



# SCHOOL COUNSELORS' NEWS

*JETER JETS K-8*

*April 2020*



# RESPONDING TO COVID-19 CRISIS

It is our goal to provide our Jeter families with resources & tools that can be utilized during this crisis. Our threefold counseling mission is: to ensure academic, behavioral, social & emotional growth for every child; to provide students with essential skills needed to be academically productive in their environment & to enhance parental and community involvement with Jeter's faculty and staff.



“Remember to practice self-care and social distancing. Here, I have provided a link and visual guideline from the World Health Organization that can help with parents and even ourselves on how to manage COVID-19”. *Kimberly Carter, MPA RTI2B SUPPORT SPECIALIST*

[https://youtu.be/8c\\_UfwLq8PI](https://youtu.be/8c_UfwLq8PI)

# 5 COVID-19 PARENTING Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

## You are not alone

- Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

## Take a break

- We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

## Listen to your kids

- Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



## Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

- Step 1: Set up**
  - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
  - Close your eyes if you feel comfortable.
- Step 2: Think, feel, body**
  - Ask yourself, "What am I thinking now?"
  - Notice your thoughts. Notice if they are negative or positive.
  - Notice how you feel emotionally. Notice if your feelings are happy or not.
  - Notice how your body feels. Notice anything that hurts or is tense.

- Step 3: Focus on your breath**
  - Listen to your breath as it goes in and out.
  - You can put a hand on your stomach and feel it rise and fall with each breath.
  - You may want to say to yourself "It's okay. Whatever it is, I am okay."
  - Then just listen to your breath for a while.

- Step 4: Coming back**
  - Notice how your whole body feels.
  - Listen to the sounds in the room.

- Step 5: Reflecting**
  - Think 'do I feel different at all?'
  - When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also Take a Pause with your children!

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



unicef  
for every child



The mark "CDC" is owned by the US Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.

Parenting for Lifelong Health is supported by the UKRI GCRF Accelerating Achievement for Africa's Adolescents Hub, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, Oxford University Innovation GCRF Sustainable Impact Fund, UNICEF, the Leverhulme Trust, the Economic and Social Research Council, WHO, CIDA, the National Research Foundation of South Africa, Ilifa Labantwana, Rand Merchant Bank Fund, the ApexHi Charitable Trust, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors.



# Social Emotional Learning (SEL) Resources

**Social Emotional Learning**  
FOR HOME!

<b>Be Proactive</b> WRITE WHAT IT MEANS TO BE RESPONSIBLE. HOW ARE YOU FEELING TODAY? WRITE/DRAW/TALK ABOUT THE FEELINGS YOU ARE FEELING TODAY.	<b>TAKE SOME TIME TO SIT AND SLOW YOUR BREATHING</b> 	<b>Set Goals</b> WHAT DO YOU WANT TO BE WHEN YOU GROW UP? DRAW A PICTURE OF YOU DOING THAT JOB. ASK A GROWN-UP WHAT THEY KNOW ABOUT THE JOB!	 <b>Promote Kindness</b> MAKE A POSTER THAT PROMOTES KINDNESS. MAKE A LIST OF WAYS YOU CAN BE KIND TO PEOPLE.
<b>Mindful Technique</b> STATE 5 THINGS YOU SEE 4 THINGS YOU HEAR 3 THINGS YOU FEEL 2 THINGS YOU SMELL 1 THING YOU TASTE	 <b>First Things First</b> TALK, WRITE, OR DRAW ABOUT WAYS THAT YOU CAN SHOW SELF CONTROL AT HOME	 REPEAT 5 TIMES!	 <b>Win-Win</b> PRACTICE WAYS TO ENCOURAGE OTHER PEOPLE.
<b>Listen</b> WRITE OR DISCUSS WHAT MAKES SOMEONE A GOOD LISTENER?  ROLE PLAY USING 1 STATEMENTS "I FEEL ____ WHEN YOU ____"	<b>Positive Self Talk</b> WRITE OR DISCUSS 10 WAYS POSITIVE PHRASE YOU CAN SAY TO YOURSELF EVERY DAY. 	 <b>Together Is Better</b> PLAY A GAME OR PUZZLE WITH YOUR FAMILY.  WRITE/DRAW WHAT MAKES A GOOD FRIEND.	<b>Sharpen the Saw</b> TAKE A WALK WITH YOUR FAMILY.  WRITE A LETTER TO SOMEONE YOU ARE GRATEFUL FOR

