

# SOCIAL WORK SPEAKS BACK TO SCHOOL EDITION



*A Newsletter From Your Secondary School Social Workers*



Empowering Students to Grow

## Academically, Socially and Behaviorally

## SELF CARE

Self Care is defined as "The practice of taking an active role in protecting one's well-being and happiness, in particular during times of stress." by Dictionary.com

### Back-to-School Face Covering Guidance for Families

Students and educators are facing many new challenges when they return for the 2020-2021 school year, including the recommendation that face coverings be worn. This two-sided document is designed to help families support students with acclimating them to appropriately wear a face covering and provide protocols for safe and effective maintenance of face coverings.

#### 1 Get Familiar

Follow these steps when using your face covering:

- Wash your hands before touching the face covering.
- Put it over the nose and mouth and secure it under the chin.
- Make sure the covering fits snugly against the sides of the face.
- Make sure your child can breathe easily.

#### 2 Start Now

It takes a lot of repetition to develop a habit. It is recommended that families begin having their school-aged children practice wearing a face covering for short periods in the days leading up to the start of school.

#### 3 Set Rules

Talk to your child about appropriate use for their own face covering and the face coverings of others. Remind your child of the following examples of face covering etiquette:

- Keep your hands to yourself. Do not touch anyone else's face covering.
- Do not share face coverings with other people.

#### 4 Reassure

The changes students experience at school can be scary to our youngest Hoosiers. Take the time to reassure your child that the protective measures being taken are meant to keep students, teachers, and other adults in the school healthy. Remember, families mold the attitude of students. Your support is appreciated!

More information on the reverse side



### Perry Township Secondary School Social Workers

PERRY MERIDIAN  
HIGH SCHOOL:

TRACEY KAPPEL  
317-789-4436

TKAPPEL@PERRYSCHOOLS.ORG

SOUTHPORT  
HIGH SCHOOL:

JORIE DEPALMA  
317-789-4895

JDEPALMA@PERRYSCHOOLS.ORG

PERRY MERIDIAN MIDDLE  
AND 6TH GRADE ACADEMY:

LINDSEY WRIGHT  
317-789-1340

LJWRIGHT@PERRYSCHOOLS.ORG

SOUTHPORT MIDDLE AND  
6TH GRADE ACADEMY:

BRIE SCHOCH  
317-789-4627

BSCHOCH@PERRYSCHOOLS.ORG

## Articles of the Week

### Tips for Back to School Anxiety in a Global Pandemic:

[https://www.familiesfirstindiana.org/school-anxiety?](https://www.familiesfirstindiana.org/school-anxiety?eType=EmailBlastContent&eld=3f71c272-ed1a-45a9-af37-0f9945e0658f)

[eType=EmailBlastContent&eld=3f71c272-ed1a-45a9-af37-0f9945e0658f](https://www.familiesfirstindiana.org/school-anxiety?eType=EmailBlastContent&eld=3f71c272-ed1a-45a9-af37-0f9945e0658f)

## Helping Others

### Got scraps? A south side third grader wants to donate them

<https://cbs4indy.com/cbs4-this-morning/got-scraps-a-south-side-third-grader-wants-to-donate-them/>

## Staying Connected

### Connectivity Resources:

<http://www.perryschools.org/news/low-cost-internet/>

If you have concerns about connectivity after looking at the resource list, please contact the Social Worker at your student's school!

## Resource of the Week

### Compass App

(An online resource that will help you find food resources in Marion County) Download the COMPASS app with your smartphone  
Can also text "hi" to 317-434-3758

### NEW HOURS:

**Gleaner's School Based Food Pantry at Southport High School will be open Every Wednesday from 11-1, door 19 at SHS**  
**If you need to access pantry other than on Wednesdays, please contact the Social Worker at your student's school or the office of Student Services: 317-789-3951**

## CRISIS HELP:

### MENTAL HEALTH SUPPORT LINES:

Suicide hotline: 1-800-784-2344

Crisis Call Center: 1-800-273-8255,

Text ANSWER to 839863

Crisis text line: text HELLO to 741-741

### CHILD PROTECTIVE SERVICES REPORT LINE (CPS)

1-800-800-5556

### FREE MENTAL HEALTH ASSESSMENT:

<https://vallevistahospital.com/>

1-800-447-1348

### COMMUNITY SUPPORTS:

Valle Vista Behavioral Health: 1-800-447-1348

Adult and Child Mental Health: 877-882-5122

Community North Hospital: 317-621-6262