




While at Home March 2020

From your GCHS Counselors



We are
connected-
only an email
away!

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GATES CHILI
CENTRAL SCHOOL DISTRICT



FREE MEALS EVERY WEEKDAY

GATES CHILI MIDDLE SCHOOL, 2 SPARTAN WAY
PAUL ROAD ELEMENTARY SCHOOL, 571 PAUL ROAD
WALT DISNEY ELEMENTARY SCHOOL, 175 COLDWATER ROAD

LUNCH 11 A.M. TO 1 P.M.

*Pick up breakfast for tomorrow
when you get your lunch!*

#GCPRIDE #GCCARES

If You Need Mental Health Assistance

- **Emergency:** Call 911
- **For any type of crisis** (thoughts of suicide, anxiety, depression, etc.)Text HOME to 741741
- **National Suicide Prevention Hotline** 1-800-273-TALK (8255)
- **Crisis, Support, LGBTQ** The Trevor Project: Call (866-488-7386) Text: START to (678678)
- **Rochester Mobile Crisis:** The Rochester Community Mobile Crisis Team is a service of Strong Behavioral Health, Comprehensive Psychiatric Emergency Program out of Strong Memorial Hospital. RCMCT provides on-site services for children, adolescents, adults and older adults of Monroe County. **(585) 529-3721**
- **National Drug Helpline** for Drugs and Alcohol Education, Treatment and Referral: Call (844-289-0879)

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



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.



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



Take Care of Your Health

- NYS Novel Coronavirus Hotline:
1-888-364-3065
- Monroe County Department of Health:
585-753-2991

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

Academics

Be sure to check your email and Schoology accounts

Email your teachers- we are still working!

Online Tutoring + Educational Services:

- Free + Low Cost Tutoring Options through [Learn To Be](#)
- [Hippocampus](#)
- [Online Math Learning](#)

Tips for Independent Learning

Create and conducive learning environment.

Free yourself of any distractions, including technology and television.

Set goals for yourself.

Set rewards for yourself.

Vary your study techniques.

Give yourself a break.

You are not alone.

Ask your parents or another trusted adult to check over your work when you are done.

Things to Do
While You Are
Away: Be
Active

Go for a
Walk or
Run

YouTube
dances-
learn
them!

Practice
Yoga using
YouTube
videos

YouTube
workout
videos

How to Stay Healthy + Active



American Academy of Pediatrics Recommends:

- No more than two hours of screen time per day
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline
- Good nutrition is essential to good health.
- Fitness: All children can find some form of exercise that they enjoy.
- Sleep is just as important to your child's development and well-being as nutrition and physical activity. The amount and quality of sleep can affect our safety, how alert we are, mood, behavior and learning abilities.
- Emotional Wellness can be achieved by the above suggestions. Journaling, listening to music, drawing, reading, quiet time and talking to an adult can also help relieve stress.

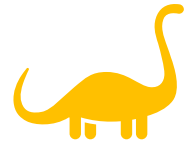
Things to Do While You are Away: Listen + Learn



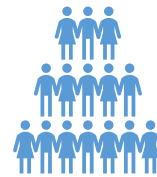
Some great
FREE Podcasts to
check out:



For Science Lovers:
[RadioLab](#) or [Science
Friday](#)



For History Buffs:
[Forever Ago](#)



For Biographies:
[Goodnight Stories for
Rebel Girls](#)



For Storytelling: [This
American Life](#)

Things to Do While You are Away: Download a Mindfulness app



Headspace - The free version will teach you the essentials of mediation and mindfulness!



Calm - Short, guided meditation sessions cover the basics of mindfulness and there is also a library of soothing nature sounds and scenes to use at your leisure.



Aura - The app learns about you by asking questions. You then receive a daily 3-minute mindfulness meditation based on your answers.



Stop, Breath, and Think - This app has "stand out" customization tools that deliver meditations based on your current emotions and feelings.



Insight Timer - This app offers a packed library of guided meditations led by the worlds top mindfulness experts.

Things to Do While You are Away: Take a Free Course!

There are 450 courses available on the topics listed below through Ivy League College...for FREE: [Click Here](#)

 Computer Science

 Data Science

 Programming


 Humanities

 Business

 Art & Design


 Science

 Social Sciences

 Health & Medicine

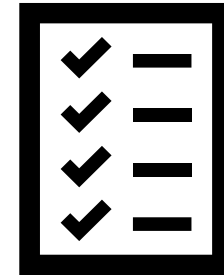
 Engineering

 Mathematics

 Education & Teaching
and Personal Development

Things to Do While You are Away: Test Prep

- Practice for the SAT + ACT:
 - [Collegeboard.org](https://collegeboard.org)
 - [Kaplan Test Prep](https://www.kaplan.com/test-prep)
 - [Khan Academy](https://www.khanacademy.com)
 - [More Links Here](#)
- Register for the SAT + ACT (Juniors)
 - [SAT.org](https://sat.org)
 - [ACT.org](https://act.org)



Things to Do
While You are
Away: Virtual
Tours! (Click
the links!)

