



Student Well Being

Students & Families:

Supports, Resources and Activities

April 20th - May 1st 2020

(Slide Deck 3 of 3)

#whereUbelong

Slide Contents:

- Website Links and Staff Contact Information
- Emergency Contacts
- Breakfast, Lunch, Food/meal Information
- Gratitude Video
- Routine & Regulation Tips
- Behavior Struggles: Tips & Strategies
- General Reminders (from previous slides)

Student Well Being

Important Links and Websites to Stay Updated:

Main School Website: <https://www.westerville.k12.oh.us/>

COVID-19 Info: <https://www.westerville.k12.oh.us/administration/143>

Student Well Being Covid Resources:
<https://www.westerville.k12.oh.us/administration/132>

General Student Well Being Page:
<https://www.westerville.k12.oh.us/Administration/103>

Student Well Being Contacts: <https://www.wcsoh.org/Content2/41438>

Meal and Food Service Routes: <https://www.wcsoh.org/Administration2/148>

How Do I Connect with My School Counselor?

Email or Phone is the best way to connect.

All buildings (K-12) have an assigned school counselor.

Please click on the link below to find your school building and assigned school counselor:

<https://www.wcsoh.org/Content2/41438>

You are
AMAZING.
You are
IMPORTANT.
You are
SPECIAL.
You are
UNIQUE.
You are
KIND.
You are
PRECIOUS.
You are
LOVED.

How Do I Connect with a School Social Worker?

Email or Phone is the best way to connect.

All High Schools have social workers.

All Middle Schools have Concord staff (Prevention Clinicians).

Elementary Schools vary with services/personnel.

Please click on the link below to find your school building and social worker (bold blue):

<https://www.wcsoh.org/Content2/41438>



ONE KIND WORD
can change
someone's
entire day

The Golden Rule

Immediate Resources for Social and Emotional Health

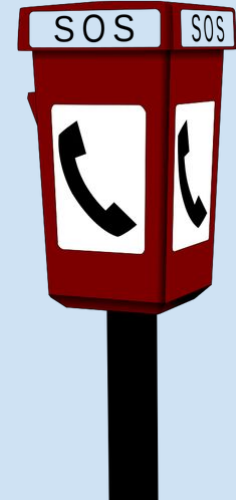
For immediate safety concerns regarding yourself or others, call 911.

If you are concerned about the safety of a young person, please utilize one of the following resources:

- In the event of a mental health emergency, *call* the Franklin County Crisis Line at (614) 722-1800 OR Delaware County at (740) 369-4482
- You can also *text* the keyword "HELLO" to 741741 and expect a reply from a trained Crisis Counselor

Other Resource Numbers:

- Franklin County Child Abuse Reporting Hotline: (614) 229-7000
- Delaware County Child Abuse Reporting Hotline: (740) 833-2300
- 24-Hour Suicide Prevention Hotline: 1 (800) 273-TALK
- Domestic Violence/Teen Dating Abuse Hotline: 1 (866) 331-9474
- Runaway Hotline: 1 (800) 786-2929
- WCS Safe School Helpline: 1 (800) 4-1-VOICE ext 359



Breakfast and Lunch Information

CHANGES WILL BEGIN APRIL 20th

Westerville City Schools will begin delivering 5 breakfasts and 5 lunches one time each week on Monday.

For Additional Details:

<https://www.wcsoh.org/Administration2/148>

Please visit above link to find closest site for you.

Huber Ridge Elementary is a walk up site (11a-2p)

Food Information: Share Bac A Pac and Friday Fare

Pick Up Days, Times and Locations Are Subject to Change Each Week.

Please check our

[Meal/Food](#)

or

[Student Well Being](#)

Websites for Weekly Updates

MORE OPPORTUNITIES

for families to access the *Share Bac a Pac*, or the *Friday Fare* program weekend food bags.

Pick Up Opportunities

Thursday, April 23, from 9am-4pm

W.A.R.M. Offices
150 Heatherdown Drive, Westerville 43081

Friday, April 24, at 3 locations:

Hawthorne Elementary (12-1pm)
5001 Far-View Dr., Columbus, OH 43231

Huber Ridge Elementary (12-1pm)
5757 Buenos Aires Blvd., Westerville, OH 43081

Pointview Elementary (12-1pm)
720 Pointview Dr., Westerville, OH 43081

If you cannot arrange a way to pick up food for the weekend, please contact your student's school counselor at the building.

If you are NOT part of these programs, but would like to learn more about how to access food for the weekend, please contact Chad Maxeiner at WARM: chad@warmwesterville.org OR 614-899-0196 x229.



