

# GCJHS STUDENT SUPPORT

Find all kinds of information to support you during this time away from school.



**WE ARE CONNECTED.**

**WE ARE HERE. ONLY AN EMAIL AWAY.**

Last Names A–K:

Mrs. Fortuna

[efortuna@gcsc.k12.in.us](mailto:efortuna@gcsc.k12.in.us)

Last Names L–Z:

Mrs. Smith

[rebsmith@gcsc.k12.in.us](mailto:rebsmith@gcsc.k12.in.us)

**CHECK IN WITH YOUR COUNSELORS OFTEN!  
HERE'S AN EASY WAY:**

**1. SEND US AN EMAIL OR...**

**2. COMPLETE OUR GOOGLE FORM:**

**[HTTPS://FORMS.GLE/JANKCUMIJ5FGGQme](https://forms.gle/JANKCUMIJ5FGGQme)**

# MEAL OPTIONS FOR GC STUDENTS

Happening every  
Monday during the  
month of April at JB  
Stephens and  
Greenfield Central  
Junior High School!



**FREE** School Meal Kits  
For all children 18 and under.

Parking Lot Grab & Go Meal Kit Pick Up Sites for

\*JB Stephens Elementary School (Cafeteria Door, West Side of Building)

\*GC Junior High School (Cafeteria Door, West Side of Building)

Pick up time at both locations:  
11:00am-1:00 pm and 5:00pm-6:30pm  
\*or until all meal kits have been claimed\*

Breakfast meal kits will include 5 meals. Lunch meal kits will include 5 meals.  
At this time, children must be present to receive a meal kit. You will be asked to  
provide a name for each child.

We recommend children needing an allergen sensitive meal kit send an email to  
kpeters@gcsc.k12.in.us prior to pick up date to request your specific needs.  
Allergen sensitive meal kits will only be available for pick up at JB Stephens  
Elementary School.

If you have questions please contact [feedthekids@gcsc.k12.in.us](mailto:feedthekids@gcsc.k12.in.us)

\*Greenfield-Central **GC** Community School Corporation\*

Let us know if  
you need  
anything else!

# **ADDITIONAL MEAL OPTIONS FOR GC STUDENTS AND FAMILIES**

**Hancock County Food Pantry**  
741 ½ S State ST, Greenfield (317) 468-0273  
[www.hancockcountyfoodpantry.com](http://www.hancockcountyfoodpantry.com)

**Food pick-up hours**  
**Mondays: 1:00-2:30, 5:30-6:30 PM**  
**Tuesdays: 9:00-10:30 AM, 6:00-7:00 PM**  
**Wednesdays: 7:00-8:00 PM**  
**Thursdays: 7:00-8:00 PM**

**They are currently using a “drive-thru” model so families are able to stay in their cars and receive food.**

**Kenneth Butler Memorial Soup Kitchen**  
202 E Main ST, Greenfield (317) 462-9900  
[www.kbmsk.org](http://www.kbmsk.org)

**Food pick-up hours Monday-Friday**  
**11:00-1:00 (Lunch)**  
**5:00-7:00 (Dinner)**

**Open to all at no cost and free will offerings are accepted.**

**Food pick-up is at the east, front door. Please line-up in front of the soup kitchen building without blocking the doors of the other businesses.**

EMERGENCY

Call 911

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*Indiana Child Abuse and Neglect Hotline*

*1-800-800-5556*

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*Crisis and Support*

The Trevor Project: Call (866-488-7386) Text: START to (678678)

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*Drugs and Alcohol Education, Treatment and Referral*

National Drug Helpline: Call (844-289-0879)

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*Suicide Prevention*

Text Connect to 741741 or call 1-800-273-TALK (8255)

# **21<sup>ST</sup> CENTURY SCHOLAR ENROLLMENT**

**Families are still able to sign up for the 21st Century Scholars Program. If you would like more information about the program or would like to enroll, please visit: <https://learnmoreindiana.org>.**

**Families unable to submit the 21st Century Scholars enrollment application by the June 30th deadline due to COVID-19 illness or disruptions should submit an appeal with the Enrollment Application Worksheet as soon as possible after the deadline.**

# MANAGING CORONA VIRUS (COVID-19) ANXIETY

## ♥ For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Are you helping with younger siblings? You can help them this way!





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# 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.

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

# ANXIETY GROUNDING TECHNIQUE

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focus on your breathing, then identify

5 things  
you can  
see



3 things  
you can  
hear



4 things  
you can  
touch



2 things  
you can  
smell



1 thing  
you can  
taste



# THINGS TO DO WHILE AWAY FROM SCHOOL

- Journal!
- Write a Letter to a Friend or Family Member!
- Make a List of Things You're Grateful For!
- Read a Book or Magazine...for fun!
- Have a Dance Party with Friends via FaceTime!
- Disconnect from Social Media...even if it's just for 30 minutes!

More activities!

# THINGS TO DO WHILE AWAY FROM SCHOOL

**Virtually Tour Museums:  
Google Arts and Culture**

**Virtually Visit the Zoo:  
Cincinnati Zoo Home Safari  
Each day at Noon on Facebook**

(click link above)

# TAKE A VIRTUAL COLLEGE TOUR!

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?

**ABOVE ALL ELSE, REMEMBER TO:**

**TAKE CARE OF YOURSELF.**

**TAKE CARE OF YOUR FAMILY.**

**DO SOMETHING KIND FOR SOMEONE ELSE.**

**REACH OUT FOR HELP WHEN YOU NEED IT.**

**WE ARE ALL IN THIS TOGETHER.**

**WE ARE COUGARS!**