



# Reedsville Public Schools

Student Services Resources  
During COVID-19 School Closure and Ongoing  
Spring 2020

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# Contact Information

Name	Position	Contact Information
Baugniet, Heather	REMS School Counselor	hbaugniet@reedsville.k12.wi.us
Brown, Jamie	RHS School Counselor	jbrown@reedsville.k12.wi.us
Fredrick, Amber	School Social Worker	afredrick@reedsville.k12.wi.us
Mueller, Dawn	Director of Student Services School Psychologist	dmueller@reedsville.k12.wi.us
Petermann, Connie	School Nurse	cpetermann@reedsville.k12.wi.us

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## Availability During School Closure

- Available during various hours via e-mail Monday - Friday
  - Phone calls and virtual conversations via Zoom are also an option for communication, when planned in advance. <https://zoom.us>
  - SMORE Elementary/Middle School Newsletter-counseling/social work updates  
<https://www.smore.com/jb7dg-instructions-at-home?ref=email>
  - Staff email addresses may be found online at:
    - [www.reedsville.k12.wi.us](http://www.reedsville.k12.wi.us)
    - Hover over the District Menu
    - Click on Staff Directory
    - Use the search option to find the staff member you wish to contact
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# Meal Program

Reedsville Public School District is offering lunch for students whose parents choose to take advantage

- Lunches will be prepared and delivered by food service staff Monday - Friday
  - Please contact Mrs. Kristi Strenn (Elem/MS Administrative Assistant) at **920-443-9676** if you would like to add your child(ren) to the program
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# Area Food Pantry/Resources

Holy Family Parish, Brillion

- Phone Number: 920-756-2535
- Pantry Open 2 times/month
- If needs arise in between those times, call the phone number above and leave a message with name and phone number

Patrick's Patches (Located in old St. Mary's Church in  
Reedsville - Has clothing and other items)

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# Focus on Opportunity

- When daily activities and milestone events are postponed, cancelled, or restricted, it is human nature to focus on what is lost. There are important things that we can do to work through these times:
    - Do: acknowledge feelings connected to lost opportunities and be open about them with family, friends, and those we trust
    - Do: make healthy choices: maintain a regular sleep schedule, exercise, eat healthy, get fresh air, and disconnect from electronics at times throughout the day
    - Do: seek opportunities to move those tasks up on the priority list that we “mean to get to,” but run out of time for when our schedules are full
    - Do: use this time as an opportunity for self-reflection, career exploration, and future planning
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# Focus on Opportunity

- Suggestions on opportunities to grab:
    - Seniors: Click [HERE](#) for information on navigating Scholarship Applications during this time!
    - Seniors: Click [HERE](#) to create your FSA Id for your financial aid application
    - Seniors: Click [HERE](#) to complete your FAFSA Application
    - Seniors: Make lists of employers for summer jobs; look for online applications
    - Seniors: Finalize your Senior Seminar documents (if your corrections are not complete). Email corrected resume, cover letter, reference page, and thank you letter to Mrs. Brown [jbrown@reedsville.k12.wi.us](mailto:jbrown@reedsville.k12.wi.us)
    - All Seniors: Save your resume, cover letter, and reference page electronically to a location other than your school Google account!
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# Focus on Opportunity: Academic and Career Planning

- Xello: students in Grades 6-12 have access to this academic and career planning tool.
  - Each grade level has 3-4 required lessons
  - Students should complete all required lessons
  - Each lesson should take 30-45 minutes to complete
  - High School Students click [HERE](#) to access Xello
  - Middle School Students click [HERE](#) to access Xello





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# Focus on Opportunity: Academic & Career Planning

- Xello: Click on each grade level to view the topics for required lessons
    - [Grade 6 Required Lessons](#)
    - [Grade 7 Required Lessons](#)
    - [Grade 8 Required Lessons](#)
    - [Grade 9 Required Lessons](#)
    - [Grade 10 Required Lessons](#)
    - [Grade 11 Required Lessons](#)
    - [Grade 12 Required Lessons](#)
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# Focus on Opportunity: Academic and Career Planning

- Student Career Info is a website that provides students with videos produced by people throughout Wisconsin working in a variety of careers.
    - <https://www.studentcareerinfo.com/>
    - Click Presentation in blue banner across the page
    - Click Search Career Presentations
    - Use the drop down menu to select the career cluster you want to explore
    - A list of video options available within the cluster will appear for you to view
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# Focus on Opportunity: Academic & Career Planning: Grades 9-11

- Scholarships: Students in grades 9-11:
    - Review the listing of scholarships that are typically offered each year. This can be found at: <http://bit.ly/2WtmApO>
    - Preview the applications looking for essay topics and supportive documents needed (transcripts, letters of recommendation, etc.).
    - List scholarships that you feel you may qualify for in the future
    - Preview the application (do not fill it out as they change from year to year)
    - Compose essays addressing topics requested by applications that are a good fit for you! Save the essay in a way so that you will be able to edit and retrieve it when you are eligible to apply!
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# Important Resources for Parents and Students

