



CS 154 Community School Newsletter

Greetings CS154 Community!

Welcome to this week's update!

We've included plenty of ideas for activities you can do at home with family members of all ages.

In this newsletter, please find:

- A quick health update about a new COVID complication, Multisystem Inflammatory Syndrome
- Professional dance performances
- Virtual tours
- Science and Tech Activities
- Art, Design, and Culinary Arts Activities

Please email our Community School Director, [Mr. De La Rosa](#), with suggestions of what else you might want to see in next week's update.

Visit our school's website for more information.

Health Update

[Multisystem inflammatory syndrome in children \(MIS-C\)](#) is a new health condition associated with COVID-19 that is appearing in children in New York City (NYC) and elsewhere.

Children with MIS-C can have problems with their heart and other organs and need to receive medical care in a hospital.

What are the signs and symptoms of MIS-C? Most children have fever (temperature of 100.4 degrees F or 38.0 degrees C or greater) lasting several days, along with other symptoms. Other common symptoms include: • Irritability or decreased activity • Abdominal pain without another explanation • Diarrhea • Vomiting • Rash • Conjunctivitis (red or pink eyes) • Poor feeding • Red, cracked lips or red, bumpy tongue that looks like a strawberry • Swollen hands and feet, which might also be red

Professional Dance Performances



NYC Ballet is offering a free digital spring season on their YouTube channel. New ballets are posted on Tuesdays and Fridays.

Tuesday, May 19
Diamonds from *Jewels*

Friday, May 22
Liturgy and *Carousel (A Dance)*

Tuesday, May 26
Donizetti Variations

[NYC Ballet YouTube Page](#)



Alvin Ailey has released a number of dance performances on their website. Here's a schedule of what's coming up:

May 21–28: *City of Rain*

May 28–June 4: *The Hunt*

June 4–11: *Chroma, Grace, Takademe, and Revelations*

June 11–18: *The Ailey Spirit Virtual Gala*

[Alvin Ailey All Access](#)

Virtual Tours

Try this tour of the [American National Parks](#)

Visit the Smithsonian's [National Museum of Natural History](#)

Take a tour of the [Bureau of Printing and Engraving](#) to learn how the US government prints money

Science and Tech



Into "Making"? Here's a [maker-space community](#) with tons of videos, images, and projects to get inspired.

Make your own [telescope](#) using home materials. Great for younger siblings too.

Hour of Code has a tutorial on how to



[Dark Sky International](#) has a number of projects that focus on collecting and measuring light pollution and how it affects what stars and planets we can see at night.

design and code a Star Wars [themed video game](#).

Looking to escape? Try this [virtual tour of Mars](#) from the Mars Rover

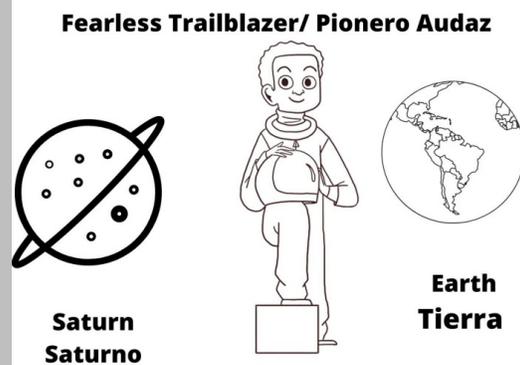
Art, Design, and Cooking

Artist Carson Ellis, who worked on illustrations for the books *Home*, *Du Iz Tak?*, *The Mysterious Benedict Society*, and *The Composer Is Dead* is offering an [online art club](#) with different challenges each week.

[Con Todo Press](#) has a series of coloring pages that feature Latinx Trailblazers.

[Pixar and Khan Academy](#) put together a workshop on designing your own movie character and world similar to what designers do when they make Pixar movies.

[America's Test Kitchen](#) has a number of recipes for all ages to try. Recipes are pantry friendly, and include instructions and photographs.



Did you Know? We're on Twitter!

Follow us on Twitter for updates and send us pictures of your remote learning experience so we can shout you out! [@htlc154](#)

Don't forget to share writing, pictures or videos of your work or creative projects to be featured in an upcoming newsletter: reach-elo@tc.columbia.edu.

This newsletter was supported by our lead CBO partner, Teachers College REACH. Raising Educational Achievement Coalition of Harlem (REACH) is dedicated to providing community school supports to our students and families, including high-quality academic and extracurricular programming.

