

CHEEKTOWAGA CENTRAL SCHOOL DISTRICT

MIDDLE SCHOOL

Mrs. Mary Morris
Superintendent of Schools

Mr. Micah Hanford, Principal
Mrs. Elizabeth Zaccarine Assistant Principal

Dear Parent(s) and/or Guardian(s),

The Cheektowaga Central Middle School Counseling Center is here to help support the social and emotional well-being of your child during this event. We understand that you may experience some significant adjustments to your family routines and are hopeful that our resources may help meet this need. The CCMS Counseling Center plans to send student emails and post various activities on google classroom for the duration of our time out of school. Please see our contact information below and don't hesitate to contact with any questions or concerns you have.

Kimberly Nichols

knichols@ccsd-k12.net

5th Grade-Mr. Wasner & Ms. Cieplinski (google classroom-asegv5g)

6th Grade (google classroom-x3wjggn)

Melissa Goc

mgoc@ccsd-k12.net

5th Grade-Mrs. Musialowski & Mr. Skierczynski (google classroom-asegv5g)

7th Grade (google classroom-524nis6)

Lauren Smith

lsmith1@ccsd-k12.net

5th Grade-Mrs. Conrad & Ms. Riddoch (google classroom-asegv5g)

8th Grade (google classroom-j4djxiu)

Nancy Kean

nkean@ccsd-k12.net

Middle School Social Worker

Katie Boutot

kboutot@ccsd-k12.net

Middle and High School Psychologist

Sincerely,
CCMS Counseling Center

NEUROPSYCHOLOGY

Dr. Kevin Duffy

884 Brighton Road, Tonawanda NY
Phone: (716)836-9460

Dr. Michael Santa Maria

445 Tremont St. #331,
N. Tonawanda NY 14120
Phone: (716)690-2560

Dr. Lisa Jackson

4955 N. Bailey Ave., Amherst NY 14226
Phone: (716)833-0292

Domestic Violence

Family Justice Center

438 Main St, Suite 201, Buffalo
(716)558-7233

Domestic Violence Hotline

(716)884-6000

***dial 211** resources for: food, clothing,
dental, health, legal, etc.

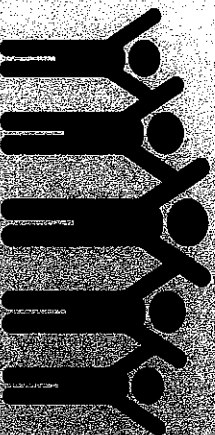
*In the event of a medical or mental health
EMERGENCY please **dial 911**

Updated Feb. 27, 2019



CCSD

**Community
Resource Links**



Cheekowaga Central Middle School

Counseling Center

Mrs. Formato (Secretary) 686-3649

School Social Worker

Mrs. Kean 686-3658

School Psychologist

Mrs. Bourl 686-3654

Counselors

Mrs. Nichols (9th & 6th) 686-3650

Mrs. Gog 6th & 7th) 686-3651

Mrs. Smith (5th & 8th) 686-3652

COUNSELING

**Best Self Behavioral Health-Parent/Child
Interactive Therapy :**

Intake: (716) 884-0888

Catholic Charities

2875 Union Road, Cheektowaga NY 14225

Phone: (716) 681-7394

Child and Family Services

3901 Genesee Street, Cheektowaga, NY 14225

Phone: (716) 681-5718

Endeavor

1526 Walden Ave-suite 400

Cheektowaga NY 14225

Phone: (716) 895-6700

WNY Psychotherapy Services

315 Alberta Drive, Amherst NY 14226

Phone: (716) 837-6705

Healing Hearts Counseling

2478 George Urban Blvd

Phone: (716) 601-6220

PSYCHIATRY

Children's Psychiatry Clinic

1028 Main Street, Buffalo NY 41202

Phone: (716) 858-5460

UBMD Psychiatry

4995 N. Bailey Ave - Suite 130,
Amherst NY 14226

Phone: (716) 835-1246

WNY Psychotherapy Services (under 18)

Vicki Murphy; PMH NP-BC

315 Alberta Drive-Suite 221, Amherst NY 14226

Phone: (716) 837-6705

SPECIALISTS

ADHD

William Oldfield, LCSW-R

3620 Harlem Road, Suite 7

Cheektowaga, NY 14215

Phone: (716) 838-2811

Buffalo Hearing & Speech

Social Communication Program.

