

ONC BOCES STUDENT & FAMILY COUNSELING RESOURCES

Information to Know
While Away

OAOC and NCOC
Counseling Offices

We Miss You!

STAY CONNECTED ... SEND YOUR COUNSELOR AN EMAIL... OR 2!

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Check your school email! This should be done multiple times a week (link for students posted at the top of ONC BOCES homepage).



Check ONC BOCES
WEBSITE for
information and
resources

Follow The
School on
Facebook

STAY INFORMED!

NEED IMMEDIATE ASSISTANCE?

1. **A mental health hotline is available to New Yorkers who need it.** We can't underestimate the impact this pandemic is having on mental health. I'm proud that over 6,000 mental health professionals have volunteered their time to help with New York's Coronavirus response. For free emotional support, consultation and referral to a provider, call 1-844-863-9314.

For Otsego County MH and Delaware County MH Please Contact each clinic directly

Mobile Crisis Assessment Team (MCAT)

- 315-732-6228

National Suicide Prevention Line

- 1-800-273-8255

Crisis Text Line

- Text "help" to 741-741

Drugs/Alcohol Education/Treatment/Referral

- 1-800-662-4357 or text TalkWithUs to 66746

Emergencies

- Call 9-1-1

Domestic Violence Hotline

- 1-800-799-7233 & 1-800-787-3224

Disaster Distress Hotline

- 1-800-985-5990

FOOD RESOURCES



Need food while we are away from school?

Please take a look at the meal offers or contact your counselor for food pantries near you!



Please look at your school district on the following lists. Always double check in with your home school for updated information or changes.

FOOD RESOURCES BY SCHOOL

Oneonta City Schools	Information about OCSD and Lunch Pick up locations. 11am-12:30pm pickup at the middle school and elementary schools. 11am deliveries at 124 Oneida St, the Fairview St Apartments, Silliman Cove, and the Lantern Hill and Mountainview mobile home parks.
Charlotte Valley Central School	Food deliveries 8am-12pm Mondays until April 13. Orders must be submitted by the preceding Wednesday at 607-278-5511, ext. 8. Leave a message with children's names, contact information and dates for delivery.
Cherry Valley-Springfield Central School	Food pickup 9-11am and 4-6pm at the Cherry Valley, Middlefield, South Minden, and Springfield fire halls. For more information, call 607-264-3265.
Cooperstown Central	Food pickup 11am-1pm and 5-7pm Mondays and Wednesdays. Five days worth of food. Call 607-547-2820 to request meals or delivery.
Delaware Academy Central	Food pickup 11am-1pm at the high school cafeteria. Deliveries 10:30am-2pm. To order meals, complete the online form or call 607-746-1300.

FOOD RESOURCES BY SCHOOL

Edmeston Central School	Food pickup 11am-12pm at the Edmeston Baptist Church, Burlington Flats Baptist Church, and West Edmeston Baptist Church. If not already contacted by the district, call 607-965-8931 to request meal deliveries.
Franklin Central School	Food pickup 8-9am at the school's front entrance. Deliveries 7-7:45am. Complete the online form.
Gilbertsville-Mount Upton Central School	Five days of meals will be offered to students who qualify for free or reduced lunches each Monday. Call 607-783-2207 to make arrangements.
Laurens Central School	Food pickup 10-11am at the school, Mount Vision Fire Department, West Laurens Fire Department and the Valley Stream mobile home park.
Milford Central School	Food pickup 9am-12pm Saturdays at the school and the Milford Food Pantry.

FOOD RESOURCES BY SCHOOL

Morris Central School	Food pickup 10-11am Mondays, Wednesdays and Fridays at the back cafeteria door. Deliveries 11:30am-1pm. Two days' worth of food. Call 607-263-6112 to request meals.
Richfield Springs Central School	Food pickup 10am-12pm outside the cafeteria. Deliveries by bus route. Call 315-858-0610 if not already contacted by the district.
Schenevus Central	Food pickup 10am-12pm Mondays at the school. Five days of food provided.
Stamford Central	Food deliveries by bus route beginning at 10am. Call 607-538-9111 to opt out.
Unadilla Valley	Food pickup 9am until food runs out in the school's front parking lot. Call 607-847-7500 for deliveries.
Unatego Central School	Food pickup 11am-12:30pm at the junior/senior high school, elementary school and former Otego Elementary School. Deliveries call 607-988-5038