- For further resources explaining SEL, click this link: [http://www.scsk12.org/instructionalresources/sel?PID=1656# /](http://www.scsk12.org/instructionalresources/sel?PID=1656#/)
- Please click on the following link to get information for helping children cope with trauma. <https://www.mnps.org/blog/2020/3/30/helping-children-cope-with-trauma>





# COMMUNITY RESOURCES

*FOOD, HOUSING, AND FINANCIAL ASSISTANCE*



## SCS Student Meal Plan

Meals are available Monday-Fridays, 11 AM-1 PM, for students at ALL YMCA meal pick-up sites. Students must be under the age of 18 and accompanying parent(s).

<http://www.scsk12.org/coronavirusfacts/studentmeals>



[ymca.net](http://ymca.net)

<https://www.midsouthfoodbank.org/home>





**MIFA (Metropolitan Inter-Faith Association)**

[mifa.org/applyonline](http://mifa.org/applyonline)

(901)527-0226

**Salvation Army...Housing & Addiction**

(901) 543-8586

**Community Alliance for the Homeless**

<https://www.cafth.org/>

(901)527-1302



# **FINANCIAL ASSISTANCE**

**Emergency Cash Assistance is provided via  
TN Department of Human Services**

<https://www.tn.gov/humanservices/for-families/families-first-tanf.html>

**(901) 320-7200**

**Applying for unemployment benefits**

[tn.gov/workforce/unemployment/apply-for-benefits.html](https://www.tn.gov/workforce/unemployment/apply-for-benefits.html)

**Utility Assistance**

**Memphis, Light, Gas & Water (901)544-6549**



# Additional Resources

- 24-Hour Sexual Assault Hotline (901) 222-4000
- Community Services Agency(CSA) (901) 222-4200
- Domestic Violence Services (901) 222-4400
- Employment Services (901) 707-8426
- Energy Efficiency (901) 636-7366
- Food, Clothes & Furniture (901) 881-6013
- Health Services (901) 222-9910
- Latinx Services (901) 222-3993
- Suicide & Crisis Hotline (901) 274- 7477
- Reporting Child Abuse 1-877-237-0004
- Reporting Elder Abuse 1-888-277-8366
- Veteran Services (901) 222-4237



# ACADEMIC SUPPORT

- ◆ Work on I-Ready and/or I-Excel
- ◆ Download grade-level instructional guides <http://www.scsk12.org/instructionalresources>
- ◆ View instructional video lessons for core math and language arts subjects via Bounce 5.2; Comcast 906 or
- ◆ Watch previous instructional video lessons via [www.wmcactionnews5.com](http://www.wmcactionnews5.com)
- ◆ For promotional/retention guidelines, contact your child's school counselor.





# School Counselors' Schedule & Contact Information

School Counselor	Email Address	Contact Number	Available Hours (for contact)
Ms. P. Allen K-4	<a href="mailto:allenp@scsk12.org">allenp@scsk12.org</a>	(901)295-9966	Open hours M-F 9AM-3PM; Zoom appointments by schedule only
Mrs. V. Truly-Jones 5-8	<a href="mailto:jonesvn@scsk12.org">jonesvn@scsk12.org</a>	(901)295-9906	<p>Mon(5th/6th grade parents): 9-1 PM; 2-3 PM</p> <p>Tue (students): 5th grade-10 AM-12 PM; 6th grade-12PM-1PM</p> <p>Wed(7th/8th grade parents): 11AM- 1PM</p> <p>Thu:(students): 7th/8th grade-10AM-1:15PM</p> <p>Fri: Open hours for parents &amp; students- via call only 10AM- 2PM</p> <p>ZOOM Mtgs. Scheduled Monday-Thursday</p>



“Our ability to handle Life’s  
Challenges is a measure of our  
Strength of Character.”

*–Les Brown*