



Greetings!

It's May! This issue has tips for handling exams and other end-of-year stresses, as well as a new KERA series and a virtual field trip to keep students engaged until the last bell rings. As always, we welcome your feedback and ideas for future newsletters, so let us hear from you. --Kit Lively, KERA Director of Education, klively@kera.org

New from KERA: Side Effects of Gentrification

The new KERA series *One Crisis Away: No Place To Go* explores how rapid gentrification in West Dallas is putting stress on settled, but struggling, neighborhoods. As high-end restaurants and apartments move in, old warehouses and rental houses are being crowded out. Hundreds of families who have lived there for generations are being forced to move — many with no place to go. It's a good lesson in unintended consequences. The ongoing *One Crisis Away* project focuses on North Texans living on the financial edge.



[Follow the current *No Place To Go* series.](#)

[Check out the ongoing *One Crisis Away* project.](#)

Heading Off End-of-Year Stress

PBS LearningMedia has gathered several resources to help students – and teachers and families – handle stressors like STAAR exams, classroom tests, college admissions hoops and other challenges.



- [“Interfering with Fear,”](#) from the excellent Nova scienceNOW collection, explores why people “choke,” or fail to perform well under pressure, and gives an easy technique for taming stress. The resource includes a short video clip, a background essay and discussion questions. For grades 6 – 12.
- [“Relax,”](#) from Sesame Street, teaches tools for patience to help children handle anxiety when they face a classroom test or a long wait in line. For grades PK-1.
- [“Math Mania,”](#) from the New Jersey Education Association, tells about tactics developed by fourth-grade teachers to give kids math skills and memory devices that build confidence and reduce stress over taking state tests. The tactics work with any subject. For elementary and middle grades.
- [“Why Do You Always Get Sick After Final Exams?”](#) from Nova’s Gross Science series, explains how sleep, eating and other habits affect immune systems. This video, narrated by a teen, is a great reminder in the days before big tests or other stressful events. For grades 6 – 12.

Heading Off Boredom for Middle-Schoolers

With many reforms focused on elementary or high school, the crucial middle grades often seem overlooked. In *Education Week Teacher*, Kimberly Long, a middle school reading and language arts teacher in Illinois, offers tips for sparking kids’ imaginations to keep them engaged and improve their learning. She writes: “Especially in a climate of frequent, high-stakes testing, creativity gives students the freedom and encouragement to explore complex topics and analyze intricate details.”



[Read “Five Ways to Bring Creativity Back to the Middle Grades.”](#)

Virtual Field Trip -- an End-of-Year Treat

Who can resist graceful sea turtles and speedy jellyfish? Georgia Public Broadcasting invites students to take a virtual tour of Gray's Reef National Marine Sanctuary and the University of Georgia aquarium to learn how the reef was formed, how the sea floor serves as a habitat, and how to help protect reefs from major threats. Divers and marine biology experts will be on tap to answer questions. The site also has vocabulary lists, lesson plans and other supplementary resources for all grade levels that will remain available after the event ends. The live-streaming field trip is **Wednesday, May 10.**



[Find more information and register here.](#)

Family Viewing Nights on KERA Kids Channel 13.2

Join the KERA Kids 24/7 television channel for weekend Family Viewing Nights. The schedule of movie specials and themed programming runs from 6 p.m. - 9 p.m. on Fridays and is repeated on Saturday and Sunday evenings. The shows will include such favorites as Splash and Bubbles, Daniel Tiger's Neighborhood, Sesame Street, Wild Kratts, Ready Jet Go! and Odd Squad. Check KERA's television schedule for each week's lineup on Kids Channel 13.2. Click on the "Week" tab, filter for "KIDS," and then click "Go."



[KERA TV Schedule](#)

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