MEAL OFFERS

Le Marais (Cooperstown)	Bread, pastries, gluten-free, vegan, etc. Delivery in Cooperstown area on Tuesdays, Fridays and Saturdays. If anyone is having trouble feeding their family, we will donate bread.
Pizza Hut (Cooperstown)	Free Lunch buffet offered at Cooperstown Pizza Hut.
Scotty's Pizzeria (Morris)	Free Cheese slice for children and seniors 11:30-2:00 Tu-Fri
Green Earth (Oneonta)	The Green Earth will serve PBJ, Apples, and a Cookie for kids from 11:00-2:00 each day.
Latte Lounge (Oneonta)	Latte Lounge is serving free pancakes for kids any time of day.
Meal with a Message (Oneonta)	Free meal after a brief service. Sundays at 4-5pm. At the Salvation Army Church.
Nick's Diner (Oneonta)	Free slice of pizza and apple juice for kids between 11 and 1 Monday-Friday
Nina's Restaurant and Pizzeria (Oneonta)	Free Lunch for kids and the elderly for the next two weeks

MEAL OFFERS

Saturday's Bread (Oneonta)	Meals served Saturdays 11am-1pm. At the First United Methodist Church.
The Lord's Table (Oneonta)	Meals served 4:30-6pm Monday-Friday. Located adjacent to St. James Episcopal Church on Elm St.
Tino's Oneonta Pizza (Oneonta)	Free slice of pizza and fountain drink for kids in need. 11-1 Monday-Friday
WIC - Women, Infants & Children (Oneonta)	Those in need can apply for WIC to receive supplemental foods, health care referrals, and nutrition education. Open Monday-Friday 9am-5pm
Pizza 23 West (West Oneonta)	One free slice of cheese pizza for K-8 kids, 11-1 Tues. 3/17 and Wed. 3/18, they also offer curbside service
Nelsons' Feathered Friends	One dozen eggs for families in need
List of restaurants offering takeout	FB post with a list of restaurants offering takeout

NEED INTERNET?

- Some families may qualify for FREE internet from Comcast or Spectrum. Must meet income and eligibility requirements.
- More Info (Comcast):
 - www.internetessentials.com
 - 1-855-846-8376 (English)
 - 1-855-765-6995 (Spanish)
- More Info (Spectrum):
 - <https://www.spectrum.com/browse/content/spectrum-internet-assist>

The Spectrum logo, featuring the word "Spectrum" in a bold, blue, sans-serif font, followed by a blue arrow pointing to the right.

COVID-19 FAMILY RESOURCES'

01

https://www.nctsn.org/sites/default/files/resources/factsheet/outbreak_factsheet_1.pdf

Parent Guide to Helping Families Cope with COVID-19

02

<https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>

Managing Stress and Anxiety

03

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Helping Children Cope

TEACHING AT HOME

“LEARN-AT-HOME” RESOURCE

The New York State Education Department (NYSED) is offering "Learn-at-Home" educational programming on-air for students from PK-12, every weekday.

- "Learn-at-Home" programming is available to students through their local public television station starting Monday, March 23.
- Programming will be available for young children (PreK through grade 4) and older children (grade 5 through grade 12) on different digital channels. Material can be viewed for free over-the-air with a television antenna or on cable.
- Parents and educators should check local listings for information about their public television stations' schedules and channel lineup.
- New special collections of learning materials have also been created for parents at [PBSLearningMedia.org](https://www.pbslearningmedia.org).

TEACHING AT HOME CONTINUED

Scholastic Learn at Home for grades Pk-9	<u>https://classroommagazines.scholastic.com/support/learnathome.html?caching</u>
Virtual Field Trips to over 30 Museums, Zoos, etc.	<u>https://docs.google.com/document/u/0/d/1SvIdgTx9djKO6SjyvPDsoG1kgE3iExmi3qh2KRRku_w/mobilebasic?fbclid=IwAR2s7cE6kcxsdGc0hVFPNepAmSWBwpW6k5eyATdZvisgT-ZevRga5xv11Pw</u>
Khan Academy: Free Common Core Lessons	<u>https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures-</u>

