

Guidance Resources for the Extended School Closure

OFHS Families,

The OFHS Guidance Department wants to offer you some resources for this extended time out of school. You may have mixed feelings about having time off of school, and we realize this situation may be anxiety-provoking for a number of reasons. Individuals may be stressed about the change in schedule/routine, about the virus, about health and safety, or about missing important time in work/school or other activities. In this document, we compiled a few resources for you to help cope with these stressors and to help parents communicate with their child(ren) about the coronavirus.

If you need to reach out to the school counselor(s) over the break, please email us. Counselors will be checking email twice daily during school hours throughout the closure. If you/your child is experiencing a mental health emergency such as suicidal ideation during the closure, please refer to the resources listed below.

Local 24 Hour Mobile Crisis #: (216) 623-6888

Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text "4HOPE" to 741741

Fairview Hospital Psychiatric Services #: (216) 476-7000

PLEASE NOTE: Counselors **DO NOT** maintain 24-hour access to email accounts and **CANNOT** respond to emergency situations during the school closure.

We hope you and your family stay safe and healthy, and we look forward to seeing our students when school reopens.

Olmsted Falls High School Guidance Department

Maridi Gurstak, Alex Lintner, Lisa Palmison: *OFHS School Counselors*

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Resources

Parent Guide to Talking About Coronavirus

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

Dealing with Anxiety

[Coping With Stress During the Outbreak](#)

[Alphabet of Stress Management and Coping Skills](#)

Example to help keep a routine (Adjust for age appropriateness):

Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry