

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_U7wLq8PI

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 **vour 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

activity that you can do whenever you are feeling

stressed or

worried

- Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
- Close your eyes if you feel comfortable.

relaxation 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
- · 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.

rise and fall with each breath.

· 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















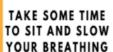
ion Programme, Oxford University Innovation GCRF Sustainable Impact Fund, UNICEF, the Leverhulme Trust, the Economic and Social Research Council, WHO, CIDA, the National Research Foundation of South Africa Ilifa Labantwana, Rand Merchant Bank Fund, the ApexHi Charitable Trust, the John Fell Fund, the Evaluation Fund, the UBS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisor

Social Emotional Learning (SEL) Resources

Social Emotional Learning

Be Proactive

WRITE WHAT IT
MEANS TO BE
RESPONSIBLE.
HOW ARE YOU
FEELING TODAY?
WRITE/DRAW/
TALK ABOUT THE
FEELINGS YOU ARE
FEELING TODAY.





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!

Set Goals

Promote Kindness

MAKE A POSTER
THAT PROMOTES
KINDNESS.
MAKE A LIST OF
WAYS YOU CAN BE
KIND TO PEOPLE.

Mindful Technique

STATE
5 THINGS YOU SEE
4 THINGS YOU
HEAR
3 THINGS YOU FEEL
2 THINGS YOU
SMELL



First Things First

TALK, WRITE, OR DRAW ABOUT WAYS THAT YOU CAN SHOW SELF CONTROL AT HOME



REPEAT 5 TIMES!

PR

PRACTICE WAYS TO ENCOURAGE OTHER PEOPLE.

Listen

1 THING YOU TASTE

WRITE OR DISCUSS WHAT MAKES SOMEONE A GOOD LISTENER?

ROLE PLAY USING
I STATEMENTS "I
FEEL ____ WHEN
YOU ____"

Positive Self Talk

WRITE OR DISCUSS 10 WAYS POSITIVE PHRASE YOU CAN SAY TO YOURSELF EVERY DAY.



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Together Is Better
PLAY A GAME OR
PUZZLE WITH
YOUR FAMILY.

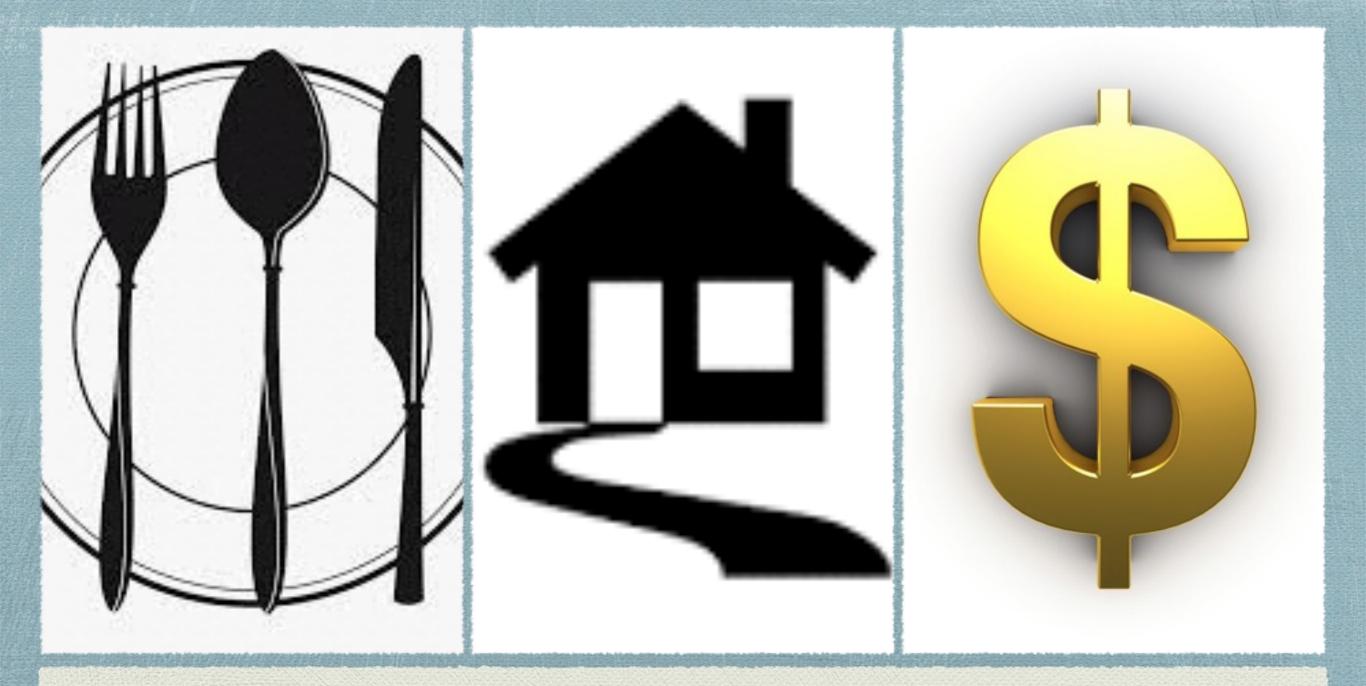
WRITE/DRAW WHAT MAKES A GOOD FRIEND.