Mindful Kids	Elementary	Free daily online mindfulness class for kids via zoom
Counselor Keri	Elementary	Video for students - coronavirus information including SEL ideas
GoNoodle	Elementary	Movement and mindfulness videos created by child development experts
Khan Academy	Elementary and MS	Growth mindset activities
Centervention	Elementary and MS	Materials for lessons and small group sessions for these topics: <i>communication, cooperation, emotional regulation, impulse control, social initiation</i>
Cosmic Kids	Primary	Videos for Yoga type activities for students
NEW 3/23/20 SEL at Home PK - 2 SEL at Home 3 - 5	Elementary	SEL activities for students to do at home. Includes videos and discussion questions

ELEMENTARY LEVEL SOCIAL EMOTIONAL RESOURCES FOR STUDENTS & PARENTS

[SEL Scavenger Hunt](#)

[25 At Home Socio-Emotional Activities](#)

[Centervention Website](#)

[30 Things Kids Can Do](#)

[School Closure Wellness Activities](#)

[SEL for K-2 \(PowerPoint\)](#) - Counseling with Ms. Ramirez

[SEL for 3-5 \(PowerPoint\)](#) - Counseling with Ms. Ramirez

[Howard B. Wigglebottom Books, Animated Books,](#)

[Songs, Posters, and Lessons](#)

[Giant List of Ideas for Being Home with Your Kids](#)

[Supporting your Children's Social, Emotional, and](#)

[Mental Health During the COVID-19 Pandemic](#)

[BrainPop Videos and Activities](#)

[10 Days of Live 'Choose Love' Lessons For Parents and](#)

[Children](#)

[Kindness Videos](#)

**ELEMENTARY
LEVEL
SOCIAL
EMOTIONAL
RESOURCES
FOR
STUDENTS &
PARENTS**

**ELEMENTARY
SOCIAL EMOTIONAL
RESOURCES**

[Calm My Worry](#)

[Coloring Pages](#)

[Action for Happiness Coloring Posters](#)

[Grounding Techniques Instructions](#)

[Keys to Resiliency](#)

[Coronavirus Stress Activities](#) - from Bright Futures Counseling

[Mindfulness Choice Board](#) - Free Download on Teachers Pay Teachers

[Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+](#)

[Videos for Sleep, Meditation, and Relaxation](#)

[Progressive Muscle Relaxation for Kids](#)

[Coping Skills Resources](#)

[Mini Meditation](#)

[Down Dog App \(Yoga\)](#) - Free till April 1

[Feeling Anxious or Worried? Listen to These 8 Podcasts](#)

[Apps, Games, Websites](#)

[Device Free Dinner](#)

[Free Calming Tools Website](#)

[Whole Child Counseling Website](#)

Teens * Social Distancing * Covid 19

What parents may be seeing/hearing:

excessive screen time
swearing
defiance
disrespect
ignoring

complaining
sneaking
refusing
fighting
leaving

What teens
may be
experiencing:

boredom
helplessness
lack of skills
disconnection
emotionally
dis-regulated

fear
worry
confusion
powerlessness
misunderstanding
worry about social status

Rather than focusing on the tip of the iceberg, problem solve
with teens by addressing what is under the surface



www.joyfulecourage.com

**HIGH SCHOOL
LEVEL INFO., &
SOCIAL
EMOTIONAL
RESOURCES
FOR STUDENTS
& PARENTS**

HIGH SCHOOL LEVEL INFO., & SOCIAL EMOTIONAL RESOURCES

Mental Health First Aid

- [Self-Care/Mental Health \(Covid-19\)](#)
- [Love in a Time of Corona: A Homebound Self-Care Guide for Parents and Students](#)
- [ASCA Coronavirus Resources](#)
- [Ultimate Guide to Mental Health and Education Resources for Kids and Teens](#)
- [Taking Care of Your Mental Health in the Face of Uncertainty](#)
- [5 Ways to Help Teens Manage Anxiety about the Coronavirus](#)
- [Stress/Worry](#)

<u>Nearpod Lesson Library</u>	K - 12	Use the search term Social Emotional and the price point FREE to locate SEL lessons
<u>Character Strong</u>	K - 12	Digital library of character ed material; Videos w/debriefing questions; Also includes Teacher character activities (Week #1 focuses on self care)

SUMMER JOBS/RESUME WRITING

Now is a good time to think about summer jobs and what you need for them. Take time to look at options, practice applications, and create your resume.

