



# MSU Extension Online Resources for Our Northern Michigan Community

**MSU Extension Remote Learning & Resources Website - [Click Here!](#)**

## ONLINE PROGRAMMING:

[Be Food Safe and Ready for Emergencies](#)

### [Food Preservation Series](#)

4/29: Using Mushrooms Safely

5/6: Tools of the Trade

### [Monday Fruit IPM Webinars](#)

### [RELAX: Alternatives to Anger](#)

### [MI Beekeeping Q&A's](#)

### [Food Safety Q&A](#)

4/26: Kitchen Herb Garden

5/3: Gardens and Food Safety

### [Plant Quest - Smart Plants for Midwest Gardeners](#)

### [Pantry Food Safety](#)

## For Youth

### [Investigating Food w/ Science](#)

4/28: Sink or Float!

5/5: Rainbow in a Jar

### [Spoken Word Poetry](#)

### [Public Speaking 101](#)

### [Giving a Speech](#)

### [Exploring w/ Scientists](#)

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## Health, Wellness & Relationships

[Watching birds](#) is fun, good for your health - and Michigan's economy  
Small steps can help you [manage your diabetes](#) and prevent infections

A [high quality of life](#) is possible, even with chronic conditions

[Exercise and physical activity](#) and a [Workout To Go](#) for older adults from the National Institute on Aging

## Food & Nutrition

MSU Extension Food Safety Hotline: 1-877-643-9882 [bit.ly/2ICA3qH](https://bit.ly/2ICA3qH)

[Honey is a natural sweetener](#), with various uses

[Playing it safe with eggs](#): reduce incidence of foodborne illness

Does washing foods make them safer? Follow [these recommendations](#) for safe handling of certain types of foods

## Youth Wellness & Learning

Why Teens Need Sleep: [An Infographic](#)

Check out [MyPlate Kids Place](#) for fun nutrition videos and activities

[Leave No Trace](#): teach kids how to play in nature... and protect it, too!

Reinforce basic youth money management concepts - [free online videos](#)

## Community Resources

[Frogs and toads](#) are great companions for your yard and garden

[Michigan paddlers](#): prevent the spread of invasive species

[Simple Garden Plans](#): designed for the Grand Traverse region, reminiscent of the "Victory Gardens" planted during World War I and II

Understand spring blooming [lawn and garden weeds](#) for better control

## Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

Grand Traverse County MSU Extension [Website](#) & [FaceBook Page](#)

## Connect on Facebook for more programs and resources:

[MSU Extension MI Stronger Family](#)

[MI Health Matters](#)

[Think Food Safety](#)



# MSU Extension Early Childhood Programming

## Virtual Opportunities in May

**Extension Extra's Parenting Hour:** This free online series of parenting workshops will provide guidance for parents of young children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. [Registration and information](#)

**Guiding Principles for Highly Successful Families:** This five week series is for parents of toddlers to teens and will explore developing routines, emotional control, rules and relationships, and being a calm, assertive parent. [Registration and information](#)

**Building Early Emotional Skills (BEES) for Parents:** This four week series is for parents of children ages 0-3 and will help parents learn about their young child's social emotional development including managing biting, tantrums, and supporting your child's emotions. [Registration and information](#)

**Parent Talk System:** This 6 week series is for parents of toddlers to teens and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. Topics include eliminating unwanted behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character. [Registration and information](#)

**Family FAQs:** This one hour program on the first Thursday and third Thursday of the month features MSU Extension child and family development experts answering your pressing parenting questions. [First Thursdays](#) [Third Thursdays](#)

[Click here to submit your parenting questions](#) in advance or submit questions via Zoom or Facebook Live chat. Social media graphics are attached.

**Early Childhood Professional Development Classes:** These free online classes provide professional development training hours for early childhood professionals. Credit in MiRegistry system is available.

**Essential Skills for Learning and Life:** 5/28/21, from 1-2:30 PM

Registration: [https://msu.zoom.us/webinar/register/WN\\_zhK2nmjZQaK83sKY\\_s9AmQ](https://msu.zoom.us/webinar/register/WN_zhK2nmjZQaK83sKY_s9AmQ)

**The Importance of Outdoor Play:** 5/20/21, from 7-8:30 PM

Registration: [https://msu.zoom.us/webinar/register/WN\\_p9bk1i5JQwaXrfJaH9Y4Eg](https://msu.zoom.us/webinar/register/WN_p9bk1i5JQwaXrfJaH9Y4Eg)



Community Language School  
MICHIGAN STATE UNIVERSITY

# Community Language School Summer 2021 Online Classes

**Session 1: Weeks of June 7<sup>th</sup> – July 5<sup>th</sup>**

**Session 2: Weeks of July 19<sup>th</sup> – August 16<sup>th</sup>**



## Available Classes:

Family Classes (ages 3-6): 45 minutes per week, registration fee \$40

Kids Classes (ages 6-9): 45 minutes per week, registration fee \$40

Preteens/Teens Classes (ages 10-14): 1 hour per week, registration fee \$40

Adult Classes (ages 18+): 1.5 hours per week, registration fee \$60

Our online programs are designed to provide a fun, virtual learning environment which will introduce learners to different languages and cultures with a focus on developing oral communication skills. Our live classes (via Zoom), taught by qualified teachers, will meet once a week in each session.

**Languages offered: Arabic, ESL, Chinese, French,  
German, Italian, Japanese, and Spanish**

**Session 1 Registration Deadline - May 24<sup>th</sup>, 2021**

**Session 2 Registration Deadline - July 5<sup>th</sup>, 2021**

**TO REGISTER CLICK THIS LINK:**

**[https://commerce.cashnet.com/msu\\_3571](https://commerce.cashnet.com/msu_3571)**

*Visit our website for more information:*

*<https://celta.msu.edu/language-school/>*