West High School Student Support

Information to support you during this time away from school

RELAX

WE GOT THIS
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...

<table>
<thead>
<tr>
<th>Department</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
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</tr>
</tbody>
</table>
Check in With Your Counselors!

Your counselors are available via email!

We are checking email often!
CAN WE DO IT?
YES WE CAN!
HIGH FIVE
WE GOT THIS
Check out updated information on our website!

West Counseling Website

(Click to be redirected to website)
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)
What if I need immediate help?

**EMERGENCY**
Call 911

**Iowa Coalition Against Sexual Assault (IowaCASA)**
Iowa Victim Service Hotline: Call 1-800-770-1650
Text: IOWAHELP to 20121

**Crisis and Support**
YouthLine: Call (877.968.8491) Text: teen2teen to (839863)

**Crisis, Support, LGBTQ**
The Trevor Project: Call (866-488-7386)
Text: START to (678678)

**Drugs and Alcohol Education, Treatment and Referral**
National Drug Helpline: Call (844-289-0879)
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/](https://mediacomc2c.com/)

OR Contact West Librarian Alyssa Bruecken at 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!
Virtually tour museums

Google Arts and Culture

Virtually Tour the Zoo:

Cincinnati Zoo Home Safari
(Each day at noon on Facebook)

San Diego Zoo

Things to do while you’re away from school:
Continue to work on your high school plan and beyond...

- Go to 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
Please email Ashley Reimer at 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!

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**

- **NCAA**
  - [https://web3.ncaa.org/ecwr3/](https://web3.ncaa.org/ecwr3/)
Build a Resume (all grade levels!)

Work on your activity résume! 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.

Resume should include:

- 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]
5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

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!

IF YOU COULD JUST CHECK YOUR EMAIL
THAT WOULD BE GREAT
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!