Updated: 04/17/2020

Strategies to Take Care of Ourselves

Practicing Gratitude, Mental Health Team



TAMI SANTA

STUDENT WELLBEING & MENTAL HEALTH COORDINATOR

Routines & Regulation

Understanding dysregulation: How to Support a Highly Emotional Child



Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state.



When a child is dysregulated, it is harder to listen, comprehend, and cope.

Remember the Three "R"s

Regulate

focus on soothing your child. Make them feel calm, safe, and loved.



Relate

Validate their feelings with your words and tone of voice. "I know you're upset right now." "This is very hard". Focus on connecting with your child.

Reason

Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not ok.



Until a child is regulated, they are unlikely to relate to you (feel connected & comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.

Tips for Staying Regulated (and learning):

Stick to a healthy, regular routine

Embed movement and activity into your routine
Examples: stretching, singing, dancing, coloring, music, pushups, etc.


Need an example? [For individuals or a family \(CLICK\)](#)

Healthy routines & Regulation Activities help us learn best!

More Strategies to Calm & Cope

CLICK ON THUMBNAIL FOR MORE DETAILS

A TO Z OF COPING SKILLS			
A ASK for help	B BREATHE deeply and slowly	C COUNT forwards or backwards	D DRINK some cold water
E EXERCISE run, jump, skip, kick a ball or walk fast	F FIND a safe place	G GO to your happy place	H HUG a friend or family member
I IGNORE people who are annoying you	J JOKES to help you laugh	K KIND hands. Keep them to yourself	L LISTEN to calming music



MY COPE-CAKE

Things that help me feel calm:

Places where I feel calm & safe:

I am:

Positive thoughts:

People who help me:

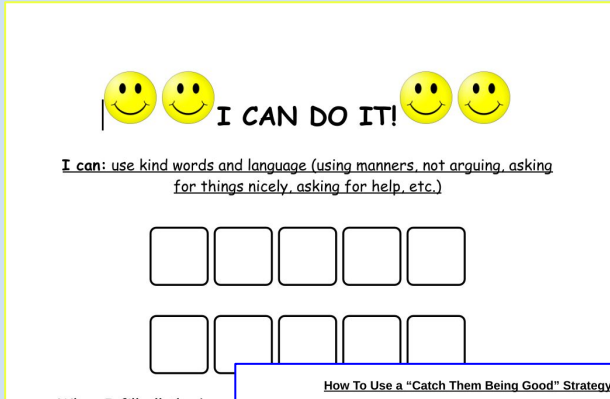
Behavior Strategies

Sarah Edelson, Behavior Specialist, WCSD



Behavior Strategies: Templates Used

Click On Each Thumbnail for Document



I CAN DO IT!

I can: use kind words and language (using manners, not arguing, asking for things nicely, asking for help, etc.)

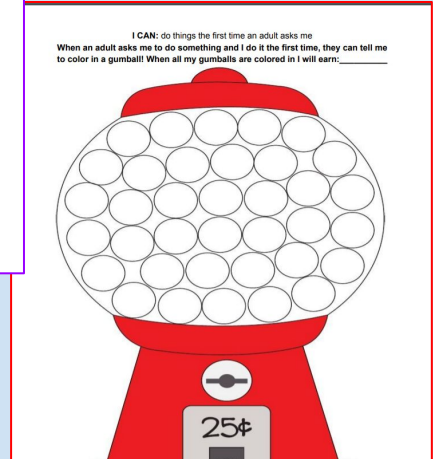
I CAN: keep my hands, feet and objects to myself
(no hitting, kicking, throwing)

I CAN: use kind words to answer adults and use kind words to ask for what I need/want
(please, thank you, okay I will do that, I need help, I don't like that)

When I show one of the behaviors above, an adult will tell me to put a tally mark in a row. When I earn all the tallies in the row, I will get the reward!

I'm Working For:	Tallies Needed	Tallies Earned
Choose what we have for dinner	10	
Game night	10	
Dance Party	10	
15 minutes extra screen time	15	
Popcorn and movie	15	
Special snack	15	

I CAN: do things the first time an adult asks me
When an adult asks me to do something and I do it the first time, they can tell me to color in a gumball! When all my gumballs are colored in I will earn: _____



How To Use a "Catch Them Being Good" Strategy at Home

Overview:
The "Catch Them Being Good" strategy is an easy way to give positive reinforcement and praise to a child for a behavior that you want to see improve. The goal is that by reinforcing a positive behavior you want to see, you will increase the likelihood that the child will continue to display that behavior.

