



April 06, 2020

Dear Swamp Owl Students and Families,

As our city settles into what will be our "new normal" over the coming weeks, the Counseling Team at KDHSA wants to ensure everyone that we will continue to offer support to students and families directly by phone, email and video chat and indirectly, via the "[Counseling](#)" and "[Health and Wellness](#)" tabs located on the main page of KDHSA's Google Classroom. Both of these tabs include helpful and fun resources and videos for kids and families, including mindfulness videos starring the KDHSA Counseling Team and Dean's, mental health resources, contact information for the counseling team as a whole, as well as individual contact information for each counselor and finally, up to date information about COVID-19.

Please note:

- We invite you to join us for a virtual Coffee Chat: "[Coffee with the Counselors](#)" to discuss available community resources and social emotional support on Google Hangouts, **Tuesday April 7th**. We are offering two optional times to accommodate schedules. Please select one of the times below to add the event to your calendar and access the link to Google Hangouts: [9:00-10:00 AM](#) and [5:00 - 6:00 PM](#)
- If your child receives counseling or social work services per an IEP or 504 Plan, their specific counselor or social worker who has been working with them all year will be checking in with them via email, phone calls or video conferencing on a consistent basis. Emails to students were submitted throughout the past week and a half. To date, most students have responded to those emails and have settled on scheduling with his or her specific counselor.
- If a student does not have a 504 plan or an IEP which indicates that they receive counseling or social work services BUT they regularly utilized counseling / social work services on campus, it is likely that a member of the counseling team has reached out to them via email to inquire as to whether or not he or she would like



to continue to "meet" via email, phone call or video chat. If this is the case, the counseling team will have also reached out to parents/guardians to request permission as well.

- If a student has not utilized counseling consistently in the past, BUT would like to speak to a counselor or social worker during this time, please have them email [counselingteam@discoveryhsf.org](mailto:counselingteam@discoveryhsf.org) and/or have them directly email any of the individual counselors to set up a time to discuss their concerns. The same sentiment goes for parents/guardians as well. If you have a concern and would like to speak to a member of the counseling team please do not hesitate to reach out.
- We have [Resources for Families](#) and [Resources for Students](#) available on the KDHSA Online Learning Website

Although we are physically separated right now, our Discovery community is together in "swamp owl spirit!" Stay healthy, stay in touch and stay "swamp owl strong."

Thank you,

Counseling Team