The Coaching Chronicles

Issue 1 Volume 10

Dear FTCC Family,

Fayetteville Technical Community College will begin lifting restrictions on campus access for faculty and staff members who have been directed to work or otherwise stay at home since March 23. Affected employees will start being allowed back on campus in phases in May. Individual employees will be notified by their supervisors as to the exact date when they will be expected to return to work on campus.

When on campus, all employees will be expected to abide by the following **safety restrictions** until further notice:

- Wear a face covering when in a closed room with anyone or when in public areas such as hallways and classrooms.
- Keep at least 6 feet between yourself and other people at all times.
- Wash hands thoroughly and frequently with soap and water for at least 20 seconds each time.
- Use hand sanitizer when hand-washing is not possible.
- If you sneeze or cough, cover your nose and mouth and, if you use a tissue, dispose of it immediately and then wash or sanitize your hands.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you are sick.

Acceptable face coverings:

- Basic surgical masks (N-95 masks should not be used because of the need for them by healthcare workers)
- Homemade cloth coverings that fit snugly but comfortably, that cover the nose and mouth and that can be laundered and machine-dried without damage or change to shape
    - Instructions from the Centers for Disease Control on how to make a cloth face covering – both sewn and non-sewn methods – at this link.
    - Homemade cloth coverings MUST be laundered and machine-dried after one day of wearing.

Disposable gloves may be required to be worn in some situations. Affected employees will be notified about this by their supervisors.

Once instructed to return to work, employees who cannot or do not wish to return to work because of circumstances related to COVID-19 will need to determine if they can take leave under the Families First Coronavirus Response Act (FFCRA) or must use personal leave, if available.

The FFCRA provides for Emergency Paid Sick Leave and it temporarily expands the Family and Medical Leave Act for certain circumstances related to COVID-19. Detailed information is available here.l

Predictions for the Future: What's Next??

Teaching and Learning after COVID-19

Facts about Coronavirus

Fact Sheet in English
Fact Sheet in Chinese
Fact Sheet in Spanish

The best prevention against th… edition.cnn.com

The best way to prevent novel coronavirus transmission is washing your hands with soap and water. Here's the five-step process the CDC recommends.

CDC Guidelines on Coronavirus Prevention

This site is available in English, Spanish, and Chinese. Just click the button and it will take you to the website.

Free Educational Websites for Home

Sometimes screen time is a necessity if we have children at home and work we need to do. Here are three apps that make screen time a learning time:

1. CodeMonkey: a game-based education program that teaches children to code. It comes with a membership fee, but there's a free 14-day trial that doesn't require a credit card.
2. BrainPop: Online learning across subject areas for children in kindergarten through middle school and ELL learning for all age groups. Free.
3. Khan Academy: Online learning in math, science, and literacy for all age groups. Standards-aligned. Free.
4. BrainPop: Fun, interactive educational activities for all ages and all subject areas
5. Scholastic Learn at Home: Interactive learning journeys for all ages.

Stress and Coping

Coffee with the Coaches

When

Wednesday, May 6th, 10-11am

Where

Blackboard Collaborate

More information

Don't forget to grab your coffee and join the Instructional Coaches for a morning chat. This is a great time to share ideas, pose questions and request resources.

https://us.bbcollab.com/guest/2b6df82b335a4511a1b167930b532682

FTCC Instructional Coaches: Andrea Jackson, Ed.S. & Carissa Rosenblum, Ed.D.

Meet your Coaches!

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