



ELEMENTARY, MIDDLE, and HIGH SCHOOL COUNSELORS:

Elementary Schools

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Middle School

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REMINDERS:

- **PreK - grade 8:** We will be checking email throughout the day. We will be available for immediate responses from 9:00am-11:00am. We will only be emailing at this time.
- **Grades 9-12:** We will be available through email throughout the traditional school day.
- **If there is an issue that can not wait due to safety concerns,** please contact crisis at: 856-428-HELP or report to Jefferson Hospital in Cherry Hill

List of Mental Health Resources:

- If you have a therapist available, please start there. Many are organizing teletherapy.
- Pediatricians and doctors will have an on call number.
- Students:
 - 2nd Floor Youth Hotline: To contact us about 2NDFLOOR or about our services, please use one of the following options. Just remember, if you have an emergency, call your local police or 911. You can email 2nd Floor at info@2NDFLOOR.org
- If you have a problem, question or non-threatening situation, dial or text the youth helpline: **888-222-2228**
- Adults:
 - Support and assistance 24/7 for adults who are depressed, overwhelmed or suicidal: **1-800-273-TALK**
 - Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: **1-800-985-5990** or text **TalkWithUs to 66746**. (TTY 1-800-846-8517)

Mental Health Emergencies:

- 911
- Oaks Integrated Care, Cherry Hill 856-482-8747

PerformCare-<http://www.performcarenj.org/>

RESOURCES TO HELP TALK TO YOUR CHILDREN ABOUT THE CORONAVIRUS AND SCHOOL CLOSURES:

- Talking to kids about Coronavirus:
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf
- BrainPop video explaining Coronavirus
<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>
- Child Friendly explanation of Coronavirus:
https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_bec2d5e852fc46ed8e7dof2396fb5385.pdf

- Comic explaining Coronavirus:
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

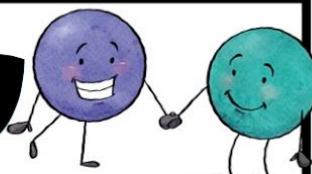
TIPS FOR PARENTS:

1. **Be available to talk.** Kids will have big questions, it is okay to answer them. Take cues from your kids and offer clear but concise answers in developmentally appropriate language. Keep the focus on what you are doing to prepare and prevention strategies that are within your control like proper handwashing and avoiding large crowds. It's completely okay to acknowledge our kids' worries rather than ignoring them. Acknowledging worries won't solidify them but it will help your child understand that worry is a protective feeling that alerts us to potential danger. We can help ourselves remember it's just potential danger though, and use strategies to keep our worries in check. If you're looking for ways to explain worry to your child, try these methods.
2. **Stick to routines and boundaries.** Kids thrive with routines and boundaries, and predictability can be very comforting in anxious times. When some things feel out of control, routines can give kids a sense of security. School-aged kids might be used to seeing a visual schedule in their classrooms, so try using one at all. Write your daily routine on a whiteboard or make a paper schedule together. And make sure you include fun activities in your daily routine! Play board games, play outside, or have silly dance parties.
3. **Limit News Exposure.** Even when it seems like they're not listening, kids pick up on what they hear on TV and radio. Newscasters' tone of voice can be enough to set off alarm bells for kids, and unfamiliar words like pandemic and outbreak can be fear-inducing. Opt for watching or listening to news reports when kids are in bed or choose to read news articles if possible.
4. **Set and Track Daily Goals.** Set small daily goals and track progress so kids can work toward something important to them! Make sure the goals are within their control. Set goals around how much they'll read each day, how many free throws they'll practice each day, or how many kind gestures they'll show toward family members. Track progress on a goal chart so they can have a visual reminder of the progress they're making!
5. **Start or Continue with Mindfulness practices.** Mindfulness is an amazing practice for people of all ages. If you don't have a regular mindful practice already built in to your family time, try adding it to your routine. This can look like 5 minute morning or bedtime guided meditation (look for apps like Calm or Headspace) or simple mindful mandala coloring. Find a mindful practice that you all enjoy doing together!

(Credit: CounselorKeri)

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Things **YOU** can do for **YOUR** Emotional Health



Practice a breathing technique. 1	Make a list of the feelings you can think of. 2	Play emotion charades. Can your family guess your feeling? 3	Write a letter to someone to let them know you appreciate them. 4	Do your chores without being asked. 5	Make a poster about KINDNESS for your classroom. 6
Make a list of 10 ways to show respect at school. 7	Explain to an adult what empathy means. 8	Go outside and count how many things that are red. 9	Make a list of 30 things you are grateful for. 10	Practice hot cocoa breathing. Smell the cocoa and cool it off! 11	Clean up without being asked. 12
Make a list of 25 things you love. 13	Write what it means to be a good friend. 14	Make a list of all the ways you showed kindness this week. 15	Write about your hero. 16	Talk to an adult about your favorite place. 17	Write a note to someone you miss. 18
Practice sitting still for one minute. What sounds did you hear? 19	Name 3 ways you can calm down in you are feeling stressed. 20	Make a card for someone you love. 21	Draw a picture of your future self. What is your career? 22	Make a list of things that are important to you. 23	Read a book. What feelings did you notice as you read? 24
Ask an adult about a career they are interested in. 25	Try to name 10 different colleges. 26	Name 3 things you love doing and 1 thing you want to try. 27	Name 3 things you can do to be helpful in your community. 28	Play a game with someone. 29	Name 5 things you love about yourself. 30

In Spain there is a movement [#frommywindow](#) ([#desdemiventana](#)) and all kids are encouraged to put all their arts and crafts in the windows so when they go out for a walk (not in groups) they can look at the work of the other children and keep up the good spirit. ❤️🌈
[#COVIDCanada](#)



DIGITAL RESOURCES

ACADEMIC

- ☐ [BrainPop](#)
- ☐ [KidsActivities.Com](#) (List of educational companies offering free subscriptions)
- ☐ [Amazing Educational Resources](#) (List of free educational resources)
- ☐ [Asking For Help In School](#)
- ☐ [Study Skills - Managing Your Time](#)
- ☐ [Thinking Skills + Video Games - Time Management](#)
- ☐ [Nearpod](#)

SOCIAL/EMOTIONAL

- ☐ [Body Scan for Kids](#)
- ☐ [Guided Breathing](#)
- ☐ [Mindful Breathing](#)
- ☐ [Stress Relief](#)
- ☐ [Newsela SEL](#)
- ☐ [Calm](#)
- ☐ [Humble Warriors Yoga YouTube Channel](#)

COLLEGE AND CAREER

- ☐ [College + Career Readiness Video](#)
- ☐ [CareerOneStop](#)
- ☐ [Getting Into College - Info for Middle Schoolers and Families](#)
- ☐ [Education Planner - Career Clusters Activity](#)
- ☐ <https://student.naviance.com/haddon> - For current High School Students
- ☐ <https://www.collegeboard.org/>

PARENT RESOURCES

- ☐ [Parent Toolkit](#)
- ☐ [What To Do \(And Not Do\) When Children Are Anxious](#)
- ☐ [Coronavirus Explained for Kids](#)
- ☐ [Coping with COVID-19](#) (Free download from The Guidance Alliance)
- ☐ [Remind.com](#)
- ☐ [A Parent's Guide To Google Classroom](#)

APPS

