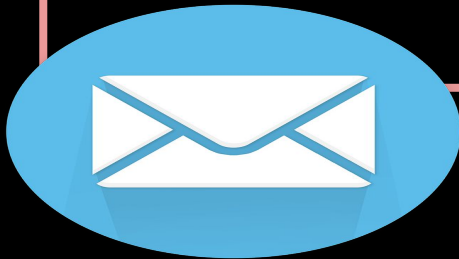


# West High School Student Support

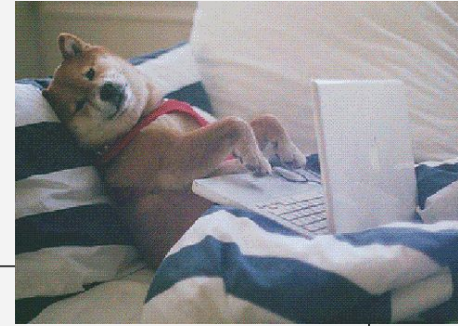
*INFORMATION TO SUPPORT YOU DURING  
THIS TIME AWAY FROM SCHOOL*



Please remember to check your school email often. Updates and information will be coming out through your school email, and it's the best way to stay up-to-date!



# We are only an email away...



Arts, Communication, Business	Ryan Topliff	<a href="mailto:topliffr@waterlooschools.org">topliffr@waterlooschools.org</a>
ELL	Sheila Houston	<a href="mailto:houstons@waterlooschools.org">houstons@waterlooschools.org</a>
Engineering, Technology, & Manufacturing	Kisha Smith	<a href="mailto:smithks@waterlooschools.org">smithks@waterlooschools.org</a>
Health Services	Brooke Hottle	<a href="mailto:hottleb@waterlooschools.org">hottleb@waterlooschools.org</a>
Human Services & IB	Jessica Wass	<a href="mailto:wassj@waterlooschools.org">wassj@waterlooschools.org</a>
PBDA	Marsha Watters	<a href="mailto:wattersm@waterlooschools.org">wattersm@waterlooschools.org</a>



# Check in With Your Counselors!

YOUR COUNSELORS  
ARE AVAILABLE  
VIA EMAIL!

SCHOOL  
COUNSELOR  
I'LL BE THERE FOR YOU



WE ARE CHECKING EMAIL OFTEN!



**CAN WE DO IT?**



**YES WE CAN!**



[memegenerator.net](http://memegenerator.net)

**HIGH FIVE**



**WE GOT THIS**

**Check out updated information  
on our website!**

**WEST**

**COUNSELING**

**WEBSITE**

**(CLICK TO BE REDIRECTED TO WEBSITE)**



# Where can I go for information?

## WCSD COVID INFORMATION (CLICK FOR DIRECT LINK)

Our curbside meal pick-up starts Monday, March 23 and will happen each weekday. The name and age of each of the children in your vehicle will be recorded to ensure each child only gets one meal. Please **STAY IN YOUR VEHICLE** with your children and only get the meals you need for those in your house that are 18 & younger. Students may also walk up to get a meal but will not be allowed in the building. Here is the schedule:

- 9–10am Cunningham, Kingsley, and Orange
- 10–11am Kittrell, Highland
- 11am–12pm Becker and Lou Henry
- 12–1pm Irving, Lincoln, Poyner
- 9am–12pm Education Service Center, 1516 Washington St. (site for Lowell)



EMERGENCY

Call 911

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*Iowa Coalition Against Sexual Assault (IowaCASA)*

*Iowa Victim Service Hotline: Call 1-800-770-1650*

*Text: IOWAHELP to 20121*

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*Crisis and Support*

*YouthLine: Call (877.968.8491) Text: teen2teen to (839863)*

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*Crisis, Support, LGBTQ*

*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)*





# Success Street Mental Health Services

**Black Hawk–Grundy Mental Health Center school–based mental health therapists, as part of Success Street, remain available for appointments during this time. Appointments with your child’s school–based mental health therapist are available at Black Hawk–Grundy Mental Health Center, located at 3251 W. 9th St. in Waterloo. For more information, to schedule an appointment for your child, or to discuss concerns with your child’s therapist, please call 319–234–2893.**



Students.....

