



Coke County Schools

Moving Mountains. Achieving Success.

COUNSELING HELP & SUPPORT

Find all kinds of information to support you during this time away from school. Look for LINKS in blue!

**WE ARE CONNECTED. WE ARE HERE.
ONLY AN EMAIL/VOICEMAIL AWAY.**



*****While school counselors may check email/voicemail more regularly during the COVID-19 closure, remember to NOT use email/voicemail for emergency situations. Also, please allow 24 hours (one business day) for the counselor to get back with you.***

Your counselors are still available to you!

Ways to stay connected include:

- Send your counselor an email
- Call and leave a voicemail message at their school extension by calling your school
- NOT sure how to get support—Click the link below for some contact information:

https://drive.google.com/open?id=1sEXZNvu9a8U7BbsWsMtJG_QhZa39umQY

Special Note: High school counselors are planning to book appointments some online for conference calling or hosting webinars thru Zoom—especially to assist with registration.

Be on the lookout for more information.

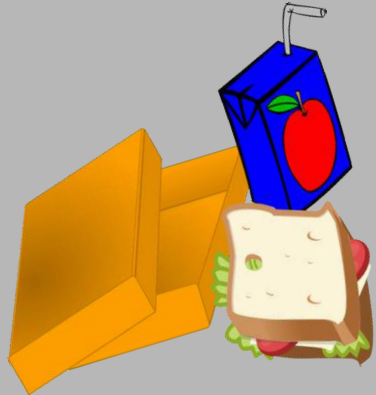


**MAKE SURE TO STAY INFORMED OF ALL
THE LATEST NEWS AND
ANNOUNCEMENTS:**



NEW website: [cockecountyschools.org](https://www.cockecountyschools.org)

FREE BREAKFAST & LUNCH TO ANY 18 AND UNDER (no I.D. Required)



**10:00 AM TO 1:00 PM
on Mon. & Wed.
(CHILDREN MUST BE PRESENT)**



CURBSIDE SERVICE!

Listen to local radio stations to hear most up-to-date information about breakfast/lunch availability at other area locations.

IF YOU NEED IMMEDIATE ASSISTANCE:

EMERGENCY

Call **911**

TENNESSEE CRISIS TEXT LINE

TEXT **TN** to **741741**

HELEN ROSS MCNABB Liaison

423-613-5777

TENNESSEE STATEWIDE CRISIS LINE
There is hope.

855-CRISIS-1 (855-274-7471)



**Do you feel like you are
experiencing a mental health crisis?**

**Our Statewide Crisis Line is here to help individuals
struggling with a mental health emergency.**

This phone line is free and operated by caring, trained
mental health professionals, 24 hours a day, 7 days a week.

Confidential help from anywhere in Tennessee is only a phone call away.

tn.gov/behavioral-health/crisis-services

Tennessee Department of Mental Health and Substance Abuse
Authorization No. 200617, June 2018, 1,000 copies. This public
document was promulgated at a cost of \$ 16 per copy.

TN Department of
**Mental Health &
Substance Abuse Services**

Self Care Tips for managing with COVID-19

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

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

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

Self Care Tips—continued

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.

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 Just-Dance or other
workout videos

Practice Yoga using YouTube
videos

Learn Something New From a Podcast!

Educational Ted Talks: [educational TED Talks](#)

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

For History Buffs: [Forever Ago](#)

For Storytelling: [This American Life](#)

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

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!

Practice for the ACT

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

More activities!

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)

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!](#)**

Plenty of other Student/Parent resources can be found on CCHS's virtual resource page. (Click the [Schoolshelf](#) pic to find out more.)



MAKE SURE YOU PICK YOUR CLASSES FOR 2020-2021 IF YOU HAVEN'T ALREADY!

- **Current 9–11th Graders:** Continue to work with your high school counselors to choose your classes. For CCHS, you can still enter requests in [Aspen](#). (Be sure to select 8 credits in the “Primary Requests” section and then 4 DIFFERENT courses for “Alternates”.)
- **Current 8th Graders:** Stay tuned for more information about your registration to be coming after Spring Break. General materials (i.e. registration packets, informational powerpoint, etc.) can be found [HERE](#).





CONTINUE YOUR RESEARCH FOR THAT SPECIAL CAREER!!

- For Grades 6–12: Go to platform.majorclarity.com
 - Log in using your user name/password.
 - Contact your counselor if you have trouble logging in
- For Grades K–8:
 - K–3: Checkout [PAWS in Jobland](#)
 - K–8: See this pdf for resources: [List of Career Exploration tools for K–8](#)

Other resources you can use: You can also utilize other available resources like www.collegefortn.org, tn.gov/workforce, <https://www.onetcenter.org/>, [Kuder Navigator](#), etc.

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. Checkout www.ecampustours.com
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?
- Use this Google Sheets template to estimate the cost of college:
[Cost of Attendance and Comparison Tool](#)
(Be sure to download your own copy of the form before using.)

NCAA/NAIA

(FOR MIDDLE-HS GRADE LEVELS)

Student athletes who want to continue sports in college...create your accounts for NCAA/NAIA.

- **NAIA**

<https://www.naia.org/student-athletes/future-student-athletes/index>

- **NCAA**

<https://web3.ncaa.org/ecwr3/>



ATTN: SENIORS!

- Continue your scholarship search!
- As scholarship deadlines may change based on the current situation, announcements will be posted in Aspen, forwarded in emails, and sent in Remind as text alerts.
- Be sure to visit the Counseling page in Aspen, especially go to “SENIOR TAB” and look for the “Student Resources” box. You can download scholarship applications by clicking into the “Seniors” folder, and then in to “Scholarships” .
- If you are still TN Promise eligible, be sure to watch the **MANDATORY** tnAchieves webinar by **MAY 15* deadline.** Access the webinar here: <https://tnachieves.org/high-school-class-of-2020/cancellations/>

** Deadline has been extended from the original date of April 3--date is at the discretion of tnAchieves.*

ATTN: SENIORS! (cont.)

Still need Assistance with college—going, verification, FAFSA, and college—access?? Remember you can reach out to these resources for help:

- NiswongerCARE Advisor, Mrs. Rachael Suggs
 - EMAIL her at rsuggs@niswongerfoundation.org OR
 - TEXT/CALL her at (865) 375–0168
- Cocke Co. EOC Counselor, Mrs. Terri Hall
 - EMAIL her at thall@douglascherokee.org OR
 - TEXT/CALL her at 423–736–5261





DEAR CLASS OF 2020

YOU ENTERED THE WORLD DURING 9/11.
YOU GRADUATE DURING A PANDEMIC.

NO DOUBT THESE EVENTS WILL SHAPE YOU.
YOU SEE BEYOND BORDERS AND POLITICAL
PARTIES. YOU SAVOR THE GOOD. YOU
RELISH HEALTHY LIFESTYLE HABITS.

THE CELEBRATIONS MAY NEED TO WAIT.
AND YOU ARE OK WITH THAT.

WE ARE PROUD OF YOU!

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.