

# Wrightstown School District Student Service Team

Digital Support Information for the COVID-19 School Closure



# Remaining Connected

Wrightstown School District Student Services Team is here to support students through academic, personal, and social domains during the COVID-19 closure. During this challenging time, we are here to support both students and parents.

We understand students may have questions and need to process this new routine. Our student services team is available through Google Hangouts. Google Hangouts is a virtual video conferencing tool. A member of our team is happy to set up a video chat to talk directly to students and parents.

Please contact your Student Services team member if you would like to speak with them ( see next slide)



# Contact Information- School Counselors

School Counselors will be available through email and Google Hangout (Video). Please set up an appointment with your school counselor.

Sarah Pierce (Elementary) - [pierce@wrightstown.k12.wi.us](mailto:pierce@wrightstown.k12.wi.us)

Angela Ederer (Middle School) - [ederer@wrightstown.k12.wi.us](mailto:ederer@wrightstown.k12.wi.us)

Amanda Prodell (Middle/ High School)- [prodell@wrightstown.k12.wi.us](mailto:prodell@wrightstown.k12.wi.us)

Mike Olson (High School)- [Olson@wrightstown.k12.wi.us](mailto:Olson@wrightstown.k12.wi.us)



# Contact Information- School Psychologists

School Psychologist will be available through email and Google Hangout (Video). Please set up an appointment with your School Psychologist.

Elli Poelzer (Elementary/ Middle School) - [poelzer@wrightstown.k12.wi.us](mailto:poelzer@wrightstown.k12.wi.us)

Carrie LeMahieu (Elementary/Middle/ High School) - [lemahieu@wrightstown.k12.wi.us](mailto:lemahieu@wrightstown.k12.wi.us)



# Important Information

- ❖ **Brown County Crisis Center**
  - 920-436-8888
- ❖ **National Suicide Hotline**
  - 1-800-273-8255
- ❖ **Suicide Text Line**
  - Text “Home” to 741741
- ❖ **United Way ( Local resources for families)**
  - 211 or 920-954-7210
- ❖ **Wrightstown Police Department**
  - 920-532-5567



# Stay up to date


## Follow up on WCSD Website and Facebook

- ❖ <https://www.wrightstown.k12.wi.us/district/>
- ❖ <https://www.facebook.com/WrightstownCSD/>





**Free  
Meals  
for  
Youth**



**ALL CHILDREN UNDER  
THE AGE OF 18 CAN  
RECEIVE FREE MEALS  
WHETHER IN SCHOOL  
OR NOT!**

**March 18 – 20  
March 23 – March 27  
March 30 – April 3  
11:00 – 12:00**

**STOP AT ONE OF 2  
LOCATIONS**

**WRIGHTSTOWN MIDDLE SCHOOL  
OR  
GREENLEAF FIREMANS PARK**

**NO FORMS OR REGISTRATION  
REQUIRED! STUDENT MUST BE  
PRESENT TO RECEIVE LUNCH WHICH  
WILL INCLUDE A BREAKFAST FOR  
THE NEXT MORNING.**

# Self-Care

# 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.



# Managing Anxiety

## 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

# 10 WAYS TO MANAGE YOUR TIME AS AN ONLINE STUDENT

1

## CREATE A PLAN

Make a calendar to keep track of your assignments, exams and projects.



2

## UNDERSTAND THE REQUIREMENTS

Know that each assignment takes time and factor that into your calendar.



3

## SET DAILY GOALS

It's easy to fall behind if you don't keep up with day-to-day activities – set goals to avoid feeling overwhelmed.



4

## SPEAK UP

Set up a chat with your professor if you have concerns. Faculty are willing to work with you and want to help you!



5

## BE COMFORTABLE

Create a study space that's comfortable but also encourages productivity.



6

## TAKE ADVANTAGE OF RESOURCES

Most schools offer tutoring or other support services for free. Using those can help you in your coursework.



7

## ELIMINATE DISTRACTIONS

You need focus to study. Consider taking some time to turn off phone notifications – even just a 30-minute block of time can help.



8

## ASK FOR HELP

Your fellow students are a great resource – ask them for advice on a paper or project if you need it.



9

## DON'T GET FRUSTRATED

It's OK to take a break if you need it. Earning a degree isn't a sprint, it's a long process.



10

## REWARD YOURSELF

Recognize your accomplishments along the way. Did you get an A on a quiz? Plan a nice dinner or time with friends!



# Time Management

**This is a new area for all of us.  
Make sure you are taking care of yourself  
and your family. Make good choices and  
reach out for help!  
It does not hurt to ASK!**