DEAR NORTH SHORE

The Counseling Department knows how challenging this time may be and wants to remind you that we are here for you. Please do not hesitate to reach out to us. We also want to remind you that the expectation is not for you to recreate school within your home. The expectation is to do the best you can to support your child(ren) during this difficult time. This is going to look different for every home and every family. Some students are managing successfully and may want more work, others are struggling with the independence, and some fall somewhere in between. In all three cases the counselors can help you. There is a difference between electing to homeschool your child and remote learning during a pandemic while parents are working. As best you can, be patient with your child and (maybe more importantly) be patient with yourself.

Keep in mind that some students may be grieving the loss of something important to them. This could be a spring sport, the play, their favorite teacher, the feeling of belonging in the band, or just seeing their friends every day. This parent blog explains some other possibilities: https://herviewfromhome.com/kids-little-things/

Some suggestions from the mental health team are:

- Try to create a schedule that works for you and your family.
- Get moving - exercise and fresh air can help with mood. This can be a walk, yoga, run, bike...etc
- Stay Connected to friends, family and your teachers digitally. Your teachers and counselors miss you and would love to hear from you.
- Breathe - Mindfulness and meditation can help with your stress level. Refer to our resource folder for tips and techniques.
MENTAL HEALTH RESOURCES

The mental health and well-being of your family is the most important thing to us right now. Please reach out to any of the school counselors, social workers or psychologists if we can support you in any way.

The North Shore Mental Health Team collaboratively created a mental health resource folder that includes:

- Social Emotional Learning Activities
- Managing Anxiety and Coping Skills
- How to Talk to Your Child About Coronavirus
- Behavioral Resources
- Substance Use and Prevention Resources

There is a link on the main page of the district website:
https://drive.google.com/open?id=1P4zqNohfYV3ehRQrx_Q63Et1Oiars8

NS-CASA - ANGST MOVIE - APRIL 25 - MAY 1
North Shore CASA and North Shore Schools are partnering to offer a community viewing of the IndieFlix documentary, "Angst: Raising Awareness Around Anxiety". The film will be available for families to watch starting April 25th - May 1st in the comfort of your own home. On Friday May 1st at 3pm, Ellen Ritz from the National Alliance of Mental Illness (NAMI) will host a webinar as a follow up conversation. North Shore Schools Director of Counseling, Dan Doherty, and Social Worker, Reisa Berg will be available to answer questions. Please join us for an open conversation about anxiety.

Producers Scilla Andreen and Karin Gornick have one goal: to start a global conversation and raise awareness around anxiety. Through candid interviews, they utilize the power of film to tell the stories of many kids and teens who discuss their anxiety and its impacts on their lives and relationships, as well as how they’ve found solutions and hope. The film also includes a special interview with Michael Phelps, a mental health advocate and one of the greatest athletes of all-time. In addition, the documentary provides discussions with mental health experts about the causes of anxiety and its sociological effects, along with the help, resources and tools available to address the condition.
SENIOR COLLEGE INFORMATION

Seniors,
The counselors want to know your plans for next year! Please email your counselor with your college admissions decisions or other post-graduation plans. We understand that deadlines have been extended so there is no rush, but if you know where you are going please send your counselor a picture of you in your college gear or holding a sign with the name of the college. We would like to compile a slideshow to celebrate the Class of 2020.

The counselors are consistently updating a shared folder with information for the Class of 2020:
https://drive.google.com/open?id=1KiKbmopiWTFUv6nXo5AAf1477x0Wkc3v

If you need help deciding:
Ga Tech Blog:
10 Ways to Make Your College Decision Without Visiting Campus
Class of 2020: Great Minds Think Differently

How to Pick a College During a Global Pandemic

NPR:
Heres How to Pick a College During Coronavirus

NACAC Listserve College Updates due to COVID-19:
NACAC College Updates during COVID-19

College deposit deadline extension list:
Colleges that Changed Deposit Dates

This is a difficult time for seniors:
How to Help Your High School Senior Through COVID 19

The Year Without Graduation

JUNIORS: COLLEGE RELATED ARTICLES/EVENTS

The counselors are consistently updating a shared folder with information for the Class of 2021:
https://drive.google.com/open?id=1KiKbmopiWTFUv6nXo5AAf1477x0Wkc3y

Please reach out to your counselor should you have any questions or concerns about the college process.

A number of colleges are offering virtual events in lieu of in person visits.
Events:
Virtual College Events.

Virtual College Fair - April 20-23
https://www.strivescan.com/virtual/

Coalition Virtual College Fair - April 23
http://coalitionforcollegeaccess.org/april-2020-virtual-fair.html

Articles for Juniors:
Georgia Tech Blog - Advice for Juniors
Being Seen - This One is for Juniors

Forbes Article for Juniors:
Forbes Junior Article
SAT/ACT INFORMATION

With the June SAT officially canceled, more and more colleges are moving towards test optional plans for the Class of 2020. The list is changing daily and fairtest.org is keeping a running list (see below). Collegeboard has added a September test date that North Shore will offer for our students.

