

# SPARTAN

## COUNSELOR CORNER

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



#### 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.



### HOW TO HELP YOUR CHILD WHEN THEY ARE FRUSTRATED

1. Stay calm You may be thinking, "Easier said than done." While you may feel anxious, angry, or even embarrassed when your child is crying or yelling, it's important that you model remaining calm yourself.
2. Be consistent All children need to know that they can count on their parent to guide them, support them, take care of their essential needs, and love them. Even in times of conflict, knowing how you will act when they are upset can lead to security and comfort in the relationship. Staying consistent can really help when the going gets tough.
3. If you don't have a good reason to say no, why not say yes? Parenting can and should be filled with special moments and joy. Therefore, giving your children what they want and seeing their appreciation and happiness can be rewarding to all of you. So, have fun and give in...at appropriate times. That will help build a close, healthy relationship.
4. Pick the right time to talk You may have noticed that talking to your child when he or she is very emotional may not be very productive.
5. Practice good communication skills Children often learn skills by modeling after parents! So, as you try to communicate with your child, focus on being patient, and being a careful and respectful listener!

### FREE EDUCATIONAL SITES

**SCHOLASTIC LEARN AT HOME**  
Google "Scholastic Learn at Home" for quick access

**PBS LEARNING MEDIA**  
[njpbslearningmedia.org](http://njpbslearningmedia.org)

**NAT GEO 4 KIDS**  
[kids.nationalgeographic.com](http://kids.nationalgeographic.com)

**ABCYA**  
[abcya.com](http://abcya.com)

**FUN BRAIN**  
[funbrain.com](http://funbrain.com)

**STARFALL**  
[starfall.com](http://starfall.com)

**HIGHLIGHTS KIDS**  
[highlightskids.com](http://highlightskids.com)

**STORYLINE ONLINE**  
[storylineonline.net](http://storylineonline.net)

**ABC MOUSE**  
[abcmouse.com](http://abcmouse.com)

**WONDEROPOLIS**  
[wonderopolis.org](http://wonderopolis.org)

**LEARNING A-Z**  
[learninga-z.com](http://learninga-z.com)

**BRAINPOP**  
[brainpop.com](http://brainpop.com)

**VOOKS**  
[vooks.com/teacher-appreciation](http://vooks.com/teacher-appreciation)

**PHONICS HERO**  
[phonicshero.com](http://phonicshero.com)

**DREAMSCAPE**  
[squigglepark.com/dreamscape](http://squigglepark.com/dreamscape)

**SWITCHEROO ZOO**  
[switcheroozoo.com](http://switcheroozoo.com)

**BOOM LEARNING**  
[wow.boomlearning.com](http://wow.boomlearning.com)

**KIDS DISCOVER**  
[online.kidsdiscover.com](http://online.kidsdiscover.com)

**TIME FOR KIDS**  
[timeforkids.com](http://timeforkids.com)

**GONOODLE**  
[gonoodle.com](http://gonoodle.com)



#### Websites With Free Online Books For Kids

- Oxford Owl.
- Storyline Online.
- International Children's Digital Library.
- Open Library.
- Amazon's Free Kids Ebooks.
- Barnes & Noble Free Nook Books for Kids.
- Mrs. P's Magic Library.

School Counselors:

B. Freeman

[freemanbd@scsk12.org](mailto:freemanbd@scsk12.org)

C. Camphor

[camphorc@scsk12.org](mailto:camphorc@scsk12.org)