

COVID-19 Resources for Mental Wellness

SJCSD Guidance and School Counseling

How to explain the Coronavirus

BrainPop video that helps to explain to the coronavirus in simple terms to kids:

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Listen up! We have to talk about germs!

https://www.youtube.com/watch?v=4PjT52NcXrl&feature=emb_title

Child Mind Institute A brief video for parents

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be. Here is some advice Jamie Howard, PhD, Clinical Psychologist at the Child Mind Institute

<https://youtu.be/WhVad8ToCiU> (video)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/> (written talking point)

Digital storybook that addresses the virus and need to school from home temporarily.

<https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html>

What This Chart Actually Means for COVID-19

A more mature video message for high school teens

<https://www.youtube.com/watch?v=fgBla7RepXU>

AFT Share My Lesson

Coronavirus Student Guide: Explanations and News Updates

These resources from the National Association of School Psychologist were developed to help schools and districts provide supports for their students and community in the event of a health crisis:

Countering COVID-19 (Coronavirus) Stigma and Racism: Tips for Parents and Caregivers

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-\(coronavirus\)-stigma-and-racism-tips-for-parents-and-caregivers](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-covid-19-(coronavirus)-stigma-and-racism-tips-for-parents-and-caregivers)

Talking to Children About COVID-19 (Coronavirus): A Parent Resource (PDF)

https://www.nasponline.org/Documents/Resources%20and%20Publications/Resources/Crisis/COVID-19_parent_handout_NASP_NASN_2-20_FINAL.pdf

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Coping with the Stress of the Coronavirus Pandemic

Contact your child's School Counselor!

Taking Care of Your Mental Health in the Face of Uncertainty

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

SAMHSA

Coping with Stress During an Infectious Disease Outbreak

Quaranteenagers: Strategies for Parenting in Close Quarters

Because of coronavirus, teenagers are missing out on major rites of passage. Offering compassion paves their way toward feeling better.

<https://www.nytimes.com/2020/03/19/well/family/coronavirus-covid-teenagers-teens-parents-kids-family-advice.html>

Rooted In Love

During this difficult, confusing, and frightening time, Mike Smith, the host of The Harbor™ by Jostens, takes to the crate to acknowledge the challenges we are all facing during the COVID-19 pandemic and related restrictions. Mike issues a call to action for all of us, in this unprecedented time, to find ways to build community, take care of one another, and stay rooted in love.

<https://www.youtube.com/watch?v=2OjjWh-8lv0>

Links with Multiple Resources for Families

FLDOE Resources for Families

<http://fldoe.org/em-response/resources-families.stml>

NEA National Education Association Schools and Coronavirus: What You Should Know

Schools and Coronavirus

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Academic Impact Information Resources - Secondary level

The College Board

Updates on SAT testing and other college admissions issues

AP Testing updates

The College Board recognizes the digital divide could prevent some low-income and rural students from participating in online AP education. Working with partners, the College Board can help these students have the tools and connectivity they need to review AP content online and take the exam. If your students need mobile tools or connectivity, you can **reach out to the College Board directly to let them know.**

ACT

Update on ACT testing dates

The Common App

Message Regarding the Coronavirus

National Association of College Admission Counselors

College Admission Status Update

Updates on various dates, exams, etc.

Update from Cambridge International on May/June 2020 exams

<https://www.cambridgeinternational.org/news/>

International Baccalaureate

<https://www.ibo.org/news/news-about-the-ib/covid-19-coronavirus-updates/#examinations>

<https://www.ibo.org/news/news-about-the-ib/may-2020-examinations-will-no-longer-be-held/>

Florida Bright Futures

<https://www.floridastudentfinancialaidsg.org/SAPBFMAIN/SAPBFMAIN>

Email questions to osfa@fldoe.org

<https://www.floridashines.org/go-to-college/pay-for-college#>

Bright Futures Application

We recommend that all seniors apply for Bright Futures and submit your regardless of your test scores because of the testing requirement changes due to the coronavirus.

Students must submit a completed Florida Financial Aid Application (FFAA) to OSFA for programs denoted by an asterisk (*). In order to apply for State Scholarship & Grant Programs, a student must first Create a Student Account. After logging into your account, you may proceed to complete the FFAA.

<https://www.floridastudentfinancialaidsg.org/SAPPRFILE/SAPPRFILE>