

WHEELING HIGH SCHOOL STUDENT SERVICES



**A Social-Emotional Support and Resource Guide
During Remote Learning**

CLICK THE LINK FOR WHS STUDENT SERVICES WEBSITE

IMPORTANT EMAIL ADDRESSES

[*Click on the names for a short video introduction](#)

Associate Principal: Henry Brown Henry.brown@d214.org

Administrative Assistant: Ana Souchet Ana.souchet@d214.org

Counselors:

Arturo Fuentes Arturo.fuentes@d214.org

Allison Kulla Allison.kulla@d214.org

Michael O'Keefe Michael.Okeefe@d214.org

Bob Sochowski Robert.sochowsk@d214.org

Brandi Rojas Brandi.rojas@d214.org

Grace Alderson Grace.alderson@d214.org

Post-Secondary Counselor: Joanne Amador-Zapata Joanne.amador@d214.org

Registrar/Transcript Requests: Linda Sinard Linda.sinard@d214.org



CHECK-IN WITH COUNSELORS!

We are available via the following methods:

- Phone call (847-718-7022) to contact Student Services
- Counselor availability: regular school hours **(Monday - Friday from 7:30 am - 3:30 pm)**
- Counselors will reply to emails and calls received within a 24-hour period
- Zoom Video Conferencing Instructions for Students: click **(here)**

Email Counselors directly to set up an individual appointment



YOUR SOCIAL WORKERS, PSYCHOLOGISTS AND DEANS

Social Worker: Lauren Manola Lauren.manola@d214.org

Social Worker: Rolando Rocha Rolando.rocha@d214.org

Social Worker: Svetlana Fastovskaya Svetlana.fastovskaya@d214.org

Psychologist: Mark Menich Mark.menich@d214.org

Psychologist: Andrea Mugler Andrea.mugler@d214.org

Dean: Ramon Williams Ramon.williams@d214.org

Dean: Jackie Meo Jackie.meo@d214.org



YOUR NURSE AND TUTORS ARE ONLY AN EMAIL AWAY

Nurse: Jazmin Garcia Jazmin.garcia@d214.org

Health Clerk: Estefania Gonzalez Estefania.gonzalez@d214.org

*When 'i' is
replaced By 'we'*

*Even
'illness'
Becomes
'Wellness'*

Do you have a need (i.e. food, social/emotional or tutoring)?

The link below will allow you to complete a form that our staff will receive. Please make sure you fill in your contact information so we know how to best support you.

Click [here](#) to complete a **Student Initiated Concern Form**

TECH SUPPORT FOR IPAD ISSUES

MONDAY - FRIDAY from 8:00am - 3:00pm

- Click [here](#) if you have any iPad issues and follow our guidelines
- An appointment must be made first by calling or emailing the Helpdesk at 847-718-7165 or whshelpdesk@d214.org
- BEFORE APPOINTMENT: Remove protective case and leave at home; click here to fill out a [WHS iPad Repair Form](#)
- Zoom Mondays 12-1pm <https://d214.zoom.us/j/93556167973>

NEED TO PRINT SOMETHING?

- Indian Trails Public Library has **FREE** printing available at this time.
- [Click here](#) for instructions on how to print from home and pick up the print job at the library.
- You **do not have to be a cardholder** to use this, so everyone is welcome to use it.



INTERNET

- Comcast Internet Essentials gives free 60 day access to families that qualify. To see if you qualify [click here](#), but please call to set up 1-855-846-8376.
- Everyoneon [click here](#)
- Sharing is caring, see if a neighbor or friend will allow your child to access their WiFi



RESOURCES TO SUPPORT YOUR POST-SECONDARY PLANNING

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.

[*Youvisit](#)

[*CampusTours](#)

[*Youniversity](#)

- Admissions representatives will be available via email/phone
- [Updates](#) from the CollegeBoard
- Please visit College & Career [link](#) for [financial aid](#) (ISAC online tool) and [Naviance](#) links:

Virtual college events: [link](#)

[Online tool](#) for the latest in college deposit dates and events

- **ISAC (Illinois Student Assistance Commission) representative** (can help with FAFSA, the Alternative Application filing, Verification, and Financial Aid Award Letters)

Ms. Dada Ibrahimovic

Dada.Ibrahimovic@illinois.gov

(847) 544-9217 cell

CLICK THIS LINK FOR POST-SECONDARY REMOTE OPTIONS

Freshmen & Sophomores: What is Redefining Ready? Let's explore post-high school career options

