

Haldane High School

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

We are Connected; We are Here; Only an Email Away

9th Grade School Counselor:

Lisa Kahan, lkahan@haldaneschool.org

10th – 12th Grade School Counselor:

Amanda Cotchen, acotchen@haldaneschool.org

High School Social Worker:

Scott Many, smany@haldaneschool.org

**Your counselors are available via
Google Hangouts, phone, or email
during regular school hours.**

***Email them to make an
appointment.***

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.

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



Distance Learning: Remote/Digital Instruction

- Teachers will be communicating with students via Google classroom and school-issued email.
- Content or assignment-specific questions? Email your teachers directly using school-issued email.

AP Classes: What to Know

- “The AP Program is developing resources to help schools support student learning during extended closures, as well as a solution that would allow students to test at home, depending on the situation in May. Additional information will be posted by March 20.”
-CollegeBoard, March 16, 2020
- Click, [here](#), for more information and updates from CollegeBoard

College Classes: What to Know

- Each college has provided parameters for teachers. Your teachers will contact you via Google Classroom with updated information. This relates to all courses taught in conjunction with:
 - Dutchess
 - Albany
 - Syracuse
 - Dominican

Things to Do While Away from School

- Journal!
- Write a Letter to a Friend or Family Member!
- 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!

*Virtually Tour Museums:
Google Arts and Culture*

Practice for the SAT

*Center Yourself When Things
Get Overwhelming
By Practicing
Mindfulness Techniques*

Search Colleges & Take a Virtual Tour!

- Login to student.naviance.com/haldane to search for colleges
- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Reach out to college admissions reps via email with any questions you may have. Even though you cannot visit campuses this spring, you can still connect with admissions rep!
- Apply for Local, State, and National Scholarships, [here](#).

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.