

DOWNTOWN EAST SCHOOL COUNSELOR SUPPORT

**Information to help you during this time
away from school**

WE ARE CONNECTED. WE ARE HERE. ONLY AN EMAIL AWAY.

School Counselors

Last Names A–Cot:	Kristina Cole (Pantano)	<u>krcole@dasd.org</u>
Last Names Cr– Go:	Stephanie Chupela	<u>schupela@dasd.org</u>
Last Names Gr– Lam:	Heather Gallo	<u>hgallo@dasd.org</u>
Last Names Lan–Ng	Angela Hanna	<u>ahanna@dasd.org</u>
Last Names Ni–Re, TCHS	Michael Matta	<u>mmatta@dasd.org</u>
Last Names Ri–Shi	Catherine Bond (Carol Warren)	<u>cbond@dasd.org</u>
Last Names Skr–Z	Stacey Hewitt	<u>shewitt@dasd.org</u>

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Prevention Specialists

Grades 9, 11	Emily Jubeck	<u>ejubeck@dasd.org</u>
Grades 10, 12	Beth O'Rourke	<u>borourke@dasd.org</u>

Counseling Dept. Support Staff

Transcript Inquiries	Stacy Yost	<u>syost@dasd.org</u>
Registrar	Sherie Gazzerro	<u>sgazzerro@dasd.org</u>
College/Career Advisor	Christine Wick	<u>cwick@dasd.org</u>

**YES! YOU CAN CHECK IN
WITH US!**

Email with any questions or to
request a “remote” appointment.

MAKE SURE TO STAY INFORMED OF ALL THE LATEST NEWS AND ANNOUNCEMENTS:



[Downingtown Area School
District](#)



[@dasd_dehs](#)
[@DASD_Schools](#)



[DASD website](#)
[EAST website](#)



[Schoology](#)

EMERGENCY

If you have a mental health emergency, please contact 911 or proceed to your nearest ER.

ADDITIONAL 24/7 RESOURCES:

Pennsylvania Mental Health Crisis Line: Text “PA” to 741-741

Valley Creek Crisis Center – 610-280-3270

Suicide Prevention Hotline – 1-800-273-8255

Safe2Say Something Crisis Tip Line – 1-844-SAF2SAY

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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.

SET
BOUNDARIES
WITH WHAT +
HOW MUCH
MEDIA YOU
CONSUME

YOU'RE
ALLOWED TO
OPT OUT OF
OVERWHELMING
DISCUSSIONS

TRY TO
RESPOND TO
THE FEARS OF
OTHERS WITH
UNDERSTANDING
+ RESPECT

GENTLE REMINDERS:
FOR WHEN THE
WORLD FEELS
FRIGHTENING

≥@THEMINDGEEK≤

FOCUS
ON THE
MANY THINGS
YOU CAN
CONTROL

BE
MINDFUL
OF WHEN IT'S
BECOMING
MORE THAN
JUST 'BEING
INFORMED'

BREATHE,
CONNECT +
TAKE GENTLE
CARE OF
YOURSELF +
OTHERS

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



2 things
you can
smell



1 thing
you can
taste



THINGS TO DO WHILE AWAY FROM SCHOOL

Work on your Career Portfolio

Schoology Access Code:
ZNDW7-N97BD

Try a FREE college course!

How to Apply to College

Understanding College & College Life

The Science of Well-Being

Get Active!

Go for a Walk or Run

Practice Yoga or Mindfulness

Try a YouTube workout video

Virtually tour a museum or National Park

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
- Disconnect from Social Media...even if it's just for 30 minutes!

Practice for the SAT

Get on Naviance!
Search for Scholarships and
use the College and Career
resources

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 website or [YouVisit.](#)
- Research each school's majors and programs...do they have what you are interested in? What are the costs? Are there any scholarship opportunities?

FIND SCHOLARSHIPS!

- Start or your continue your scholarship search on [Naviance](#).
 - Seniors: Check the “Scholarship List” for Local Awards.
 - All students can use the “National Scholarship Search”.
- ** If any scholarship deadlines change, we will notify you via email and on Schoology. ****

UPDATE YOUR RÉSUMÉ

Work on your activity résumé! Think about what you've done in your high school career and put it into the Resume Writer in Naviance so you can edit year after year.

NCAA

Student athletes who are planning to continue Div I or II sports in college should create an [NCAA Eligibility Center](#) account.

STICK TO A SCHEDULE

Below are some sample schedules to structure your time away from school.

Time	Activity
8am - 9am	Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :)
9am - 9:40am	Khan Academy math practice. Depending on level, one of the following courses are likely appropriate: <ul style="list-style-type: none"> • Algebra II • Geometry • Precalculus/Trigonometry • AP Calculus AB or BC • AP Statistics
9:40am - 10am	Go for walk/run. Youtube JustDance/workouts if weather is bad. Maybe 15 minutes of Yoga with Adriene?
10am - 10:40am	Official SAT Practice (math, reading and writing)
10:40 - 11am	Break/walk
11am - 12pm	Science practice on Khan Academy (high school or A.P. level): <ul style="list-style-type: none"> • Biology (high school, A.P.) • Chemistry (high school, A.P.) • Physics (high school, A.P.) • Economics (micro, macro) • AP CS Principles
12pm - 1pm	Lunch - Listen to an educational podcast! Try This American Life if you like storytelling, or RadioLab or Science Friday if you like science!
1pm - 2pm	Social studies or second science <ul style="list-style-type: none"> • American history (high school, AP) • Government and politics (high school, AP) • World History • Art history • Any of the sciences above
2pm-2:30pm	Walk/break. Maybe a guided meditation?
2:30pm-3:30pm	Journaling/Writing Things to write about/prompts: <ul style="list-style-type: none"> • What do you think will be the short term implications of the pandemic and the school closures? • How will society be different post pandemic? Why? • How is this virus different from the flu? Why does that matter? • What is the social impact on you of school closures? What is positive and what is negative? • Is the governmental response that you are seeing adequate? What would you do differently if you were the mayor, governor or president?
3:30pm-11pm	Relax, go outside, work on passions, time with family.
11pm	Lights out, time to sleep!

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, magnatiles, 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

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.

#COUGARPRIDE #DASDPRIDE