LeAnn Terrane - (716) 885-8318 ext 2271

Steve Miller - (716) 885-8318 ext. 2289

AUSTIN

The Summit Center

150 Stahl Road, Getzville NY 14068

Phone: (716) 629-3400

Oishel Children's Outpatient Center

1001 Main St, Buffalo NY 14203

Phone: (716) 838-2811

SPECIALISTS Continued

Death Of A Loved One

Wilson Support Center

(Group, They will refer for individual)

Phone: (716) 901-0289

Brightside Counseling Center

(individual grief counseling)

2560 Walden Ave—suite 101

Phone: (716) 783-0407

Substance Abuse

Horizon Health Services

Intake: (716) 831-1800

Brylin Behavioral Health Services

633-1927 (Outpatient) 886-8200 (Inpatient)

Eating Disorders

Buffalo Center for Eating Disorders

Treatment Program

95 John Muir Dr. -Suite 104,

Amherst NY 14228

Phone: (716) 276-6939

Immediate Mental Health Crisis

Crises Services (18 or older)

Phone (716) 834-3131 24 Hour Hotline

Spectrum Cares (under 18)

Phone (716) 882-4357

Trans Lifeline Hotline

1-877-565-8860



NATIONAL ASSOCIATION OF
School Psychologists



National
Association of
School Nurses

February 29, 2020

Talking to Children About COVID-19 (Coronavirus) A Parent Resource

A new type of coronavirus, abbreviated COVID-19, is causing an outbreak of respiratory (lung) disease. It was first detected in China and has now been detected internationally. While the immediate health risk in the United States is low, it is important to plan for any possible outbreaks if the risk level increases in the future.

Concern over this new virus can make children and families anxious. While we don't know where and to what extent the disease may spread here in the United States, we do know that it is contagious, that the severity of illness can vary from individual to individual, and that there are steps we can take to prevent the spread of infection. Acknowledging some level of concern, without panicking, is appropriate and can result in taking actions that reduce the risk of illness. Helping children cope with anxiety requires providing accurate prevention information and facts without causing undue alarm.

It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Parents should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy. However, children also need factual, age appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and spread of disease. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

Specific Guidelines

Remain calm and reassuring.

- Children will react to and follow your verbal and nonverbal reactions.
- What you say and do about COVID-19, current prevention efforts, 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.

Avoid excessive blaming.

- When tensions are high, sometimes we try to blame someone.
- It is important to avoid stereotyping any one group of people as responsible for the virus.
- Bullying or negative comments made toward others should be stopped and reported to the school.
- Be aware of any comments that other adults are having around your family. You may have to explain what comments mean if they are different than the values that you have at home.

Monitor television viewing and social media.

- Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present.
- Speak to your child about how many stories about COVID-19 on the Internet may be based on rumors and inaccurate information.
- Talk to your child about factual information of this disease—this can help reduce anxiety.
- Constantly watching updates on the status of COVID-19 can increase anxiety—avoid this.
- Be aware that developmentally inappropriate information (i.e., information designed for adults) can cause anxiety or confusion, particularly in young children.
- Engage your child in games or other interesting activities instead.

Maintain a normal routine to the extent possible.

- Keep to a regular schedule, as this can be reassuring and promotes physical health.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

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.
- For additional factual information contact your school nurse, ask your doctor, or check the <https://www.cdc.gov/coronavirus/2019-ncov/index.html> website.

Know the symptoms of COVID-19.

- The CDC believes these symptoms appear in a few days after being exposed to someone with the disease or as long as 14 days after exposure:
 - Fever
 - Cough
 - Shortness for breath
- For some people the symptoms are like having a cold; for others they are quite severe or even life threatening. In either case it is important to check with your child's healthcare provider (or yours) and follow instructions about staying home or away from public spaces to prevent the spread of the virus.

Review and model basic hygiene and healthy lifestyle practices for protection.

- Encourage your child to practice every day good hygiene—simple steps to prevent spread of illness:
 - Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds).
 - Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow. Do not share food or drinks.

- Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.
- Giving children guidance on what they can do to prevent infection gives them a greater sense of control over disease spread and will help to reduce their anxiety.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness.

Discuss new rules or practices at school.

- Many schools already enforce illness prevention habits, including frequent hand washing or use of alcohol-based hand cleansers.
- Your school nurse or principal will send information home about any new rules or practices.
- Be sure to discuss this with your child.
- Contact your school nurse with any specific questions.

Communicate with your school.

- Let your school know if your child is sick and keep them home. Your school may ask if your child has a fever or not. This information will help the school to know why your child was kept home. If your child is diagnosed with COVID-19, let the school know so they can communicate with and get guidance from local health authorities.
- Talk to your school nurse, school psychologist, school counselor, or school social worker if your child is having difficulties as a result of anxiety or stress related to COVID-19. They can give guidance and support to your child at school.
- *Make sure to follow all instructions from your school.*

Take Time to Talk

You know your children best. Let their questions be your guide as to how much information to provide. However, don't avoid giving them the information that health experts identify as critical to ensuring your children's health. Be patient; children and youth do not always talk about their concerns readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. It is very typical for younger children to ask a few questions, return to playing, then come back to ask more questions.

When sharing information, it is important make sure to provide facts without promoting a high level of stress, remind children that adults are working to address this concern, and give children actions they can take to protect themselves.

