

SOCIAL WORK SPEAKS WINTER EDITION

A Newsletter From Your Secondary School Social Workers



Getting back into school routines after the holiday break can be difficult in the best of times. For many kids, it's even harder this year. From the disappointment of schools closing (again!) to the frustration of a weak wireless connection, there are plenty of reasons why kids might be tempted to tune out of remote learning. But there are strategies you can use to help children and teenagers rally. This week on childmind.org we offer expert advice on helping kids who are having trouble staying engaged in remote schooling — how to pinpoint what's bothering them, work with the teacher, and give them a little more motivation to stay with it. Plus, we've got learning goals for each age group and tips on making sure that kids get the support they need, whether they're learning English, getting services through an IEP or 504 plan, or dealing with low self-esteem.

- Hannah Sheldon-Dean, Staff Writer |
Child Mind Institute

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

COMPASS EDUCATION CENTER:

KRISTEN WHITE

317-789-3968

KWHITE@PERRYSCHOOLS.ORG



Monitor your child's online activity

Perry Township Schools IN has created your account on the SecurlyHome app! Starting next week, you will receive your child's weekly online activity report via email.

Want a real time view of this activity?

ALL YOU NEED TO DO IS:

Download the Free SecurlyHome app

Tap the "Login" button

Enter your school registered email and tap the "get instant access" button

Article of the Week

Parent Tips and Trips for Distanced Learning

E-Learning and Hybrid schedules have posed new challenges for families all over. Common sense media created some great suggestions for helping your child be successful, without being their teacher. Some of the tips include supporting a routine, encouraging their strengths, and practicing self care as a family.

Read more [HERE](#)

Resource of the Week

United Way Winter Assistance Applications start 1/18/21--an option for those who struggle to afford high heat and electricity bills, but who fall just above the qualifications for the federal Energy Assistance Program (EAP).

See more/[apply here](#)

Wishing you a
happy and healthy
2021

Helping Others

January is National Blood Donor Month!

Now more than ever, hospitals are in need of blood donations! This is a simple way to support others in the new year! You can find more information about donating [HERE](#)

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