Juniors: What college should I attend? Virtual college tours, understanding financial aid, and FREE SAT prep resources

Seniors: Understanding my financial aid award letter, financial aid completion, scholarships, dual credit and exit folder

VARIOUS COLLEGE SUPPORTS FOR VARYING GRADE LEVELS

BREAKFAST AND LUNCH:

Pick up times

- 3:30-5:30 pm pick up (door #29)
- Starts on 8/19 and held every Wednesday moving forward
- This only applies while school is in session
- Winter, spring and summer breaks do not apply

Food is FREE for all Students

- Families may drive up to door #29 (back of the school)
- Breakfast & lunch will be provided FREE (5 days worth at \$0.70 per day)
- Vehicle trunk must be open so that meals can be placed inside

-Any questions? Please dial 847-718-7068



WHS SCHOOL/COMMUNITY RESOURCES

- Click this [link](#) to access assistance with food, clothing, internet, unemployment and much more.

VARIOUS ADDITIONAL SUPPORTS PROVIDED LOCALLY

Northwest Suburbs Resource Directory

- The above link will provide you with resources (i.e. food pantries, housing, crisis hotlines and more) throughout the suburbs

WHS Community Resources

- The above link includes emergency mental health providers, physical exams and immunizations, as well as phone and online mental health support within and outside the Wheeling area

MENTAL HEALTH, PHYSICALS, IMMUNIZATIONS, AND ONLINE SUPPORT

EMERGENCY-Call 911

Suicide Prevention Hotline

1-800-273-8255

National Domestic Violence Hotline

800-799-SAFE

Illinois Coalition Against Sexual Assault

(217)753-4117

U.S. Department of Health & Human Services

National Drug Helpline: Call 1-800-662-HELP (4357)

RESOURCES IF YOU NEED IMMEDIATE ASSISTANCE

5

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.



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



Click on the following links for
additional strategies to deal with
anxiety

[English](#)

[Spanish](#)

Mobile Apps to help with Anxiety

- Headspace
- Stop, Breathe and Think
- Insight Timer

Other resources

- [28 Day Mindfulness Challenge](#)
- [Yoga with Adriene](#)

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



WHAT TO DO NEXT???

Consider creating a daily schedule for yourself to keep a routine. Here is a sample that you can modify to fit your day.

8:00 - 8:45	Wake up, breakfast, family time
8:45 - 9:55	Tutoring, Connect with Teachers, Counselor
10:00 - 3:25	Classes *includes 30 min lunch break
3:25 - 4:30	Physical Activity, outside if possible
4:30 - 5:30	Homework
5:30 - 6:30	Family Time, Dinner
6:30 - 7:30	Homework
7:30 - 8:30	Free time, Connect with Friends Safely
8:30 - 9:30	Chores, Post-Secondary planning
9:30 - 10:30	Free time, Reading
10:30 - 11:00	Bedtime

GET UP AND MOVE!



Keep Moving & Stay Fit

Being inside doesn't mean you can't workout. Check out these videos and workout at home!

[Body Weight Workouts](#)

[Workout with Weights](#)

[Balanced Life Pilates](#)

[Yoga with Rodney Yee](#)



HEADSPACE

CLICK HEADSPACE: CURRENTLY OFFERING A SECTION CALLED "WEATHERING THE STORM" FOR FREE SO THAT YOU HAVE ACCESS TO MEDITATION, SLEEP, AND MOVEMENT EXERCISES DESIGNED TO HELP GET YOU THROUGH THIS.

APP TO HELP PRACTICE MINDFULNESS

Jostens

CLICK JOSTENS: 10 PARTICULAR EPISODES THAT DIRECTLY ADDRESS THE SOCIAL AND EMOTIONAL WELLBEING OF STUDENTS, STAFF, AND COMMUNITY. IF YOU AREN'T ABLE TO ATTEND THE LIVE EVENTS, THEY WILL BE DOCUMENTING ALL OF THEM AS A RESOURCE AT THE LINK ABOVE FOR YOU TO UTILIZE.

FREE YOUTUBE EPISODES FROM THE HARBOR

TAKING CARE OF YOUNGER SIBLINGS?

If you are helping take care of younger siblings, here are some ideas and resources to help them learn and have fun while you are all at home.

- Tell stories to each other
- Play card games, sports, video or board games
- Do chores together or help prepare a meal
- Look at online [learning resources, games, and physical activities](#)