- Hopeline - Text "HOPELINE" to 741741 (students in crisis can text for help 24/7)
  - [United Way 211 Resources](#)
  - [Center for Suicide Awareness](#)
  - National Alliance on Mental Illness ([NAMI](#))
    - [NAMI Fox Valley](#)
  - Brown County Crisis # 920-436-8888
  - Manitowoc County Crisis # 920-683-4230 After hours # 1-888-552-6642
  - Kimberley Welk Services 920-461-5820
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# Kimberley Welk Counseling

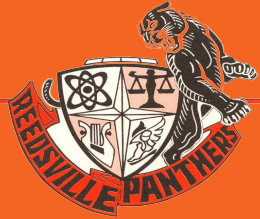
Steve Willie the counselor from Kimberley Welk & Associates is able to see students in the Green Bay location-

Address: 926 Willard Drive #136, Green Bay, WI 54304

Phone: 920-461-5820

**If the site is not convenient for you, appointments can be arranged via secure video with your therapist.**





926 Willard Drive, Ste 136, Green Bay, WI 54304  
920.461.5820 | Fx (888) 449-6342 | [staff@kwafc.com](mailto:staff@kwafc.com)

Wednesday, March 18th, 2020

Dear KWAFTC School-Based Mental Health Clients,

As your school based mental health provider, we wanted to reach out and inform you of the options available for your child to continue in therapy while we are observant of Governor Evers order to close all schools due to the COVID-19 pandemic. Your health and the health of all of our clients and their communities is a priority here at KWAFTC, so with the closures and the growing uncertainty of the number of infected individuals, we encourage you to take all necessary precautions to protect yourself and your family. Though the risk remains low, it's important to take a proactive approach to minimize everyone's exposure.

All that being said, KWAFTC's primary offices at 926 Willard Dr. in Green Bay and at 935 S. 8<sup>th</sup> in Manitowoc will continue to have office hours, and we are working hard to ensure flexibility in availability to meet the needs of our clients. If coming to one of our sites is a preference, or an option for you, please reach out to your therapist or our office administrator or your child's therapist at (920) 461.5820 to schedule an appointment.

If you have any of the following risk factors, we would request that you reschedule your appointment or consider the option for telehealth appointments discussed below:

1. Recently been in an airport, please wait 14 days before requesting a face to face appointment.
2. If you or someone close to you has recently traveled to or from Iran, S. Korea, China or Italy, we insist you postpone face to face appointments indefinitely and consider a telehealth appointment as discussed below.
3. If you are exhibiting symptoms of respiratory illness, we urge you to stay home, take care of yourself, and seek medical help when appropriate.

If coming to one of our sites is not convenient or you have any of the risk factors cited by the CDC, **WE ENCOURAGE YOU TO SCHEDULE A SECURE VIDEO APPOINTMENT WITH YOUR THERAPIST.** Research shows this can be just as effective and provide the protection you and your family need. Video appointments can ensure that your child and family continue to receive the services they need with the least amount of interruption and exposure. If you are interested in telehealth or have questions please reach out to your therapist or our office administrator at (920) 461.5820.

Sincerely,

The Staff of Kimberley Welk and Associates, llc  
Family Therapy Center

**Resources:**

**CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

**NAMI:** <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Important/COVID-19-Updated-Guide-1.pdf?lang=en-US>

**Free internet services with Spectrum** call 1-844-488-8395 or visit:  
<https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-nw-K12-and-college-student-households-and-more>



# Lutheran Social Services (LSS) Groups

- Groups are cancelled at this time.
- We will inform you when they are back in session



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# Self-Care, Staying Physically and Mentally Healthy

- Mindfulness Activities <https://www.mindfulschools.org/>
  - Ways to be social without being with others  
<https://entertainkidsnadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/>
  - Physical Activities
  - <https://www.gonoodle.com/>
  - <https://www.youtube.com/user/CosmicKidsYoga>
  - Mental Activities  
<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>
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# Talking to your children about Coronavirus

CDC: [Talking with children about Coronavirus Disease 2019 | CDC](#)

[National Associate of School Psychologists](#)





# 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

BlessingManifesting

## 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

# SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



## body

lay on the ground,  
press your toes into  
the floor, squeeze  
playdough



## 5 senses

wear your favorite  
sweatshirt, use  
essential oils,  
make a cup of tea



## self- soothe

take a shower or  
bath, find a  
grounding object,  
light a candle



## observe

describe an object  
in detail: color,  
texture, shadow,  
light, shapes



## breathe

practice 4-7-8  
breathing: inhale  
to 4, hold for 7,  
exhale to 8



## distract

find all the square  
or green objects in  
the room, count by  
7s, say the date

# 5

# WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

## 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.

# COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight



With all the unknowns at this time, what we do know is that we CARE and we are here for support. Please don't hesitate to reach out.

TAKE CARE OF YOURSELVES AND YOUR FAMILY. STAY HEALTHY & STAY SAFE.

~Reedsville Pupil Services Staff~