Collegeboard COVID-19 Updates:

Test Optional article
College Are Dropping SAT/ACT Requirements

Fairtest Test Optional List
https://www.fairtest.org/university/optional

Washington Post Article referencing a potential online exam:
June SAT is Canceled

For free test prep from Method Test Prep go here:
www.methodtestprep.com/northshore

Method Test Prep SAT/ACT Webinar: Wed April 22nd - 7pm
Keeping college-bound students on track during these school closures and updated SAT/ACT timeline:

An updated SAT/ACT timeline, how we would think about college testing for students in 10th and 11th grade, and the other frequently asked questions we have been receiving these last few weeks. As always, this webinar will be recorded. Anyone who registers will also receive a recording that they can watch on-demand.

In this timely webinar, we’ll discuss everything from adjusting SAT and ACT timelines to building out alternative summer plans. Join us for this conversation on utilizing online tools and online classes to prepare now while free from distraction. Keep your child on track, so they return to school with a few new skills and ready for the future.

Register for the presentation by clicking here (all registrants will receive a recording that they can watch on-demand):
https://attendee.gotowebinar.com/register/3439193612956432141

If you cannot attend here is the webinar from last week:
https://methodtestprep-1.wistia.com/medias/oymqjnli30
COLLEGE WEBINARS

Webinar: College Admissions and the Coronavirus
Recent webinar with Jeff Selingo (research/author on college admissions process), Gary Clark, Director of Admissions UCLA, Chris Gruber, Director of Admissions Davidson College, Janet Godwin, ACT representative

College Admissions and the Coronavirus

Webinar: The College Search and COVID-19
Recent webinar with Jeff Selingo (research/author on college admissions process) with guests Rick Clark (director of undergraduate admissions at Georgia Tech), Connie Betterton (Vice President of Strategy & New Product Development at the College Board), and Diane Campbell (counselor at Liberty Common High School in Colorado).

NEW YORK STATE REGENTS UPDATES

[Image of a PDF file download button]

nysed-covid-19-regents-grad-req-faq (2).pdf
Download
78.7 KB

NCAA COVID-19 UPDATES

[Image of a PDF file download button]

COVID-19_Public NCAA.pdf
Download
546.2 KB

SOCIAL EMOTIONAL LEARNING WEBINARS
CASEL is offering Friday webinars:
https://casel.org/covid-resources/

**Being Your Best SEL'f' with Dr. Marc Brackett**

**Mindful Parent, Resilient Child Webinar**
Join us for *Mindful Parent, Resilient Child: Strategies for Difficult Times*, a FREE live video call with Dr. Christopher Willard. During the forty-five minute talk, Dr. Willard will offer approaches to gain presence and momentum through challenging times. This will be a rich resource for families, offering strategies for mindfulness-rooted parenting in times of extreme stress as well as peace. You'll have the opportunity to submit questions during the talk, and Dr. Willard will answer as many as possible at the end of the presentation.

The live call will take place on **April 25 at 2 p.m. (EST)**. We'll send a link to the recording afterwards for those who are unable to attend live.

**Dr. Christopher Willard, PsyD**, is an author, educator, and parent who teaches at Harvard Medical School and serves on the board of the Mindfulness in Education Network and the Institute for Meditation and Psychotherapy. An established speaker in both meditation and psychotherapy communities, he regularly leads workshops around the world.

**APRIL IS ALCOHOL AWARENESS MONTH.**

April is Alcohol Awareness Month.
With children home, they are spending more time around adults and adult behavior. Be mindful of keeping alcohol and medications properly secured as well as adult alcohol use as you are serving as a model for your children. This is a good time to remind kids of the dangers of alcohol, substance use, vaping, and gambling behaviors. Being safe at home includes discussion about mental health and prevention. Not sure how to start the conversation? Visit our district prevention resource page for some tips and conversation starters!
https://drive.google.com/drive/folders/1P4zqNohfYvV3ehRQrx_Q63Et1OiarJs8

Want to do more? Consider joining our community Coalition Against Substance Use!
https://www.nscasa.org/

**ARTICLES**

Parenting Right Now is Really Hard
https://www.nscasa.org/

Closed Schools Create More Trauma for Students

Wondering how your teenagers may be feeling right now?
Supporting Teenagers During the Coronavirus

NY Times Article:
Quaranteenagers

Dr. Marc Brackett Offers Strategies for Regulating Emotions:
How to Regulate Your Stir Crazy Emotions

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