain new instructions to their students. It usually starts with a whole group walk-through, followed by an endless stream of questions from students to clarify next steps. While this process can be frustrating at times, let students explore this new way of learning, they can always rely on each other and the educator in the room when they're stuck.



Mobile App! Use your debit card and deposit the change into your Savings Account!

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#### **ESTABLISH A DIGITAL HOME BASE**

In the spirit of simplicity, it's vital to have a digital home base for your students. This can be a district-provided learning management system like Canvas or Google Classrooms, or it can be a self-created class website. I recommend Google Sites as a simple, easy-to-set-up platform.

#### **VIDEO CHAT POLLING FEATURES**

Many video chat platforms come with polling features where the students see a question pop up on their screen. This is a great feature for a few reasons. It helps you gauge what your class understands and what they may need you to review again. If you just spent five minutes reviewing a concept and end with "OK, any questions?" what do you usually hear back? Crickets. Instead, ask a comprehension question using the poll feature. If only 35 percent of the class answers the question correctly, maybe it's worth spending a little extra time reviewing.

#### **VIDEO READ ALOUDS**

One of our favorite ways to use technology, to engage families and students at home, is to offer video read alouds. As the educator, you can choose a read aloud book that connects to their learning and create a video of you reading the book. If you make the video, you will also be able to pause, point things out to the students, and ask questions.

As always, during this time of uncertainty, it is important for us to instill in our children that learning and exploration are important and can continue outside the walls of our classroom.

# Stay up to date

with all of our social media for latest news, closures, giveaways and hurricane preparedness.

**Holiday Closures:** Independence Day - July 3 Labor Day - September 7