Information is rapidly changing about this new virus—to have the most correct information stay informed by accessing <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Keep Explanations Age Appropriate

- Early elementary school children need brief, simple information that should balance COVID-19 facts with appropriate reassurances that their schools and homes are safe and that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people take every day to stop germs and stay healthy, such as washing hands. Use language such as “adults are working hard to keep you safe.”
- Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community. They may need assistance separating reality from rumor and fantasy. Discuss efforts of school and

community leaders to prevent germs from spreading.

- Upper middle school and high school students are able to discuss the issue in a more in-depth (adult-like) fashion and can be referred directly to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID-19. Having such knowledge can help them feel a sense of control.

Suggested Points to Emphasize When Talking to Children

- Adults at home and school are taking care of your health and safety. If you have concerns, please talk to an adult you trust.
- Not everyone will get the coronavirus (COVID-19) disease. School and health officials are being especially careful to make sure as few people as possible get sick.
- It is important that all students treat each other with respect and not jump to conclusions about who may or may not have COVID-19.
- There are things you can do to stay health and avoid spreading the disease:
 - Avoid close contact with people who are sick.
 - Stay home when you are sick.
 - Cover your cough or sneeze into your elbow or a tissue, then throw the tissue in the trash.
 - Avoid touching your eyes, nose, and mouth.
 - Wash hands often with soap and water (20 seconds).
 - If you don't have soap, use hand sanitizer (60–95% alcohol based).
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Additional Resources

Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Talking-With-Children-Tips-for-Caregivers-Parents-and-Teachers-During-Infectious-Disease-Outbreaks/SMA14-4886>

Coping With Stress During Infectious Disease Outbreaks, <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About, <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>

For more information related to schools and physical and mental health, visit www.nasponline.org and www.nasn.org.

30

Things YOU can do for YOUR Emotional Health

<p>Practice a breathing technique.</p> <p>1</p>	<p>Make a list of the feelings you can think of.</p> <p>2</p>	<p>Play emotion charades. Can your family guess your feeling?</p> <p>3</p>	<p>Write a letter to someone to let them know you appreciate them.</p> <p>4</p>	<p>Do your chores without being asked.</p> <p>5</p>	<p>Make a poster about KINDNESS for your classroom.</p> <p>6</p>
<p>Make a list of 10 ways to show respect at school.</p> <p>7</p>	<p>Explain to an adult what empathy means.</p> <p>8</p>	<p>Go outside and count how many things that are red.</p> <p>9</p>	<p>Make a list of 30 things you are grateful for.</p> <p>10</p>	<p>Practice hot cocoa breathing. Smell the cocoa and cool it off!</p> <p>11</p>	<p>Clean up without being asked.</p> <p>12</p>
<p>Make a list of 25 things you love.</p> <p>13</p>	<p>Write what it means to be a good friend.</p> <p>14</p>	<p>Make a list of all the ways you showed kindness this week.</p> <p>15</p>	<p>Write about your hero.</p> <p>16</p>	<p>Talk to an adult about your favorite place.</p> <p>17</p>	<p>Write a note to someone you miss.</p> <p>18</p>
<p>Practice sitting still for one minute. What sounds did you hear?</p> <p>19</p>	<p>Name 3 ways you can calm down in you are feeling stressed.</p> <p>20</p>	<p>Make a card for someone you love.</p> <p>21</p>	<p>Draw a picture of your future self. What is your career?</p> <p>22</p>	<p>Make a list of things that are important to you.</p> <p>23</p>	<p>Read a book. What feelings did you notice as you read?</p> <p>24</p>
<p>Ask an adult about a career they are interested in.</p> <p>25</p>	<p>Try to name 10 different colleges.</p> <p>26</p>	<p>Name 3 things you love doing and 1 thing you want to try.</p> <p>27</p>	<p>Name 3 things you can do to be helpful in your community.</p> <p>28</p>	<p>Play a game with someone.</p> <p>29</p>	<p>Name 5 things you love about yourself.</p> <p>30</p>

DIGITAL RESOURCES

- [BrainPop](#)
- [KidsActivities.Com](#) (List of educational companies offering free subscriptions)
- [Amazing Educational Resources](#) (List of free educational resources)
- [Asking For Help In School](#)
- [Study Skills - Managing Your Time](#)
- [Thinking Skills + Video Games - Time Management](#)
- [Nearpod](#)

- [Body Scan for Kids](#)
- [Guided Breathing](#)
- [Mindful Breathing](#)
- [Stress Relief](#)
- [Newsela SEL](#)
- [Calm](#)
- [Humble Warriors Yoga YouTube Channel](#)

- [College + Career Readiness Video](#)
- [CareerOneStop](#)
- [Getting Into College - Info for Middle Schoolers and Families](#)
- [Education Planner - Career Clusters Activity](#)

- [Parent Toolkit](#)
- [What To Do \(And Not Do\) When Children Are Anxious](#)
- [Coronavirus Explained for Kids](#)
- [Coping with COVID-19](#) (Free download from The Guidance Alliance)
- [Remind.com](#)