



Exeter-West Greenwich Regional School District

940 Nooseneck Hill Rd. West Greenwich, RI 02817

401.397.5125 Fax: 401.397.2407

School Committee

Claudine Pande, Chairperson; Lee Kissinger, Vice-Chairperson; Theresa Donovan, Clerk; Diane Bampton Allen; Sheryl R. Green; Paul R. McFadden; Aimee M. Gardiner

Administration

JAMES H. ERINAKES, II, M.Ed.
Superintendent of Schools

MARIE-ELENA J. AHERN, Ed.D.
Curriculum Director

SARAH E. DENTZ, M. Ed.
Director of Special Services

ROBERT V. ROSS, M.Ed.
Director of Administration

PATRICIA J. RUIZZO
District Treasurer

EWG SOCIAL EMOTIONAL RESOURCES DURING DISTANCE LEARNING

Resources within EWG: Our school mental health professionals are also here to answer questions and assist you if you are having difficulty. It's not abnormal to see changes in your child's attitude or behavior under these conditions, and we want to provide you with support and strategies for continued success.

Lineham

- School Psychologist-Robin Corsi: robin_corsi@ewg.k12.ri.us
- School Social Worker-Sтивен Greenberg: steven_greenberg@ewg.k12.ri.us
- School Social Worker-Alan R. Ezovski: alan_ezovski@ewg.k12.ri.us

Wawaloam

- School Social Worker-Sтивен Greenberg: steven_greenberg@ewg.k12.ri.us
- School Psychologist-Kristen Marx: kristen_marx@ewg.k12.ri.us

Metcalf

- School Social Worker-Sтивен Greenberg: steven_greenberg@ewg.k12.ri.us
- School Psychologist-Karen Murray: karen_murray@ewg.k12.ri.us
- School Psychologist-Intern-Alessandra Lyman: alessandra_lyman@ewg.k12.ri.us

JR/SH

- School Psychologist-Liz Lurgio: lizabeth_lurgio@ewg.k12.ri.us
- School Social Worker-Alan R. Ezovski: alan_ezovski@ewg.k12.ri.us

Parents & Students can access support at Wawaloam and Metcalf by completing this form:

[Counseling Check In](#)

AND Junior/Senior High by completing this form- [EWG Distance Counseling Check-IN 2020](#)

Parent Resource: Resources to assist with preparing your child for distance learning

- [Advice for Parents: How to Prepare Your Child For Online Learning at Home](#)
- [Parents Guide to GOOGLE Classroom](#)
- [RI Distance Learning Help Line](#)

Time Management: Resources to assist with time management and creating a schedule

- [Time Management Worksheet](#)
- [Student Tips \(JHS specific\)](#)
- [Junior High DL Sample Student DAILY SCHEDULE/CHECKLIST](#)

Routines Matter: Steps to assist staying on track for learning and establishing routines

- [At Home Learning Resources for the COVID 19 Outbreak](#)
- [9 Tips for Parents Navigating Online Learning](#)
- [Three Vital Steps to Successful Routines](#)
- [Keeping Kids with ADHD in Study Mode While Home from School](#)

Our Mission: Empowering Students: Dream...Reach...Succeed.

The Exeter-West Greenwich Regional School District does not discriminate on the basis of age, sex or sexual orientation, gender identity, marital status, religion, race, national origin, color, creed, political affiliation or disability in its employment policies.

Managing Emotions: Tips to managing emotions during distance learning

- [Ways To Cope In Trying Times \(Second Step\)](#)
- [Managing and Expressing Feelings With Little Learners](#)

Anxiety and Mindfulness

- [Care for Your Coronavirus Anxiety](#)
- [Yoga for Anxiety - 20 Minute Practice](#)
- [Letting Go of Thoughts](#)
- [It's OK To Take a Break](#)
- [5-6min meditation](#)
- [6 min Meditation](#)
- [5-10 Minute Brain Breaks](#)
- [SEL Resources to Use at Home](#)
- [Breathe 4 Change](#)
- [20 Self Care Tips for Educators](#)

COVID-19 Resources: Helping Children Cope with COVID-19

- [Helping Children Cope With Changes Resulting from COVID-19](#)
- [Why Can't I Go To School \(Conscious Discipline\)](#)

Family Resources for Referrals and Information: Options for outside mental health services

Parents for Students [Kidslink](#) 855-543-5465

Adult Mental Health [BHlink](#) 401-414-5465

Counseling Agencies

[Inner You Counseling Agency](#) 401-773-7116 (children, adults and families)

[Child Mind Institute](#) 212-308-3118 or email appointments@childmind.org

Financial Resources

United Way: 866-211-9966

South County Community Action: 401-789-3016

Tri-County Community Action: 401-351-2750

Salvation Army: 401-884-4283

Exeter Food Pantry: 401-294-3176

Exeter Department of Social Services: 401-294-3176

West Greenwich Social Services: 401-397-4234

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