

HIGHLAND HIGH SCHOOL STUDENT SUPPORT

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

WE ARE CONNECTED. WE ARE HERE. ONLY AN EMAIL AWAY.

Counselors:

Last Names A–G	Amber Spaeth	aspaeth@highlandcusd5.org
Last Names H–M (Dept Chair)	Mary Jackson	mjackson@highlandcusd5.org
Last Names N–Z	Carrie Lieberman	clieberman@highlandcusd5.org

Other Support Staff:

School Social Worker	Steve Konopka	skonopka@highlandcusd5.org
School Social Worker	Wendy Phillips	wphillips@highlandcusd5.org
School Psychologist	Jen Hibbard	jharsy@highlandcusd5.org
School Nurse	Natalie Propst	npropst@highlandcusd5.org

Additional Resources via Google Classroom— access codes:

Class of 2020: i2ax5xa

Class of 2021: fc4icnr

Class of 2022: lpqojct

Class of 2023: bg6tct6

EMERGENCY

Call 911

Highland Police Department 618-654-2131

CRISIS AND SUPPORT

National Crisis Hotline: 800.273.8255

<https://suicidepreventionlifeline.org/help-yourself/youth/>

LOCAL COUNSELING SUPPORT

[Click here for a full list of resources](#)

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



FIND SCHOLARSHIPS!

- Start or your continue your scholarship search!
- Visit the HHS School Counselor's Page for the Scholarship Database and more resources
- Check Google Classroom for Scholarship Documents
- If any scholarship deadlines change, we will notify you via Google Classroom

Do you have questions about Financial Aid?

Contact the Illinois Student Assistance
Commission (ISAC)

For simple questions text **618-223-6450**

To speak with Highland's ISAC representative
Kathryn Hurst, call **618-444-0561**

THINGS TO DO WHILE AWAY FROM SCHOOL

Get Active!

Go for a Walk or Run
YouTube JustDance or other
workout videos
Practice Yoga using YouTube
videos

**Learn Something New From a
Podcast!**

(Click the hyperlink!)

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 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
SAT

Center Yourself When Things
Get Overwhelming
By Practicing
Mindfulness Techniques

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)**

TAKE A VIRTUAL COLLEGE TOUR!

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Contact college admissions or financial aid directly with any questions you have about their campus.
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?

BRAG SHEET/RÉSUMÉ

- Work on your brag sheet/résumé! Think about what you've done in your high school career and get it on a Google Doc so you can edit year after year.
- Share this Doc with your School Counselor for help
- Or use this Letter of Recommendation Request Form

NCAA/NAIA

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/>

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.