Take a few minutes of your extra time to jot down...

- Accomplishments
- Skills
- Past/current jobs
- Leadership experiences
- Extracurriculars

Doing so will make scholarship and college applications a breeze. This list can also be given to recommenders as they write recommendation letters for you.

Keep it in a Google Doc so it can be updated and shared easily!

SAT/ACT INFO

- Great! Now there is time to practice for the SAT/ACT.
- Official SAT Practice - satpractice.org
- Official ACT Practice - academy.act.org
- NOTE: ALL ACT/SAT Tests are cancelled for the remainder of this school year. Juniors who have signed up will need to take them in the fall. Please work with your counselor to set this up.

VIRTUAL COLLEGE TOURS

- You can virtually tour a college by going to this website:

<https://www.youvisit.com/collegesearch/>

- Virtual College Fair: April 20-22
 - <https://www.strivescan.com/virtual/>
- This is a great way to see what a college campus looks like.
- Have questions about the college? Email the admissions office! They'll be happy to help you.



SENIOR UPDATES

- Seniors... we know that this is NOT how you envisioned your senior year! We are here with you! Let us know how we can help!

PARENT SUPPORT

Stress Relief and Support	<u>http://bstrongtogether.org/for-parents/stress/</u>
Resource to help parents cope with chaos, how to talk to children about COVID-19, etc.	<u>https://messymotherhood.com/kids-home-from-school</u>

**Remember: You are doing the best you can
and we appreciate it!**

Why and How to Teach
Your Kids Mindfulness

Families Article to share with
families

PBS for Parents

Families How to Talk to Your Kids
about Coronavirus -
includes Daniel Tiger
resources

Common Sense Media

Families Resources for families of
students in all grades, on
these topics: helping your
family destress; movement
apps, games and websites;
apps to help with mental
health; what to watch, read
and play

Pathway 2 Success

Families 10+ SEL activities for
families at home with
printable, suitable for
elementary students

SOCIAL- EMOTIONAL SUPPORT FOR ALL AGES

Boredom Buster Ideas

- Sing Karaoke
- Learn to draw or paint
- Go for a walk
- Explore Nature
- Get organized
- Play boardgames
- Exercise
- Teach the pet a trick
- Write letters



More Boredom Buster Ideas...

- Cincinnati Zoo is Bringing the Zoo to You!
- 100 things to do while stuck inside due to a pandemic
- Story time from space
- 11 Amazing Places Around New York That You Can Virtually Travel To Without Ever Leaving Your Home
- Discover 10 Parks & Preserves in Albany County -
- 15 Broadway Plays and Musicals You Can Watch On Stage From Home
- 20 Virtual Field Trips

GROUNDING WITH YOUR FIVE SENSES

- What are* **5** THINGS YOU CAN SEE *Here*
- SUN**
PICTURE ON THE WALL
PEOPLE WALKING
- 4** THINGS YOU CAN FEEL
- WIND BLOWING**
FEET ON THE FLOOR
PENCIL IN HAND
- 3** THINGS YOU CAN HEAR
- BIRDS CHIRPING**
CLOCK TICKING
CAR HORNS
- 2** THINGS YOU CAN SMELL
- FOOD FROM THE CAFETERIA**
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS
- 1** THING YOU CAN TASTE
- MINT TOOTHPASTE**
Breakfast

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.

10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

TRY THINKING:

I'm not good at this.
I'm awesome at this.
I give up.
This is too hard.
I can't make this any better.
I just can't do Math.
I made a mistake.
She's so smart. I will never be that smart.
It's good enough.
Plan "A" didn't work.

- 1 What am I missing?
- 2 I'm on the right track.
- 3 I'll use some of the strategies we've learned.
- 4 This may take some time and effort.
- 5 I can always improve so I'll keep trying.
- 6 I'm going to train my brain in Math.
- 7 Mistakes help me to learn better.
- 8 I'm going to figure out how she does it.
- 9 Is it really my best work?
- 10 Good thing the alphabet has 25 more letters!

(Original source unknown)

@sylvia duckworth

AND... MOST IMPORTANTLY...

- Take care of yourself!
 - Take care of your family!
 - Do something to relax!
 - Reach out if you need help!
- Remember, you are **STRONG**!
- WE MISS YOU!!!!

-The Counselor of ONC BOCES

