

# A.C.E Academy for Scholars – P.S. 290Q

## Counseling Team

# RESOURCES FOR OUR P.S.290Q FAMILIES

Updated March 18, 2020

## A message from your Counseling Team:



*Ms. Gore, School Counselor*

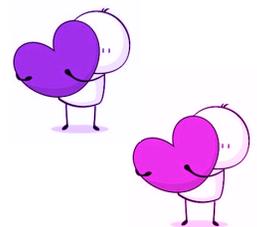


*Ms. Jenn, School Social Worker*

To our P.S. 290Q Community,

As you know, we are moving to a remote learning based model, given the recent school closures due to COVID-19. We put together this resource for you as a support and guide to help you and your families during this time. We are sending you all the love and support we can, and while we know it won't be easy for you, we are here for you. Please reach out via email as needed! You can reach Ms. Gore at [dgore@schools.nyc.gov](mailto:dgore@schools.nyc.gov) and Ms. Jenn at [jrodriguez271@schools.nyc.gov](mailto:jrodriguez271@schools.nyc.gov) and can expect responses between 8:00am-3:10pm, Monday-Friday.

Hang in there, and remember we are here for you and we will get through this together!



## Expectations for scholars:

Just because we are not in school physically does **not** mean this is a vacation from school.

- Check your school emails **DAILY** for updates.
- Reach out to your scholar's teachers with any questions, etc about the assigned work.
- Complete all assigned work – your scholar **will still be graded** on participation, classwork, homework and assessments.

## What support can you and your scholar expect while out of school?

At this time, the counseling team will be providing telephone wellness checks and/or teletherapy for up to 30 minutes for mandated and voluntary services. Should you opt into the virtual sessions, a consent form will be provided and will need to be emailed back to your scholar's counseling provider. We will be using the Zoom platform for teletherapy and access links will be emailed to join sessions. Google Classroom will be available as well ("Mandated Counseling with Ms. Gore" and "Counseling with Ms. Jenn") to provide social-emotional guidance through videos and activity sheets. A code will be provided to families to join their assigned classroom. In case you need support for **NON-EMERGENCIES** and/or for scholars who are not seen by our team:

-Reach out via email to Ms. Gore and Ms. Jenn between 8:00am-3:10pm, Monday-Friday at [dgore@schools.nyc.gov](mailto:dgore@schools.nyc.gov) and [jrodriguez271@schools.nyc.gov](mailto:jrodriguez271@schools.nyc.gov).

-Please be patient and don't expect a response immediately – We will email you back during the work day, I promise!



### What if you or your scholar is feeling really down, in crisis, or in an emergency?

We recognize that this time may bring up really strong feelings, especially as we navigate not having regular sessions to talk through everything that has been going on. Please use the following resources for more severe or intense feelings:

1. **Crisis Text Line:** Text HOME to 741-741 to be connected to a counselor
2. **National Domestic Violence Hotline:** Call 1-800-799-7233, or if you are unable to speak safely you can log onto [this link](#) or text LOVEIS to 22522
3. **The Statewide Central Register of Child Abuse and Maltreatment:** Call 1-800-342-3720, or if you suspect a child is in immediate danger call 911 or your local police department
4. **NYC Well:** Call 1-888-692-9355, text “WELL” to 65173, or chat with a counselor at [this link](#).
5. **National Suicide Prevention Lifeline:** Call 1-800-273-8255 or chat with a counselor at [this link](#).
6. **911: IF YOU (OR SOMEONE AROUND YOU) ARE IN ACTIVE DANGER, CALL 911**

## Tips for Remote Learning:

(courtesy of A. Samel)

While we must all stay home for the next few weeks, modern technology allows us to continue our learning during this time, so that we can continue to build our academic toolbox and stay on track! These tips can help your scholars make the most of their time while learning from home.

**1. Keep a consistent sleep schedule.** Going to sleep and waking up at the same time each day helps your scholar get enough high-quality sleep. Getting 7-9 hours per night can enhance their physical health, immunity, and mental health.

**2. Keep a consistent work and break schedule.** This keeps your scholar focused and stops their work from intruding on free time. Make sure others in your household know this schedule so they can avoid distracting your scholar while they work. Some schedule options:

- Work through their assignments in the same order in which they have their classes, for example starting at 8:00am and taking a break for lunch at 11:00am. If your scholar needs brain breaks allow a 10 to 15 minute break in between assignments.
- For our scholars who assist with caring for younger siblings or are old enough to stay home alone while parent(s)/guardian(s) are at work, use the time once a guardian is home to get your work done.

**3. Work from the same place each day.** Keep a workspace that is free of clutter to help your scholar avoid distractions and keep from taking away from their free time.





**4. Get dressed!** Getting dressed signals that they are starting their work day. Get dressed when they're working, then change into comfortable clothes when they're done!

**5. Find an accountability buddy.** Allow your scholar to check in with a friend at the beginning and end of each day. This can help with them motivating each other to finish their assignments, help each other out when the work is difficult, and check in on how they're feeling each day.

**6. (Virtually) talk to your friends.** School is social, and social time is important for mental health. Keep in touch with friends through FaceTime or Google Hangouts so that they can still have some of the

social time they would normally get at school.

## Tips for Managing Stress – Keep Calm & A.C.E On!

(courtesy of A. Samel)

Changing your routine and spending your time in one place can be stressful for anyone.

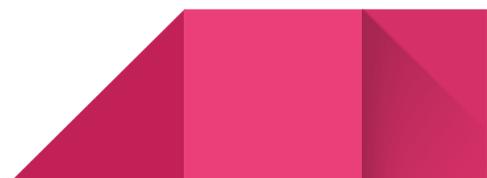
This is an opportunity for all of us to develop healthy coping skills that will last us through these weeks and beyond. If you find that you and/or your scholar is feeling overwhelmed, try some of the strategies below. Try each a few times, rating yours and your scholars stress level from 1-5 before and after using the strategy. Then check off the ones that work well for you.



