Find all kinds of information to support you during this time away from school.
We are connected. We are here. Only an email away.

Clark Primary Counselor
   cgroce@springisd.org

Mental Health Coordinator
   pdustman@springisd.org

Substance Abuse
   sblack@springisd.org

Ms. Groce

Mrs. Dustmann

Mrs. Black
How are you doing?

Check in with your counselors often! Here's an easy way:
Your counselors are available via Google Hangouts, google chat, or email.

Email them to make an appointment.
COMCAST IS OFFERING FREE INTERNET:

Connect Students to the Internet
Spring ISD has an automated messaging system that allows the district to communicate with parents and staff quickly and efficiently.

Spring ISD parents and staff who would like to opt back in to receive phone and text/sms messages, may do so by following the following instructions:

- **Phone calls**: Call the Blackboard Phone Hotline at "855-502-STOp (855-502-7867)" from the phone line that has been opted out.
- **Text (SMS) messages**: Reply START to "60680" from the phone line that has been opted out for non-emergency messages. Reply START to "54968" for emergency messages.
EMERGENCY
Call 911

Crisis and Support
YouthLine: Call (877.968.8491) Text: teen2teen to (839863)

Crisis, Support, LGBTQ
The Trevor Project: Call (866-488-7386) Text: START to (678678)

Drugs and Alcohol Education, Treatment and Referral
National Drug Helpline: Call (844-289-0879)

Physical and Mental Health
MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You
- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids
- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation
- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques
5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

INFORM
Limit excessive, continuous exposure to media. Inform, without overwhelm. Set boundaries around time, trusted sources.

CONNECT
Reach out for emotional support, contact loved ones. Isolation is detrimental to our health.

SOOTHE
Deep belly breathing, grounding techniques, guided imagery, prayer, calming sounds, laughter, singing.

CONTROL
Focus on things we can control: wash hands, hydrate, nourish, contact HR regarding work policies, adjust finances.

HONOR + DISTRACT
Acknowledge fear, anxiety. Find active ways to divert attention: puzzle, read, craft, etc.
How to help teens cope about with anxiety from the Covid-19 virus:

Helping Teens to Cope

Tips to Navigate Without Fueling Anxiety
ANXIETY GROUNDING TECHNIQUE

Focus on your breathing, then identify:

- 5 things you can see
- 3 things you can hear
- 2 things you can smell
- 4 things you can touch
- 1 thing you can taste
THINGS TO DO WHILE AWAY FROM SCHOOL

Learn to Code!
Click Here for Apps, Websites, & More!

Learn Something New From a Podcast!
(Click the hyperlink!)
For Science Lovers: RadioLab or Science Friday
For History Buffs: Forever Ago
For Biographies: Goodnight Stories for Rebel Girls
For Storytelling: This American Life

Get Active!
Go for a Walk or Run
YouTube JustDance or other workout videos
Practice Yoga using YouTube videos
THINGS TO DO WHILE AWAY FROM SCHOOL

Want an Even BIGGER Challenge? Here’s a link to 450 FREE college courses from 8 Ivy League Colleges! Click HERE!
THINGS TO DO WHILE AWAY FROM SCHOOL

- Journal!
- Write a Letter to a Friend or Family Member!
- Make a List of Things You’re Grateful For!
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it’s just for 30 minutes!

Practice for the SAT/PSAT
Don’t forget to use your Khan Academy to practice.

Center Yourself When Things Get Overwhelming By Practicing Mindfulness Techniques
THINGS TO DO WHILE AWAY FROM SCHOOL

Explore Arts and Culture: https://artsandculture.google.com/

Educational Resources: http://www.amazingeducationalresources.com/
THINGS TO DO WHILE AWAY FROM SCHOOL

Sample Schedule:
8:00—Rise and Shine & Eat Breakfast (Wash up, put on regular clothing)
8:30—Check your email and respond
10:00—Communicate with friends
12:00—Explore other educational Activities (see latter slides)
2:00—Put away screens, no phones, laptops or devices, and define

Sample Schedule:
3:00—Afternoon Fresh air (practice social distance) (Wash your hands)
4:00—Chores (Clean your room, laundry, etc.) (Wash your hands)
6:00—Dinner and clean up (Wash your hands)
7:00—Unwind (read, relax, etc.)
10:00—Shower/Bed
I KNOW MANY OF YOU HAVE QUESTIONS ON VARIOUS TOPICS.

PLEASE BE PATIENT AS WE NAVIGATE THROUGH THIS.
Join 30 Days of Kindness.
We are capable of widespread compassion.
We must demonstrate abundant hope.
We can make the world a little more bright.
Take a Virtual College Tour!
(For All Grade Levels)

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?
FIND SCHOLARSHIPS!
(FOR ALL GRADE LEVELS)

- Start or continue your scholarship search!
- Login in to your Naviance account to start your search.
- Check out the scholarship emails in Naviance from your college counselor
- If any scholarship deadlines change, we will notify you via your Naviance email.
**Brag Sheet/Résumé**
*(For All Grade Levels)*

- Work on your brag sheet/résumé! Think about what you’ve done in your high school career and get it on a Google Doc so you can edit year after year.
NCAA/NAIA  
(FOR ALL GRADE LEVELS)

Student athletes who want to continue sports in college...create your accounts for NCAA/NAIA.

- **NAIA**

- **NCAA**
  - [https://web3.ncaa.org/ecwr3/](https://web3.ncaa.org/ecwr3/)
DEAR CLASS OF 2020

YOU ENTERED THE WORLD DURING 9/11. YOU GRADUATE DURING A PANDEMIC.

NO DOUBT THESE EVENTS WILL SHAPE YOU. YOU SEE BEYOND BORDERS AND POLITICAL PARTIES. YOU SAVOR THE GOOD. YOU RELISH HEALTHY LIFESTYLE HABITS.

THE CELEBRATIONS MAY NEED TO WAIT. AND YOU ARE OK WITH THAT.

WE ARE PROUD OF YOU!
Above all else, remember to:

Take care of yourself.
Take care of your family.
Do something kind for someone else.
Reach out for help when you need it.

We are all in this together.
We are Spring ISD.