

APRIL 2020

CHS Counselor's Corner

Announcements, News and Updates
from CHS School Counselors

HIGHLIGHTS

Coping with Self-Isolation

Virtual Rest and
Relaxation Room

Organizational and Time
Management Tips

Testing Updates & Virtual
College Fair



A Message from your School Counselors

We sincerely hope that your family is safe and healthy during this challenging time. We recognize that the remote learning process has been a huge adjustment and that the social isolation has also had an emotional impact. During this period of virtual learning we are committed to providing our students and parents with important information and resources to help ease the way.

Helping Children and Teens Cope with Self-Isolation

National Association of School Psychologists

Stay Calm, Listen, and Offer Reassurance

***Be a role model** - Children will react to and follow your reactions. They learn from your example.

***Take time to talk** - Let your children's questions guide you. Answer their questions truthfully, but don't offer unnecessary details or facts. Don't avoid giving them the information that the experts indicate is crucial to their well-being.

***Focus on the positive** - Celebrate having more time to spend as a family. Make it as fun as possible. Do family projects, play games, go outside and get exercise.

***Establish a daily routine** - Keeping a regular schedule keeps a sense of control, predictability, calm, and well-being. Children feel empowered if they can control some aspects of their life.

***Identify projects that might help others:** This could include writing letters to neighbors, healthcare workers or others who are stuck home alone; send positive messages over social media; or reading a children's book on a social media platform for younger children to hear.

***Demonstrate deep breathing:** Deep breathing is a valuable tool for calming the nervous system. Do breathing exercises with your children.



Parenting During COVID

Minding Your Mind

"Teens, Tweens & Quarantine"

Parent Webinar

https://zoom.us/webinar/register/WN_WhkD7DUR9G7QaCzM7rW8w



Well Being Therapy

"Managing Meltdowns from Toddlers to Teens"

Director Lauren Muriello hosts a weekly parenting workshop

<https://mailchi.mp/wellbeingtc/stop-texting-and-smell-the-roses-800573?e=36ba542f98>

Good Grief -Grief & Support Services

COVID resources for families

<https://good-grief.org/covid-19/>

Need a break?

*Explore the Virtual
Rest and Relaxation Room to
Stop, Breathe, and Reconnect*

*Enjoy all the benefits of
Room A114 from home~*

*Guided meditation, relaxing music, sleep
strategies, mobile apps and more!*

Here's the link to go visit:

<https://sites.google.com/chatham-nj.org/chathamrestandrelaxation/home>

it's 10 pm do you know where your homework is?



Does it seem like time is flying by, yet you have nothing but time?

Feel like you are always in catch-up mode?

Do you spend your day feeling very busy but then wondering why you didn't accomplish much?

Do you feel like you have fallen out of your routine?



want to get organized?

Check out our Organizational and Time Management Tips!

<https://www.chatham-nj.org/Domain/1298>

**Distance Learning-Time Management, Organization &
Study Skills**

Testing Updates



It's good to be prepared, but give yourself a bit of a break with preparing for standardized testing. There is a good chance that you won't be able to test for a few months now, so don't over do it on the prep when you might not be testing soon!

SAT Updates

***The JUNE administration of the SAT has been canceled**

***The March and May administrations of the SAT are canceled**

Students who were registered for June and those in the class of 2020 who do not have SAT scores will have early access to registration for the August, September and October administrations.

Starting in August, the SAT plans (as long as it is safe) to offer weekend SAT administrations every month until the end of the calendar year (December). Students can begin registering in May.

ACT Updates

***The April administration of the ACT was canceled**

***At this time the remaining tests for the school year are:**

> June 13th

> July 18th

**For more information on both the SAT and ACT updates, please refer to:
<https://www.chatham-nj.org/Page/15480>**

Attention Juniors!

2020 VIRTUAL COLLEGE FAIRS



STRIVE VIRTUAL COLLEGE EXPLORATION

Monday, April 20 – Friday, May 8, 2020

3 weeks of virtual presentations for juniors to explore college opportunities

450 colleges in 47 states & 13 countries

Free for students

***Program was extended- 2 more weeks added!!**
<https://www.strivescan.com/virtual/>



**Navigate 2020 Virtual Conference and
College Fair**

May 4th-6th 2020 Eastern Time

<https://virtualgotocollegefairs.com>