Making It Through

Some days seem so overwhelming with 24/7 news, bi-partisan politics, and worst case scenarios. There is a better way to make it through this.

Can you find enjoyment even under a mandatory house quarantine? Are you the fun seeking, impulsive and spontaneous one in your family? No? Then stop reading now. But, if this sounds like you, congratulations, now is your time to shine! Assume a leadership role and create a family agenda to include family enjoyment and engagement as the end goal in mind. Be the inspiration for family fun and self-care (physical, emotional, spiritual and mental health). If you focus on their overall happiness and well being your family will come out on the other side of this crisis whole and better for the experience.

Easing Into an Online World

Have your THS student lead a Kahoot! Trivia Game Night at home.

Many of our THS teachers and educational support staff use the fun and friendly game, KaHoot! with students in class. The majority of them happily engage in this instructional activity. It gives them an opportunity to be competitive with their peers and use their cell phones in class without any reprimands. Take advantage of their learning experience and put them to work.
Are you a trivia, history, pop culture, or music buff? Maybe you are a wannabe Jeopardy champion, kind of person or someone who loves general knowledge games. Kahoot! is a fun way to test your knowledge while engaging and enjoying your family and friends.

There are tons of topics to choose from. You can host a game in your living room or over video with other family and friends. You can even create your own game and... wait for it... Use it when home schooling! Click this link: Family Kahoot!, for ready made fun or watch the below short instructional video. Kahoot! is free.

**Throw a Netflix Party...**

Watch movies in sync with family and friends online!

Watch movies with your family in California, Florida, New York or anywhere in the world! Netflix has done it again, they say subscribers can “join over 1,000,000 people using Netflix Party to link up with friends and host long distance movie nights and TV watch parties today!”

You can watch movies on netflix.com, **BUT you will have to download “Netflix Party” in a Google Chrome browser.** Once it is installed you are ready to create your party!

Click this link for easy peasy instructions: Netflix Party Now
Meditation

Meditation is an exercise of mindfulness

Mindfulness is being fully engaged, focused, and conscious of the present moment. Meditation is a way to increase your ability to be mindful without judgment or expectations. It increases focus, productivity, self-compassion and kindness. Meditation can also reduce anxiety. With meditation, pain sufferers can experience a reduction or possibly the elimination of pain. Meditation takes time and practice. Consistent meditation improves your quality of life.

If you have never practiced meditation, do not be discouraged if your mind constantly drifts. It is necessary to take baby steps. Start with two minute meditations, and use expert “guided meditations.” You will find free options on YouTube, Alexa, and in your mobile app store. Before you know it, you will be successful at meditating for longer periods of time and you will begin to notice results.

Download several apps before committing to one. Apps are like a pair of jeans, one size does not fit all. Test drive the apps to see which one suits you best. Below are recommended apps.

- Breethe (My top pick). De-stress, be happier & healthier with Breethe’s Masterclasses on how to meditate, practice mindfulness, and much more.
- Balance. Meditation that adapts to you. Available for iOS (My second pick)
- Abide. A religious based meditation app. / choose 2, 5, 10 and 15 minutes of meditation to determine the perfect length to fit with your schedule. iOS
- Calm. Calm is definitely a calming meditation app. Android and iOS.

Volunteer and Support Others

The healthy and able, are needed

Giving and volunteering always turns your attention away from yourself and towards others. The rewards of helping those in need come in the form of lifetime traits, humility, character and compassion.

Pack meals with Hands on Atlanta on Fridays
Hands on Atlanta volunteers will be sorting and distributing shelf-stable food to families.

Host a drive for Atlanta Community Food Bank
Collect food items or donate online to the ACFB to support distribution during COVID-19.

Atlanta Survival Program
Volunteer as a driver to deliver groceries to elderly and low-income individuals affected by COVID-19. Volunteers are provided with protective equipment and training to prevent the spread of contagions, and are dispatched to make drop-offs directly outside the homes of people in need.
Live Your Best Zoom Party Life!

