

MONROE HIGH SCHOOL STUDENT SERVICES SUPPORT

**Find all kinds of information to support
you during this time away from school.**

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

Alicia Ziolkowski – School Counselor – Last Names A–L

aliciaziolkowski@monroe.k12.wi.us

Lisa Davis – School Counselor – Last Names M–Z

lisadavis@monroe.k12.wi.us

Amber Schade – School Psychologist

amberschade@monroe.k12.wi.us

Erin Blum – Student Services Secretary – help sending transcripts

erinblum@monroe.k12.wi.us

Kim Schaaf – School to Work Coordinator

kimschaaf@monroe.k12.wi.us

**We are available via Google
Hangouts or email.**

Email us to make an appointment.

Google Hangouts 101

1. Email the student services professional to let them know you would like to set up a meeting
2. Over school email, you will figure out a time/day to meet on google hangout
3. The student services professional will set the appointment on Google Calendar and you will receive an email to confirm this appointment
4. Click yes to confirm the appointment
5. On the day and time of your appointment, go to your Google Calendar appointment or the email confirmation

Google Hangouts Continued...

6. If you want to join by phone, dial the number under “Join by phone” Use the PIN number to access the meeting. If you want to video/voice chat, click on the link under “Join Hangouts Meet” (see below)

When Wed Mar 18, 2020 1pm – 1:30pm Central Time - Chicago

Joining info Join Hangouts Meet

meet.google.com/rxp-bpsq-npy

Join by phone

+1 515-705-3597 (PIN: 726470435)

Calendar amberschade@monroe.k12.wi.us

Who

- amberschade@monroe.k12.wi.us - organizer
- lisdavis@monroe.k12.wi.us

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



[Monroe School District Facebook Page](#)



[Monroe School District Webpage](#)

EMERGENCY: Call 911

Non-Emergency Police Number: 608-329-2400

Sexual Assault Recovery Program (SARP)

24-Hour Crisis Line

1-866-666-4576

Green County Human Services

608-328-9393

Mental Health Support

Northwest Connections - 24 Hour Crisis Line 1-888-552-6642

Green County 24 Hour-Mental Health Crisis Line 1-888-552-6642

IF YOU NEED ASSISTANCE:

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

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.

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



4 things
you can
touch



3 things
you can
hear



2 things
you can
smell



1 thing
you can
taste



THINGS TO DO WHILE AWAY FROM SCHOOL

Learn to Code!
Click Here for
[Apps, Websites, & More!](#)

Get Active!
Go for a Walk or Run
YouTube [JustDance](#) or other
workout videos
Practice Yoga using YouTube
videos

**Learn Something New From a
Podcast!**
(Click the hyperlink!)
For Science Lovers: [RadioLab](#) or
[Science Friday](#)
For History Buffs: [Forever Ago](#)
For Storytelling: [This American Life](#)

THINGS TO DO WHILE AWAY FROM SCHOOL

**Want an Even BIGGER Challenge?
Here's a link to 450 FREE college
courses from 8 Ivy League
Colleges!
[Click HERE!](#)**

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...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it's just for 30 minutes!

Center Yourself When Things
Get Overwhelming
By Practicing
Mindfulness Techniques

THINGS TO DO WHILE AWAY FROM SCHOOL

**Virtually Tour Museums:
Google Arts and Culture**

**Virtually Visit the Zoo:
Cincinnati Zoo Home Safari
Each day at Noon on Facebook**

(click link above)

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 site.
 - <https://www.youvisit.com/collegesearch/>
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?
- [Xello Link](#) – Use this to continue to research college/career options

ABOVE ALL ELSE, REMEMBER TO:

TAKE CARE OF YOURSELF.

TAKE CARE OF YOUR LOVED ONES.

DO SOMETHING KIND FOR SOMEONE ELSE.

REACH OUT FOR HELP WHEN YOU NEED IT.

WE ARE ALL IN THIS TOGETHER.