



# SCHOOL COUNSELORS' NEWS

JETER JETS K-8

May 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.



# School Counselors' Schedule & Contact Information

School Counselors	Email Address	Contact Number	Available Hours (for contact)
Ms. P. Allen K-4	<a href="mailto:allenp@scsk12.org">allenp@scsk12.org</a>	(901)295-9966	Open hours M-F 10 AM-2 PM; Microsoft Teams appointments by schedule only
Mrs. V. Truly-Jones 5-8	<a href="mailto:jonesvn@scsk12.org">jonesvn@scsk12.org</a>	(901)295-9906	<i>Open hours Friday 10 AM-2 PM; Microsoft Teams appointments are scheduled Monday-Thursday</i>



# Important message from Jeter's RTI2-B Support Specialist

Hello Everyone,

Families are under incredible stress right now. Millions of parents put out of work by the pandemic are out of money and facing impossible choices:

Food or baby formula?

Rent or medicine?

Car payment or water bill?

Families need help NOW, but tens of millions will wait months for their stimulus payment.

That's why Stand for Children teamed up with Propel and GiveDirectly to launch Project 100, a nationwide campaign to provide \$1,000 direct cash transfers to 100,000 families in dire need in the next 100 days. Project 100 will provide a critical lifeline to 100,000 families across the country who receive SNAP benefits and use Propel's Fresh EBT App (if you receive SNAP, check it out — it's a terrific resource).

Here is the link for further information.

<https://www.freshebt.com>

Kimberly Carter, MPA  
RTI2B SUPPORT SPECIALIST  
Student Support Services  
Northeast Office  
901-461-6004  
[carterk@scsk12.org](mailto:carterk@scsk12.org)



**“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\\_UfwLq8PI](https://youtu.be/8c_UfwLq8PI)

# 5 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 your 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 relaxation activity that you can do whenever you are feeling stressed or worried

- Step 1: Set up**
  - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
  - Close your eyes if you feel comfortable.
- 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 rise and fall with each breath.
  - 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.
  - 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



unicef  
for every child



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# NEW Social Emotional Support Lines Available for Students & Families!

As our District and community continue to cope with COVID-19, we recognize that many students and families are experiencing anxiety and a range of other emotions. Self-care and emotional self-regulation are especially important during these uncertain times, so the District is making it possible for students and parents to contact school social workers and counselors around the clock for resources and assistance with social emotional concerns.

## Topics of Support:

- How to get mental health support
- How to help your family
- Expressing & coping with anxiety
- Anger management
- Where to find community resources
- Signs of depression
- Grief & loss
- Substance abuse
- Managing a child with ADHD
- Mindfulness & Meditation



## 24-HOUR INFORMATIONAL LINE - 901.416.2266

Call 24/7 for pre-recorded messages. Available beginning April 16.

## LIVE SEL SUPPORT LINE - 901.416.8484

Call M-F, 9 a.m. - 4 p.m., to speak with a member of the SCS Mental Health Center. Available beginning April 17.

## FOR MORE SOCIAL EMOTIONAL LEARNING RESOURCES:

Visit [www.scsk12.org/SELsupport](http://www.scsk12.org/SELsupport) to access videos, podcasts, self-care tips and links to local and statewide crisis support.

**NOTE:** The SCS support lines are intended primarily for general questions and non-emergency assistance. If you are experiencing a crisis, please visit [www.scsk12.org/SELsupport](http://www.scsk12.org/SELsupport) for a list of organizations that provide crisis support.

Shelby County Schools offers educational and employment opportunities without regard to race, color, religion, sex, creed, age, disability, national origin, or genetic information.




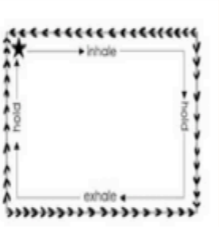





This information is provided by our Licensed School Social Worker, Terica Carouthers, LSSW, LMSW Shelby County Schools Mental Health Center



# Social Emotional Learning (SEL) Resources

*Social Emotional Learning*  
FOR HOME!

<b>Be Proactive</b> WRITE WHAT IT MEANS TO BE RESPONSIBLE. HOW ARE YOU FEELING TODAY? WRITE/DRAW/TALK ABOUT THE FEELINGS YOU ARE FEELING TODAY.	<b>TAKE SOME TIME TO SIT AND SLOW YOUR BREATHING</b> 	<b>Set Goals</b> 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!	 <b>Promote Kindness</b> MAKE A POSTER THAT PROMOTES KINDNESS. MAKE A LIST OF WAYS YOU CAN BE KIND TO PEOPLE.
<b>Mindful Technique</b> STATE 5 THINGS YOU SEE 4 THINGS YOU HEAR 3 THINGS YOU FEEL 2 THINGS YOU SMELL 1 THING YOU TASTE	 <b>First Things First</b> TALK, WRITE, OR DRAW ABOUT WAYS THAT YOU CAN SHOW SELF CONTROL AT HOME	 REPEAT 5 TIMES!	 <b>Win-Win</b> PRACTICE WAYS TO ENCOURAGE OTHER PEOPLE.
<b>Listen</b> WRITE OR DISCUSS WHAT MAKES SOMEONE A GOOD LISTENER?  ROLE PLAY USING I STATEMENTS "I FEEL ____ WHEN YOU ____"	<b>Positive Self Talk</b> WRITE OR DISCUSS 10 WAYS POSITIVE PHRASE YOU CAN SAY TO YOURSELF EVERY DAY. 	 <b>Together Is Better</b> PLAY A GAME OR PUZZLE WITH YOUR FAMILY.  WRITE/DRAW WHAT MAKES A GOOD FRIEND.	<b>Sharpen the Saw</b> 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-cope-with-trauma>



# ACADEMIC SUPPORT

## Qtr 3 Grade Improvement Opportunity

- ◆ Qtr 3 report cards are available in the powerschool parent portal, or emailed by request.
- ◆ SCS is offering Grade Improvement Opportunity for 1-8 grades, for additional information, please go to <http://www.scsk12.org/coronavirusfacts/reportcards?PID=1672>
- ◆ For promotional/retention guidelines, contact your child's school counselor.





# READY. SET. REGISTER!



**2020-21 EARLY REGISTRATION & PRE-K APPLICATIONS NOW OPEN!**

**ALL NEW K-12 STUDENTS MUST REGISTER.**

**REGISTRATION STARTS BY EMAILING [ICHOOSE@SCSK12.ORG](mailto:ICHOOSE@SCSK12.ORG).**

**APPLY ONLINE FOR PRE-K AT [WWW.SCSK12.ORG/PREK](http://WWW.SCSK12.ORG/PREK).**

**RETURNING STUDENTS HAVE TO REVIEW & VERIFY INFO.**

**ALL K & 7TH GRADE STUDENTS**



## 2020-2021 Registration

<http://www.scsk12.org/registration/>





# 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](http://ymca.net)

<https://www.midsouthfoodbank.org/home>





**MIFA (Metropolitan Inter-Faith Association)**

[mifa.org/applyonline](http://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-first-tanf.html>

**(901) 320-7200**

**Applying for unemployment benefits**

[tn.gov/workforce/unemployment/apply-for-benefits.html](https://www.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



“Our ability to handle  
Life’s Challenges is a  
measure of our  
Strength of Character.”

*–Les Brown*