

# HEALTHY CITIES TUTORING

Reach a child. Touch a family. Build a community.

## Tutor News

March 2020



### Wishing you good health!

#### TUTORING IN SAN CARLOS AND REDWOOD CITY POSTPONED.

We recently sent an email to all our HCT tutors about the Coronavirus (COVID-19) and how we are handling it with the San Carlos and Redwood City School Districts. Please check your email if you haven't had a chance to read it yet.

In light of recent San Carlos and Redwood City School District policies related to the coronavirus (COVID-19) outbreak, Healthy Cities Tutoring has implemented the following at all schools served by our volunteer tutors: to **postpone all Healthy Cities Tutoring sessions at all San Carlos and Redwood City schools, both on-campus and off-campus locations, including public libraries, for the next four weeks, until April 10, 2020.**

We've collected a few resources below about some simple steps you can take at home to stay healthy, we hope you find them useful.

Wishing you good health,

Healthy Cities Staff

### Coronavirus/COVID-19 Resources

Here are some resources that have been shared by the San Carlos and Redwood City School Districts.

[San Carlos School District - Coronavirus FAQs](#)

[Redwood City School District Information](#)

[San Mateo County Health - Health Officer Statement and FAQs](#)

From the New York Times, [How to Talk to Kids about Coronavirus](#) and [How to Talk to Teens and Tweens about Coronavirus](#)

[Handwashing Fact Sheets from the CDC](#)

[Handwashing Resources and Activities for Kids](#)

### Workshop for Tutors and Parents:

#### Social Emotional Learning

RESCHEDULED: DATE AND TIME TBD

Arroyo/Central Middle School Library

Does your child say, "I can't do this." or "It's too hard."? How do we help students overcome anxiety about not wanting to fail? Or those that have a hard time sitting still or concentrating? We know positive emotions increase learning. We are thrilled to have Matt Steinborn, School Psychologist in the San Carlos School District and Certified Advanced Nurtured Heart Approach Trainer lead us in our learning. He will share examples of how tutors and parents can use social/emotional learning tools and behavioral tips to help their students. Want to tutor? Arrive early to hear about volunteer tutoring opportunities in our local schools.

Tutors, Parents and Para-Educators are welcome.

#### New Tutor Orientation

RESCHEDULED: DATE AND TIME TBD

Arroyo/Central Middle School Library

Just before the Social Emotional Learning workshop, we will have a short tutor orientation session. We welcome new and potential tutors to learn more about our program and how to become a tutor. Please join us if you have not been to one of our prior orientation sessions and bring a friend.

### Mark Your Calendar!

March Workshop for Tutors & Parents: Supporting Social and Emotional Health: **TO BE RESCHEDULED**

March 30-April 3: Spring Break - San Carlos School District

April 6-10: Spring Break - Redwood City School District

April 13-17: Spring Break - San Carlos Charter *only*

April 17: Scholarship Application Deadline

May 3-8: Outdoor Education for 7th graders at Central Middle School, no tutoring

May 12: Save the Date! Volunteer Recognition Reception

## Last Call for Two Auction Items!

We have two items left from the *Perfect Pairings* silent auction that we're excited to be able to share with you!

### 1. Orthodontics Package: Enjoy Your Beautiful New Smile!

Value: \$2,500 Buy It Now: \$800

Dr. Gary Lau is a board certified orthodontist that focuses on providing an exceptional patient experience and quality of care. Visit San Carlos Orthodontics in their state of the art office centrally located in downtown San Carlos. Their primary goal is to provide the highest quality care in fun, hi-tech, family-friendly environment. They offer the latest technology in braces and Invisalign and do all of their digital records in-house. [www.SanCarlosOrtho.com](http://www.SanCarlosOrtho.com)

Restrictions: No cash value! May not be applied to existing patient treatment. Winning bidder(s) will be provided donor contact information.

Thank you: Dr. Gary Lau of San Carlos Orthodontics

### 2. SAT Test Prep Package

Value: \$1,170 Buy It Now: \$500

AJ Tutoring will help your high school student unlock their academic potential. If you have a student preparing for the SAT exam, AJ Tutoring is the place to help them improve their score. Most of their students improve their SAT score by 150 points! This certificate includes EIGHTEEN (18) hours of small group class instruction, NINE (9) sessions of two hours each. Your student will receive comprehensive SAT study materials including AJ Tutoring's proprietary SAT lesson book, SAT vocabulary lists and SAT practice tests. Included with this certificate is THREE (3) full-length practice SAT exams proctored just like the test day.

Restrictions: No cash value. Expires 6/31/2021. Winning bidder(s) will be provided donor contact information. Tangible item.

Thank you: AJ Tutoring

## Scholarships for Our High Schoolers!



Healthy Cities Tutoring is pleased to announce that the Board of Directors has approved up to EIGHT \$500 scholarships to be awarded to graduating seniors who have volunteered as a Healthy Cities tutor for two or more years and plan to attend a 2 or 4 year college or trade school.

**Applications are available now and must be submitted by April 17, 2020.** Scholarships will be randomly awarded by lottery from all eligible applicants. We look forward to recognizing the scholarship winners at our annual Volunteer Recognition Reception which will be in May at the San Carlos Adult Community Center.

For more information and to apply for the scholarship, [click here](#).

### Our Contact Information

Healthy Cities Tutoring  
PO Box 653  
San Carlos, CA 94070-4242  
(650) 508-7327  
[www.healthycities tutoring.org](http://www.healthycities tutoring.org)

[Unsubscribe](#) | [Manage email preferences](#)

## Thank you to our tutors for inspiring us at Perfect Pairings

We had a wonderful evening at the 6th annual *Perfect Pairings* Wine Benefit Dinner. Once again we were blown away by the generosity of our community and the inspirational commitment of our amazing volunteer tutors.

We were entertained by the stories told by David Becht (tutor) and Efrain from Clifford School and Lauren Wu (tutor) and her student Cali from Arroyo School. It was clear to all in attendance that the bonds formed between these pairs have made a positive difference for all.

The evening was a fundraising success for Healthy Cities Tutoring! We are immensely thankful to all of our sponsors, our Magnum Sponsor, Gold Sponsors, Silver and Bronze Sponsors; our auction item sponsors; the almost 200 people who attended and bid on the over 40 auction items we had collected for the event.

Thank you for your continued support to help us deliver on our mission to Reach a child, Touch a family, Build a community.



It takes a team to pull this off! Big thanks to all of our event support and staff.



HEALTHY CITIES TUTORING

## PERFECT PAIRINGS

Benefit  
Wine Pairing Dinner

### Other Scholarship Opportunities

Once you've applied for the HCT Scholarship, our soon-to-be graduating high school seniors should check with their advisor at school for other opportunities.

[Here's a great one from our friends at the Lions Club.](#)

[And another great one from our friends at the San Carlos Rotary.](#)