<p><b>Processing Skills</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Write in a journal.</li> <li><input type="checkbox"/> Write a song or poem.</li> <li><input type="checkbox"/> Draw.</li> <li><input type="checkbox"/> Talk to a friend or trusted adult.</li> <li><input type="checkbox"/> Rate the intensity of your feelings.</li> <li><input type="checkbox"/> Make a playlist.</li> <li><input type="checkbox"/> Write a letter to someone.</li> <li><input type="checkbox"/> Write your worries on slips of paper and put them in a box.</li> </ul>	<p><b>Relaxation Skills</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Breathe in for 4, hold for 4, out for 4, hold out for 4.</li> <li><input type="checkbox"/> Hold your hand to your heart and feel it slow down.</li> <li><input type="checkbox"/> Name 3 things you can see, 2 things you can hear, and 1 thing you can feel.</li> <li><input type="checkbox"/> Imagine your favorite place.</li> <li><input type="checkbox"/> Take a shower or bath.</li> <li><input type="checkbox"/> Repeat a positive statement about yourself three times.</li> </ul>
<p><b>Distraction Skills</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Call a friend for a distraction. Ask how they're doing.</li> <li><input type="checkbox"/> Do a crossword or word search.</li> <li><input type="checkbox"/> Play with a pet or sibling.</li> <li><input type="checkbox"/> Make up a game.</li> <li><input type="checkbox"/> Sort/organize something.</li> <li><input type="checkbox"/> Read a good book.</li> <li><input type="checkbox"/> Write a creative story.</li> <li><input type="checkbox"/> Make a list of your favorite things.</li> <li><input type="checkbox"/> If it's safe, cook or bake something.</li> <li><input type="checkbox"/> Do a crafting project.</li> </ul>	<p><b>Physical/Sensory Skills</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Squeeze something squishy.</li> <li><input type="checkbox"/> Touch a soft surface, like a fuzzy blanket.</li> <li><input type="checkbox"/> Look at a calming image or video, like <a href="#">this one</a>.</li> <li><input type="checkbox"/> Run water over your hands. Focus on the sensations you feel.</li> <li><input type="checkbox"/> Tense and relax your muscles, one by one.</li> <li><input type="checkbox"/> Stretch.</li> <li><input type="checkbox"/> Do jumping jacks, push ups, or any exercise you can do at home.</li> </ul>

## Internet Accessibility Resources:

- **SPECTRUM** is offering FREE internet to scholars who do not have access.
  - CALL 1-844-488-8395 to access this resource.



- **OPTIMUM** is also offering FREE internet to new customers for 60 days.
  - CALL 1-866-200-9522 to access this offer.



## Food Security Resources:

- A “**GRAB AND GO**” breakfast and lunch will be provided **DAILY** from the main entrance at P.S. 290Q from 8:00am – 12:00pm.
- **SCHOOL FOOD:**
  - School Food will provide grab and go meals beginning Monday, March 16th from 7:30am-1:30pm at all NYC school sites.
  - Families and scholars may go to the closest site regardless of which school they are currently attending to pick up one day’s worth of meals.
  - This link is the DOE School Finder search feature: <https://www.nycenet.edu/schoolsearch>
- See the following guides for food pantries and free meals in NYC:
  - [Street Smarts Guide to Free Meals in Manhattan](#)
  - [Hunger Free America's Guide to Manhattan // Spanish Version](#)
  - [Hunger Free America's Guide to Eastern Queens](#)



## Hand Washing Tips:

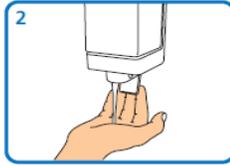
Bored of the same old “Happy birthday” or “ABCs” while washing?

Check out [THIS LINK](#) to create your own hand washing poster, to the songs you like!

# Hand-washing technique with soap and water



1  
It might seem crazy what  
I'm 'bout to say



2  
Sunshine she's here, you  
can take a break



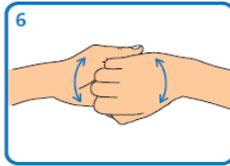
3  
I'm a hot air balloon that  
could go to space



4  
With the air, like I don't  
care, baby, by the way



5  
(Because I'm happy)



6  
Clap along if you feel like  
a room without a roof



7  
(Because I'm happy)



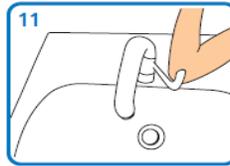
8  
Clap along if you feel like  
happiness is the truth



9  
(Because I'm happy)



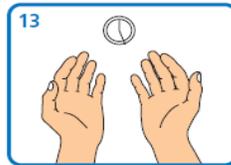
10  
Clap along if you know  
what happiness is to you



11  
(Because I'm happy)



12  
Clap along if you feel like  
that's what you wanna do



13  
Here come bad news,  
talking this and that  
(Yeah!)

Create your own  
<https://washyourlyrics.com>

Happy  
Pharrell Williams

# A Message from the CDC:

## Know How it Spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

# COVID-19

Protect yourself and loved ones

Help prevent the spread of respiratory diseases like COVID-19

**+ WASH YOUR HANDS**  
Wash your hands with soap and warm water regularly.



**+ COVER A COUGH OR SNEEZE**  
Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



**+ DON'T TOUCH**  
Avoid touching eyes, nose or mouth, especially with unwashed hands.



**+ KEEP YOUR DISTANCE**  
Avoid close contact with people who are sick.



**+ STAY HOME**  
If you experience respiratory symptoms like a cough or fever, stay home.



**+ GET HELP**  
If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.