Humans are social animals. Even the most introverted among us have a strong need to feel that we're part of a network of people that appreciates us.

So as we come to terms with our new COVID-19 reality, as open-ended lockdowns, social distancing, and shelter-in-place orders descend across the world, it's no surprise that video parties have exploded in popularity. Zoom – a free app and web service designed to handle multiple live videos at once without stuttering or crawling – seems best equipped to fill this primal need. Zoom is a business service with premium tiers; it wasn't exactly designed for soirees. But as often happens with emerging technology, we're adapting it anyway. What seemed dull in a work context is suddenly infused with life.

Zoom's Brady Bunch-style "gallery" view, seen above, is easily the best setting for a party in the coronavirus age – as I can attest from a week of attending events posted by Zoom-loving Facebook friend groups.

But that doesn't mean it's always easy to have fun. Here are the tips and tricks we've picked up over the course of that week. Once you're a Zoom party pro, you can use some of these features to spice up the occasional dull Zoom-based work meeting too – if you use them sparingly.

You might want to avoid using your work-based Zoom account altogether, and link one to your personal email. You can have endless parties with up to 100 people on the free tier. The only constraint is that each "meeting" can last no more than 40 minutes. If your friends don't mind you restarting the party every 40, great. Otherwise, the cheapest tier where the party never stops is $15 a month. It might be worth it, at least for this month. (*THS get coupons on Wikibuy).com

Once you've got your Zoom group and its boundaries sorted, it's time to think about what kind of party you want to attend – and what makes sense within the constraints of this technology.

The traditional kind of IRL party, where everyone stands around and talks in small groups. There has to be some kind of conch shell so everyone doesn't talk at once. Having a single host (as most parties do) can help with this.

And if you're the host of a big Zoom party, designate a helper: Corralling a bunch of humans can be harder than you think.
Zoom is dressing up. Costumes are great: Many of us still have Halloween garb hanging in a closet. Suggesting formal wear is another easy way to break out of the work-from-home sweatpants rut, boosting your morale in the process.

"I got together with some girlfriends yesterday and we all put on gowns and makeup and poured a glass of champagne," one friend told me. "So much more galvanizing than just the chat would have been!"

To read this article in full go to https://mashable.com/article/zoom-party/

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**Eating alone, together:**
Virtual dinner parties are helping people fight isolation.

By Emily Heil (Washington Post)

As the coronavirus outbreak has driven people into their homes, whether because of a quarantine or just to help "flatten the curve," a haunting set of images began circulating on social media.

"We are all Edward Hopper paintings now," one user wrote, accompanying the message with paintings of the American realist artist famous for his portrayals of alienation, often populated by solitary figures in spaces that are typically the sites of conviviality, such as restaurants and cafes. And many of us do feel like Hopper’s lonely people. Not being able to share meals with friends and family, to gather at others’ tables or pull up more chairs to our own, has been one of the most disconcerting effects of the coronavirus. But the communal meal lives on.

Many people have turned to platforms like Zoom and Google Hangouts...others have taken it further and are making appointments to break bread together in groups big and small.

Connor Ferguson, a writer from Somerville, Mass., has been holed up at home with his wife, venturing out only to go for walks or to the grocery store. But on Tuesday, he dined with more than 20 members of his extended family. The virtual dinner party was his wife’s idea, and it took off as soon as she proposed it. In the end, eight households from Nashville to Chicago participated. Everyone made pasta with red sauce.

So much of the anxiety in this crisis has centered around food. Restaurants are closing, supermarket shelves are emptying, and so many of our questions are about sustenance: Have we filled our cupboards with the right canned goods, and what do we make for dinner tonight?
How fitting, then, that eating together, even in different houses in far-flung cities, has been a balm.

Holidays are when families and friends gather for shared meals, and with Easter and Passover on the horizon, many families are looking for ways to adapt their traditional gatherings. Ben Shlesinger, and his family usually go to his parents’ home for Passover. This year, they won’t be there, but his mom came up with the idea of Facetiming the grandchildren as she cooks at least some of the traditional dishes. His 3-year-old daughter will watch from their home in Silver Spring, and so will his nephew in New York who is “completely obsessed” with cooking, he says.