Sharpen the Saw

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#/
- 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-copewith-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

https://www.midsouthfoodbank.org/home



MIFA(Metropolitan Inter-Faith Association) 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-firsttanf.html (901) 320-7200

Applying for unemployment benefits

tn.gov/workforce/unemployment/apply-for-benefits.html

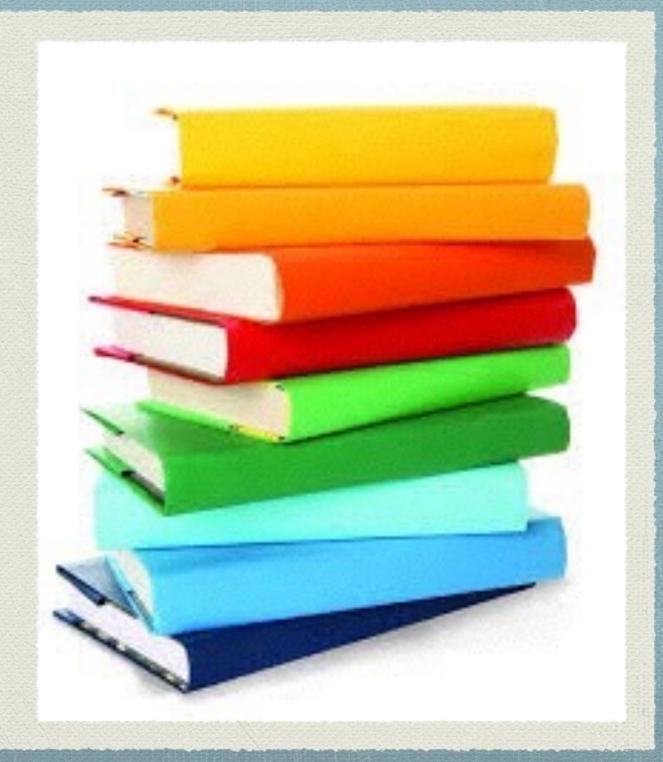
Utility Assistance Memphis, Light, Gas & Water (901)544-6549

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 <u>www.wmcactionnews5.com</u>
- * 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	allenp@scsk12.org	(901)295-9966	Open hours M-F 9AM-3PM; Zoom appointments by schedule only
Mrs. V. Truly-Jones 5-8	jonesvn@scsk12.org	(901)295-9906	Mon(5th/6th grade parents): 9-1 PM; 2-3 PM Tue (students): 5th grade-10 AM-12 PM; 6th grade-12PM-1PM Wed(7th/8th grade parents): 11AM-1PM Thu:(students): 7th/8th grade-10AM-1:15PM Fri: Open hours for parents & students-

via call only 10AM-2PM

ZOOM Mtgs. Scheduled Monday-Thursday

"Our ability to handle Life's Challenges is a measure of our Strength of Character."

-Les Brown