**PLEASE CHECK YOUR EMAIL OFTEN!**



# Need Internet Access?

Mediacom offers a program for those who meet their qualifications (must qualify for free/reduced lunch):

- Free for 60 days, then \$9.95/month
- Call 1-855-904-2225
- <https://mediacomc2c.com/>

OR Contact West Librarian Alyssa Bruecken at  
[brueckena@waterlooschools.org](mailto:brueckena@waterlooschools.org)



**HANG IN THERE MAN**



**WE CAN  
DO THIS**

# Work on your Hawkeye or Edgenuity Classes!

- All Hawkeye classes have moved to online format. Make sure you are logging into Canvas to keep up with your classes!

- If you are in a Credit Recovery or PBDA class, you have been given free movement. You can take quizzes at home. **NO TESTS AT HOME.**
- We strongly encourage you to use your time well to get classes done!



# Things to do while you're away from school:

**LEARN TO CODE!**

[Click here for Apps, websites,  
and more!](#)

**GET ACTIVE!**

Go for a walk or Run, Youtube Just Dance or other workout videos, practice yoga using youtube videos

Learn something from a podcast!

For Science lovers: [Radio Lab](#) or [Science Friday](#)

For History Buffs: [Forever ago](#)

For biographies: [Goodnight stories for rebel girls](#)

For Storytelling: [This American Life](#)



# Things to do while you're 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 is just for 30 seconds.

Center yourself when things get overwhelming by practicing these Mindfulness techniques

MORE ACTIVITIES!



# Things to do while you're away from school:

VIRTUALLY TOUR  
MUSEUMS

Google Arts and  
Culture

VIRTUALLY TOUR THE  
ZOO:

Cincinnati Zoo Home Safari

(Each day at noon on Facebook)

San Diego Zoo





# Continue to work on your high school plan and beyond...

- Go to [Navigator.kuder.com](https://navigator.kuder.com)
- Use your school username and password
- Devon Winters is our West High Navigator contact  
(wintersd@waterlooschools.org)
- Take interest inventories and career assessments, explore careers/colleges and save them to your profile!



# Take a Virtual College Tour!

- While many colleges are cancelling campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Try <https://www.youvisit.com/collegesearch/> or <https://www.campusreel.org/>
- Look at their majors...do they have what you're interested in? What are the costs? Are there scholarship opportunities?
- Use this calculator to estimate the cost of college:  
<https://www.finaid.org/calculators/awardletter.phtml>



# ACT Resources

Click on this link to go directly to  
the ACT website



PRACTICE FOR THE ACT

**Please email Ashley Reimer at [reimera@waterlooschools.org](mailto:reimera@waterlooschools.org) if you would like FREE ACT Prep resources through Edgenuity. Let her know which section you would like to 'prep' (math, reading, science, etc.)**



# Find Scholarships!

- Visit our Google Doc for a list of local, state, and national scholarships available!

OR

- Create a [Raise.Me](#) account
- Search [ICAN's scholarship database](#)

[WEST HIGH](#)  
[SCHOLARSHIPS SITE](#)

(CLICK LINK TO BE REDIRECTED)



# Seniors... File your FAFSA if you haven't already!

1. Create an FSA ID (basically a username and password) before you file. Go to <https://fsaid.ed.gov/npas/index.htm>
2. Parent/guardian creates an FSA ID. Use the same website in step #1.
3. Write down (or put them in your phone's notes) both of your usernames and passwords—you will need to use this to file every year you are in college.
4. Go to [www.fafsa.gov](http://www.fafsa.gov) to file your FAFSA! If you are planning to go to college for the 2020–2021 school year then that is the FAFSA you fill out.



# NCAA/NAIA

Student athletes who want to continue sports in college...create your accounts for NCAA/NAIA.