Step 1:

- Choose a behavior that you want to see a child improve and word it positively. For example:
 - I will follow directions the first time
 - I will work on my school work for at least 20 minutes every 2 hours
 - I will try and stay calm and go to a safe place when I am angry
 - I will use kind words with my family (no cursing)
 - I will keep my hands, feet and objects to myself (no kicking, hitting or throwing things)

If you need help thinking of a way to word your behavior, please reach out to your child's teacher or Intervention Specialist

Step 2:

- Collaborate with your child to choose a reward they would like to work for.
 - **This should be something that is highly motivating for your child (extra screen time, choosing a family game, staying up later, camping out on the floor, choosing a special movie, extra app on his/her/their phone, special

Student Well Being

Student Well Being Staff (includes school counselors, school social workers and Concord Clinicians) will have the following schedule:

Now - May 1: Regular office hours (contact your building assigned staff)

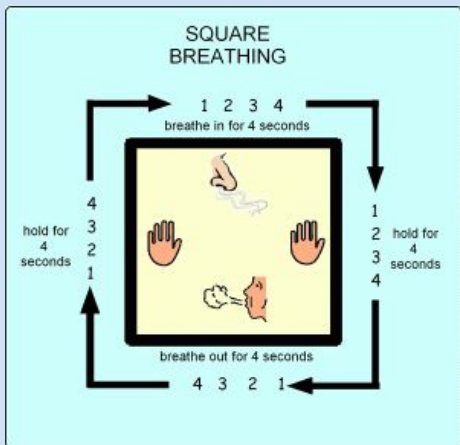
Student Well Being Contacts/Staff: <https://www.wcsoh.org/Content2/41438>

You. Are. Missed.

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Strategies (repeat from 1st slide deck)

For More Details from 1st Slide Deck, [find it HERE](#)



Take A Moment to Look Around You. At home, Outside, On a Walk. Try and Find Each Color of the Rainbow.

5 SEATED YOGA POSES YOU CAN DO IN A CHAIR

Seated Cat and Cow
Seated Forward Fold
Chest Expansion
Seated Pigeon
Seated Spinal Twist

Green Mountain at Fox Run
FitWoman.com

The image shows five silhouettes of a person performing different yoga poses while seated in a chair. From left to right: 1. Seated Cat and Cow, where the person is on all fours with their hands on the chair seat. 2. Seated Forward Fold, where the person is sitting on the chair and leaning forward. 3. Chest Expansion, where the person is sitting upright with their arms extended forward. 4. Seated Pigeon, where the person is sitting on the chair with one leg bent and the foot on the floor. 5. Seated Spinal Twist, where the person is sitting upright and twisting their torso to the side.

GROUNDING WITH YOUR FIVE SENSES

What are
5
THINGS YOU CAN SEE
SUN
PICTURE ON THE WALL
PEOPLE WALKING

4
THINGS YOU CAN FEEL
WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3
THINGS YOU CAN HEAR
BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

2
THINGS YOU CAN SMELL
FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1
THING YOU CAN TASTE
MINT
Breakfast TOOTHPASTE

The image is a poster titled 'GROUNDING WITH YOUR FIVE SENSES'. It features five rows, each corresponding to a sense. Each row has a number, a question, an icon, and examples. 1. Sight: '5 THINGS YOU CAN SEE' with an eye icon and examples 'SUN', 'PICTURE ON THE WALL', 'PEOPLE WALKING'. 2. Touch: '4 THINGS YOU CAN FEEL' with a hand icon and examples 'WIND BLOWING', 'FEET ON THE FLOOR', 'PENCIL IN HAND'. 3. Hearing: '3 THINGS YOU CAN HEAR' with an ear icon and examples 'BIRDS CHIRPING', 'CLOCK TICKING', 'CAR HORNS'. 4. Smell: '2 THINGS YOU CAN SMELL' with a nose icon and examples 'FOOD FROM THE CAFETERIA', 'LAUNDRY DETERGENT ON CLOTHES', 'FRESH CUT GRASS'. 5. Taste: '1 THING YOU CAN TASTE' with a tongue icon and examples 'MINT', 'Breakfast TOOTHPASTE'. The poster also has 'What are' written above the first row and 'Name' written above the second row.

NEED A BREAK? : TAKE A VIRTUAL TOUR

The [San Diego Zoo](#) has a website just for kids with amazing videos, activities, and games.

[STEM](#)

[Manufacturing](#)

[Live Cams at the San Diego Zoo](#)

[Monterey Bay Aquarium live cams](#)

[Georgia Aquarium](#) has [Jellyfish](#), [Beluga Whales](#)

[Mud Volcano](#), [Mammoth Hot Springs](#), and so much more.
Tour [Yellowstone National Park!](#)

[Explore the surface of Mars](#) on the Curiosity Rover.

They are updating from WEBVR to WEBXR now, but [360 Mode](#) offers a digital view!

COLLEGES: TAKE VIRTUAL TOURS

[Virtual College Tours](#)



Student Well Being



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