Shlesinger says that as parents of two young children, he and his wife are used to a limited social life. “But not being able to have family get-togethers — that’s what’s really missing for us,” he says.

Fiennes, who considers herself a very social person, imagines that as the weeks of isolation wear on, the dinner parties could get ever more elaborate, just for the sake of diversion. She’s planning to “get together” with college friends on Saturday for a dinner, and there’s talk of having everyone cook the same recipe, so they can compare their efforts. “At some point, it will be like, ‘We’re having a posh dinner, everybody dress up!’” she says.

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**How to Throw a Family Friendly Iron Chef Cooking Party**

In this variation of the Iron Chef activity, divide into teams or individual contestants and you can all be the judge! Follow these steps to put the party into action:

1. **Give every team or contestant one hour to make a dish using their given ingredient.** Determine whether they are allowed to go to the store or if they need to make their dish from the ingredients at home.

2. **After the hour is up, have everyone share their dish.**

3. **Do some taste testing of all the dishes before anonymously casting your votes as to who made the best dish into a bowl to see who the winner is.**

You will have a lot of fun coming up with a dish and then working together to get it made in the allotted time. A family team building experience makes wonderful memories!

http://momitforward.com/family-activity-how-to-throw-an-iron-chef-cooking-party/
Self-Care: 14 Days & Counting

EAT CLEAN GROCERY LIST
14-Days of Clean Eating

<table>
<thead>
<tr>
<th>Lacto-Ovo</th>
<th>Fruit</th>
<th>Veggies</th>
<th>Beans + Legumes</th>
<th>Whole Grains</th>
<th>Nuts + Seeds</th>
<th>Dairy, Meat + Seafood</th>
<th>Other</th>
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<tbody>
<tr>
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<td>apples</td>
<td>broccoli</td>
<td>edamame</td>
<td>steel cut</td>
<td>almonds</td>
<td>yogurt + Greek yogurt</td>
<td>fresh herbs + spices</td>
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<td>grapes</td>
<td>carrots</td>
<td>lettuce</td>
<td>quinoa</td>
<td>walnuts</td>
<td>eggs</td>
<td>local raw + honey</td>
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<td>corns</td>
<td>sweet potatoes</td>
<td>pinto beans</td>
<td>teff</td>
<td>sunflower seeds</td>
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<td>coconut palm + vegan</td>
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<td>buckwheat</td>
<td>flax seeds</td>
<td>ground beef</td>
<td>ground beef + black tea</td>
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<td>bell peppers</td>
<td>garbanzo beans</td>
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<td>amaranth</td>
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<td>amaranth beans</td>
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<td>pinoy seeds</td>
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<td>okra</td>
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<td>emmer</td>
<td>DIY peanut butter</td>
<td>sardines</td>
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<td>kiwi</td>
<td>mushrooms</td>
<td>great northern beans</td>
<td>spelt</td>
<td>DIY almond butter</td>
<td>scallops</td>
<td>unsweetened coconut flakes</td>
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<td>tongue</td>
<td>lemon/lime</td>
<td>squash</td>
<td>cranberry beans</td>
<td>farina</td>
<td>OAT REAL FOOD</td>
<td>ORGANIC + NON-GMO</td>
<td>DRIED MUSHROOM + WATER</td>
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14-DAY FAMILY BONDING CHALLENGE
QUICK YET MEANINGFUL ACTIVITIES THAT BUILD HUGE MEMORIES

Day 1
- Fed myself
- Exercised
- Got a massage
- Took time for myself
- Danced

Practiced gratitude
- Played with an animal
- Did a hobby
- Meditated or prayed
- Spent time in nature

Went for a walk
- Talked with a friend
- FREE SPACE
- I showered today
- Took a nap

Took quiet time out
- Played an instrument
- I did nothing
- Read for fun
- Brushed my teeth

Brushed or did my hair
- Listened to music
- Bathed
- I wrote down my feelings
- Stretched
Facebook Dailies

Not signed up on our Facebook Page? Here’s a taste of what you’ve missed.