- NAIA

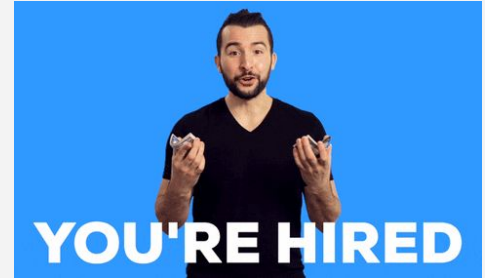
- <https://www.naia.org/student-athletes/future-student-athletes/index>

- NCAA

- <https://web3.ncaa.org/ecwr3/>



# Build a Resume (all grade levels!)



Resume should include:

Work on your activity résumé! Think about what you've done in your high school career and get it on a Google Doc so you can edit year after year.

- **Contact info (name, mailing address, email, phone number)**
- **Education (school, cumulative GPA, college prep course taken in high school)**
- **Extracurricular activities**
- **Service learning occasions/volunteer experiences**
- **Specialized trainings/certifications/accomplishments/skills**
- **Work history**

[Sample Resume](#)





# 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

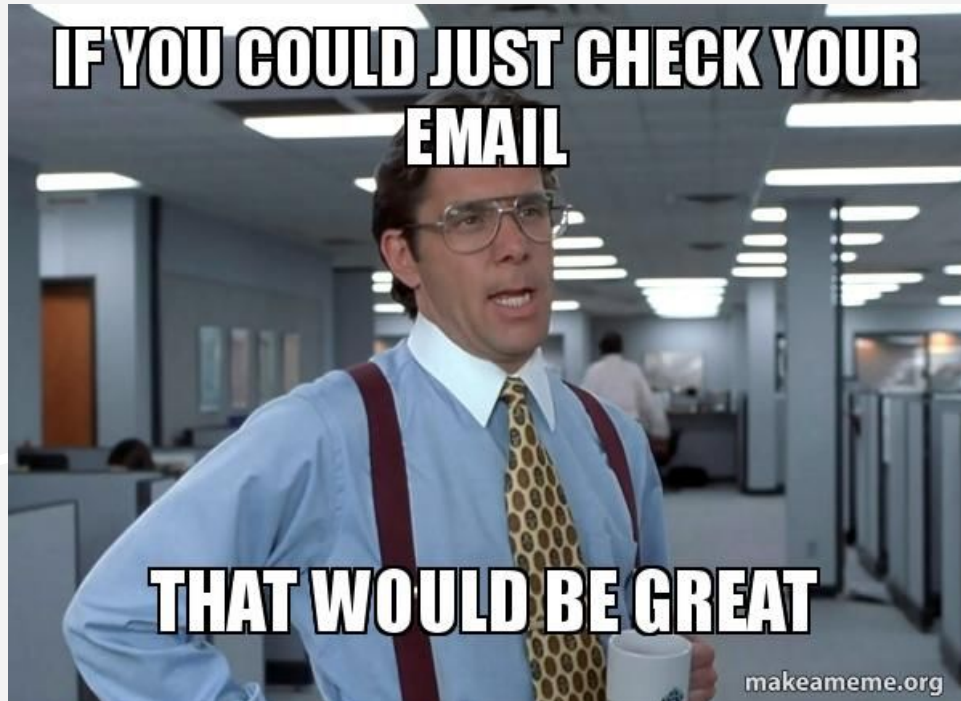
ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.





Students.....

**PLEASE CHECK YOUR EMAIL OFTEN!**



# DEAR CLASS OF 2020

YOU ENTERED THE WORLD DURING 9/11.  
YOU GRADUATE DURING A PANDEMIC.

NO DOUBT THESE EVENTS WILL SHAPE YOU.  
YOU SEE BEYOND BORDERS AND POLITICAL  
PARTIES. YOU SAVOR THE GOOD. YOU  
RELISH HEALTHY LIFESTYLE HABITS.

THE CELEBRATIONS MAY NEED TO WAIT.  
AND YOU ARE OK WITH THAT.

WE ARE PROUD OF YOU!



**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 THE WAHAWK NATION!**