

Sharing Resources During School Closure

These are uncertain times we are experiencing situations many or none of us have experienced in our life times. Things are changing daily. So much is still uncertain. This can be difficult for both parents and children. The most important thing right now is that you and your family are safe and stay healthy, both physically and mentally. See <https://www.a2schools.org/Page/15636> for more information. For questions or other support, contact your school counselors, psychologist or social worker.

<p>AAPS Food Distribution in coordination with Community Action Network (CAN)</p> <p>https://www.a2schools.org/site/Default.aspx?PageID=15641</p> <p>AAPS Food Service Hotline – 734-994-2265</p> <p>Please call for food allergy needs or if you cannot make it to a pick-up location. Arrangements will be made.</p> <p><u>Dates and Times 12noon - 1:15pm</u></p> <ul style="list-style-type: none"> ● Friday, March 20 (for Friday, Saturday, Sunday and Monday meals) ● Tuesday, March 24 (for Tuesday, Wednesday, Thursday meals) ● Friday, March 27 (for Friday, Saturday, Sunday meals) ● Tuesday, March 31 (for Tuesday and Wednesday meals) ● Thursday, April 2 (for Thursday, Friday, Saturday and Sunday meals) 	<p>Pick Up Locations -</p> <ul style="list-style-type: none"> ● Peace Neighborhood - 1111 N. Maple Rd ● Arrowwood Hills Community Center- 2566 Arrowwood Trl. ● Bryant Community Center - 3 W. Eden Ct. ● Green Baxter Court Community Center - 1737 Green Rd. ● Hikone Community Center - 2724 Hikone Dr. ● Pinelake Village Coop - outside the clubhouse - 2680 Adrienne Dr. ● Lakestone Apts - outside the clubhouse - 4275 Eyrie Dr. ● Scio Farms - outside the clubhouse - 6655 Jackson Rd. ● Orchard Grove - outside the clubhouse - 2835 S. Wagner ● Carpenter Elem – outside the school - 4250 Central Blvd. ● Scarlett Middle School – outside the school - 3300 Lorraine ● Carrot Way - 1731 Dhu Varren ● Arbor Club Apartments - 1100 Rabbit Run Cir. ● Avalon Housing - 701 Miller ● Avalon Housing - 1500 Pauline ● Coachville - 3423 Carpenter Rd. ● Arbor Meadows - 5229 W. Michigan, Ypsi
<p>Internet/Technology</p> <p>AAPS Technology Hotline - 734-997-1222</p> <p>Mon-Fri, 7:30 AM to 7:30 PM starting March 18th</p>	<p>Comcast is offering free internet to low income families for two months.</p> <p>Other low-cost options can be found under “Internet” section at https://www.a2schools.org/Page/15636</p>
<p>Urgent Needs</p> <p>(Housing, Utilities, Basic Needs, Childcare, etc.)</p> <p>https://www.a2schools.org/Page/15636</p> <p>Please reach out to various organizations if you or your family is in need of some help during this very difficult time.</p> <p>See website for more organizations that can help.</p>	<p>Washtenaw County has a lot of resources regarding evictions, unemployment benefits, concerns regarding utility shut-offs and other needs.</p> <p>https://www.washtenaw.org/3100/COVID-19-Essential-Services-Updates</p> <p>United Way https://www.uwwashtenaw.org/211</p> <p>Call 2-1-1 from any phone or visit 2-1-1 online to live chat, email, or search the database.</p>
<p>Emergency Services and 24/7 Crisis Support</p> <p>Michigan Medicine Psychiatric Emergency Services 734-936-5900 or 734-996-4747</p> <p>St. Joseph Mercy Psychiatric Access line - 734-712-2762</p> <p>Suicide Prevention Hotline - 1-800-273-8255 (1-800-273-TALK)</p> <p>Washtenaw County Community Mental Health crisis line 734-544-3050</p>	<p>Ozone House Crisis Line - 734-662-2222</p> <p>Crisis Text Line - text HELLO to 741-741</p> <p>Counseling and Psychological Services (CAPS) After Hours Crisis Hotline - 734-487-1118</p> <p>Safe House - 734-995-5444</p> <p>National Domestic Violence Hotline - (800) 799-SAFE (7233)</p>

Keep Physically Distant, but Stay Socially Connected

Take care of yourself and your family during this time:

- **Stay socially connected** while maintaining safe physical distance. Humans need to feel connected. Catch up with friends & family via phone or video. Talk about how you are feeling and any worries or concerns. Create a social community online sharing photos, playing virtual games, video conferencing book or craft club.
- **Take care of your body**. Drink lots of water, eat healthy, and continue with your normal exercise routine. Nutrition, exercise, and sleep are the trifecta for health.
- **Make time to relax**. We are being inundated with messages via the media. Constant vigilance is not good for our bodies. To counteract it, use your relaxation coping skills like yoga, meditation, breathing, journaling, art, or listening to music.
- **Limit intake of media**. The news media works on the strategy of repeating stories hourly or more often. Repeated exposure to the same stressful event can exacerbate our stress response. It's good to stay in the know, but consider reducing your ingestion of news media, especially if you are starting to feel overwhelmed.
- **Set up a routine for yourself and family**. Have some general guidelines of what you want your day to look like including self-care, work/study, fun activities, and exercise.
- **Take appropriate precautions to keep you and your family healthy**. Follow the CDC guidelines prevention: wash your hands regularly, avoid touching your face, and avoid contact with people known to be sick. For more info, check out <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
- **Remain hopeful**. If you find that you are having a difficult time coping or are feeling overwhelmed, please reach out.

Highlights from National Association of School Psychologists ([NASP's guidelines](#) on **talking to your children** about COVID-19:

Remain calm and reassuring

- Children will react to and follow your verbal and nonverbal reactions.
- What you say and do about COVID-19 and related events can either increase or decrease your children's anxiety.
- If true, emphasize to your children that they and your family are fine.
- Remind them that you and the adults at their school are there to keep them safe and healthy.
- Let your children talk about their feelings and help reframe their concerns into the appropriate perspective.

Make yourself available

- Children may need extra attention from you and may want to talk about their concerns, fears, and questions.
- It is important that they know they have someone who will listen to them; make time for them.
- Tell them you love them and give them plenty of affection.

Monitor television viewing and social media

- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children

Maintain a normal routine to the extent possible

- Keep to a regular schedule, as this can be reassuring and promotes physical health.

Be honest and accurate

- In the absence of factual information, children often imagine situations far worse than reality.
- Don't ignore their concerns, but rather explain that at the present moment very few people in this country are sick with COVID-19.
- Children can be told this disease is thought to be spread between people who are in close contact with one another—when an infected person coughs or sneezes.
- It is also thought it can be spread when you touch an infected surface or object, which is why it is so important to protect yourself.