Join us on Facebook: https://www.facebook.com/THSParentCenter/

Homeschool Spirit Week Covid-19 style!

Man 3/23: Super Hero day (in honor of the hospital workers, first responders, Groc. employees and all other essential personnel)

Tue 3/24: Crazy hair/school colors day (in honor of our hair styles and the schools we miss)

Wed 3/25: Dress like an old person day (in honor of the generation that is most at risk)

Thu 3/26: Jersey Day (in honor of our favorite sports teams that aren’t able to play right now)

Fri 3/27: Pajama day (because let’s face it, PJs are the best part of homeschooling)

Now, therefore, pursuant to Code Section 39-3-51, and the authority vested in me as Governor of the State of Georgia, I HEREBY

Ordered:

That school closures mandated by Executive Order 02.16.2020 are hereby extended by the terms included in this Order.

Ordered:

That public elementary and secondary schools shall remain closed for in-person instruction through April 30, 2020 with limited exceptions for meal preparation and distribution, continuity of distance learning, or any other necessary functions as determined by the local school superintendent.

Ordered:

That public post-secondary schools shall remain closed for in-person instruction with limited exceptions for the rest of the semester.

Ordered:

That actions not addressed by this Order related to the health, safety, and welfare of the students, faculty, and staff of the University System of Georgia, the Technical College System of Georgia, and the Commission of the Technical College System of Georgia for their respective post-secondary education systems.

Ordered:

This Order shall not prevent remote learning or online programs developed for students by the University System of Georgia, the Technical College System of Georgia, the Georgia Board of Education, or any local school district.

Ordered:

That the Governor of the State of Georgia, in consultation with the Governor’s Coronavirus Task Force and education, health, and emergency preparation officials, may determine that an extended closure of elementary, secondary, and post-secondary public schools is necessary and appropriate action to protect the health, safety, and welfare of the State’s students and residents to control the spread of COVID-19.

THE STATE OF GEORGIA

EXECUTIVE ORDER

BY THE GOVERNOR:

EXTENDED SCHOOL CLOSURES TO STOP SPREAD OF COVID-19

WHEREAS: On March 20, 2020, due to the impact of COVID-19 on the State of Georgia, I issued Executive Order 02.16.2020, defining a Public Health State of Emergency in Georgia; and

WHEREAS: The Georgia General Assembly concurred with Executive Order 02.16.2020 by joint resolution on March 11, 2020; and

WHEREAS: Executive Order 02.16.2020 closed public elementary, secondary, and post-secondary schools in Georgia through March 31, 2020; and

WHEREAS: The Georgia Department of Public Health has determined that COVID-19 is spreading throughout communities; and

WHEREAS: The number of COVID-19 cases in Georgia continues to rise; and

WHEREAS: Further action is necessary to protect the health and safety of the population of Georgia, slow the spread of COVID-19, reduce the number of people who will become infected, and avoid unnecessary stress on Georgia’s healthcare system; and

WHEREAS: During a state of emergency, Georgia law vests the Governor with powers and duties as may be deemed necessary to protect and ensure the safety and protection of the civilian population; and

WHEREAS: Code Section 39-3-51(G) (2008) vests the Governor with the power to suspend any regulatory statute governing the procedures for conduct of state business, or the actions, duties, or regulations of any state agency if strict compliance with any statute, order, rule, or regulation would in any way prevent, hinder, or delay necessary action in coping with the emergency or disaster; and

WHEREAS: In accordance with the Governor’s Coronavirus Task Force and education, health, and emergency preparedness officials, I have determined that an extended closure of elementary, secondary, and post-secondary public schools is necessary and appropriate action to protect the health, safety, and welfare of Georgia’s students and residents to control the spread of COVID-19.

NOW, THEREFORE, pursuant to Code Section 39-3-51, and the authority vested in me as Governor of the State of Georgia, I HEREBY

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This 8th Day of March, 2020.

[Signature]