[Art Museums](#)

[Colleges](#)

[Great Wall of China](#)

[Monterey Bay Aquarium](#)

[Yellowstone National Park](#)

NAVIANCE!

- Take this time to Log In to Naviance and complete some activities!



The screenshot shows the top navigation bar of the Gates Chili Central School District website. The logo and name are at the top left. Below the navigation menu, the 'Students' tab is highlighted. Underneath, the 'Students Directory' section is visible, with a blue arrow pointing to the 'ClassLink' link under the 'C' category.

GATES CHILI
CENTRAL SCHOOL DISTRICT
Together we teach and inspire excellence for all learners.

Home | District | Schools | Departments and Programs | **Students**

Students Directory

C

- Career Center
- **ClassLink**
- Code of Conduct, DASA, and Dress Code

E

- eDoctrina

I

- i-Ready

L

- IT Requests
- Library Media Centers

M

- Microsoft Office 365



The screenshot shows the ClassLink sign-in page. It features the Gates Chili logo at the top, followed by the text 'Sign in to ClassLink'. Below this are three input fields: 'Username', 'Password', and a field containing the text 'gateschili'. A blue 'Sign In' button is at the bottom. Two green arrows point to the 'Username' and 'Password' fields with explanatory text.

GC

Sign in to ClassLink

USER NAME = First Initial, Middle Initial, Last Name

Username

PASSWORD = password you use to get on computers

Password

gateschili

Sign In

Find the NAVIANCE Icon + Click it!

The screenshot shows a web dashboard for Gates Chili Schools. At the top left, it says "Gates Chili Schools" with a search bar and user profile icon on the right. Below the header is a grid of 14 icons, each with a label underneath:

- Atlas Curriculum
- ClassLink Academy Webview...
- eDoctrine Gates
- Frontline
- i-Ready (SAMC)
- IT Request
- Learning A-Z
- Naviance (Staff)
- Office 365
- Quia
- Schoology
- SchoolTool Portal
- Spelling City
- Staff Intranet
- Type to Learn

At the bottom of the dashboard is the logo for GATES CHILI CENTRAL SCHOOL DISTRICT, featuring a stylized "GC" monogram and the text "GATES CHILI CENTRAL SCHOOL DISTRICT" in blue.

English



Go



Give feedback



No new messages

OUT

 Naviance | *Student*

Home

Colleges

Careers

About Me

Naviance

- 9th-11th graders:
 - Work on the "About Me" Survey

English



Go



Give feedback



No new messages

LOG OUT

Home

Colleges

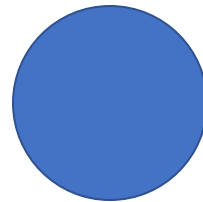
Careers

About Me



ABOUT ME

Home



My Account

My Stuff



My Assessments



My Surveys



Favorites

English



Go



Give feedback



No new messages

LOG OUT

Home

Colleges

Careers

About Me

Back

My Surveys

Surveys In progress

Surveys Completed

Surveys Not Started



Quick Links

INTERESTING THINGS ABOUT ME

[Resume](#)

[Documents](#)

[Journal](#)

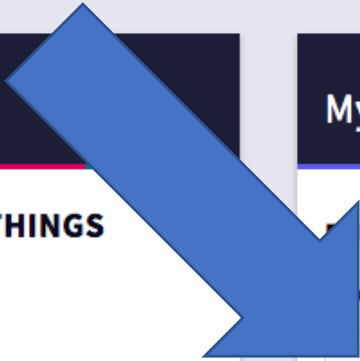
My Surveys

Filter by
Not started



About Me - Recommendation ...

NOT STARTED



Naviance "About Me"

Starting this survey will help you keep track of everything you have done so far in high school!

This is important because when you apply to colleges, you will want to make sure you remember all the clubs, activities, volunteer hours, etc. that you have completed.

Your teachers and counselors will also use this survey to write letters of recommendation for you.

WANT TO PLAY COLLEGE SPORTS?

Creating an account is the first step to becoming an NCAA student-athlete



REGISTER

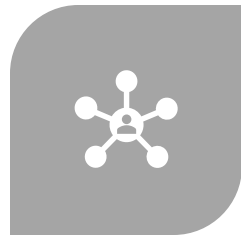
NCAA Eligibility Center

If you are interested in playing D1/D2 in college, register through the [NCAA Eligibility Center](#)

In Summary



STAY HEALTHY- PHYSICALLY
AND MENTALLY!



CONNECT WITH YOUR
TEACHERS AND COUNSELORS



STAY UP TO DATE ON YOUR
ACADEMICS



TAKE YOUR LEARNING TO THE
NEXT LEVEL THROUGH A
VARIETY OF DIFFERENT
RESOURCES LISTED
THROUGHOUT THIS
POWERPOINT- DON'T GET
BORED!



BE IN TOUCH – LET US KNOW IF
THERE IS ANYTHING WE CAN
DO TO SUPPORT YOU!