

One Boyertown

BASD: School Counseling, SEL, and Health & Wellness



Living and Growing with COVID-19

My how time flies! As June 5th, the last day of the 2019-2020 school year rapidly approaches, many changes have taken place in society and in our lives. There is no denying that change is hard, the unknowns, the what-ifs, the anxiety of not knowing. Compounding the unknown, the physical distance between us required creative thinking and problem solving to find ways to educate, connect, and support each other. Although there have been challenges, the BASD community came together and kept moving forward. The changes that came down upon us were not asked for, planned, or within our control. It is commonly said, when one cannot control the change that one is defined by the way they respond to change. Through the challenges of moving to on-line learning, re-imagining graduation and building transitions, and all the other challenges faced, the Boyertown community, comprised of teachers, parents, administrators, board members, support staff, students, community partners, and more, has truly shown that they are **ONE BOYERTOWN**.

*As the state moves towards **YELLOW**, we offer resources to assist the BASD community with information, activities, and tips for staying healthy and well as we continue to move forward during COVID-19,*



**Action for
Happiness June
Calendar**



**2020-2021
Kindergarten**



**BASD Summer
Wellness
BINGO**



**PA Dept. of
Health
Coronavirus
Page**

Wellness and Self-Care for Families, Students, & Teachers

- **Community Health and Dental Care**- Located in the Coventry Mall, Community Health offers medical, dental, vision, OB/GYN, behavioral health, & pharmacy services to the community regardless of patient's insurance status. 610-326-9460
- **The Center for Loss and Bereavement**- The Center for Loss and Bereavement in Skippack provides meaningful connection and restorative guidance for those impacted by grief. The center offers groups for both adults and **young people**.
- **Mayo Clinic**- *COVID-19: Eating, moving and meditating are keys to staying healthy.* Dr. Elizabeth Cozine offers tips for staying healthy during COVID-19 highlighting, exercise, sleep, meditation, and diet.
- **Bravowell**- This site was developed by the Cleveland Clinic. It offers a wide range of free self-help content, including access to Cleveland Clinic health coaches where individuals can submit health and well-being questions and receive a response within one business day.
- **Resilient Educator**- Although the name implies that this resource is only for teachers, don't let the name fool you! This site contains a wealth of information that is broken down into topics . **Each topic provides specific information for teachers, families, and students.** Topics you will find on this site include: stay calm, be informed, stay healthy, maintain balance, self-care, stay motivated, think positively, embrace change, and move forward.

Mental Health

- All **KidsPeace's** outpatient locations in Lehigh offer free walk-in mental health assessments by clinically trained professionals - no appointment needed! The assessments allow for fast evaluation of mental health condition and if needed crisis intervention. The service is available during business hours at these locations:
 - **801 E Green Street** (across from Dieruff High School) 610-799-8910
 - **451 W Chew Street**, Suite #105 (St. Luke's Sacred Heart Hospital Campus) 610-799-7100
 - **KidsPeace Broadway Campus Family Center** (1620 Broadway, Bethlehem) 610-799-8600
- **The Department of Human Services (DHS)** and the Center for Community Resources (CCR) created a new **Statewide Support & Referral Helpline**. It is available 24/7 to respond to those struggling with anxiety and emotions due to the COVID-19 emergency. The Mental Health Support Line can be reached **toll-free, 24/7 at 1-855-284-2494** from anywhere in PA.
- **Mobile Crisis**- to speak with a mental health crisis worker:
 - Berks County**, Service Access Management @ **610-236-0530**
 - Montgomery County** Mobile Crisis @ **1-855-634-4673**
- **Safe 2 Say Something** -if you have concerns about another individual who may be in crisis, you can access Safe 2 Say by calling **1-844-723-2729** , using the Safe 2 Say APP, or by visiting <http://safe2saypa.org>

What is Social Emotional Learning?

SEL is how children and adults learn to understand and manage emotions, set goals, show empathy for others, establish positive relationships, and make responsible decisions (CASEL)

CASEL describes five components of social emotional learning, self-awareness, self-management, social awareness, relationship skills, and responsible decision making. Officially, **self awareness** is, the ability to accurately recognize one's own emotions, thoughts, and values and understand how they influence behavior. Within this competency identifying emotions, the development of accurate self-perception, recognition of strengths, building of self-confidence, and self-efficacy (confidence in the ability to exert control over one's own motivation, behavior, and social environment) are at the forefront. In the simplest of terms self awareness is getting to know and becoming comfortable with who you are. Having a better understanding of one's own emotions, strengths, and confidences is the first step in managing behaviors and recognizing emotions in others. To support the development of self awareness, help your child /students learn to recognize their feelings. Take a few minutes throughout the day



to do a “feeling check.” When completing this activity ask your child / students to think about how feelings may be different regarding how they are feeling physically, cognitively, and emotionally.

SEL Resources

- [Self Awareness Video](#) - this video provides a nice overview of self-awareness and why it is important to cultivate in children.
- A Greater Good in Education, [Supporting Learning and Well-Being During the Coronavirus Crisis](#), provides parents and teachers with information and activities that promote social and emotional skills.

“If students do not engage in the process of thinking back on their experiences, they cannot truly gain deeper understanding of themselves.” Stephanie Knight

From our District Health Room

- ▶ **Physical Examinations-** Required upon original entry (kindergarten or first grade), 6th, and 11th grades. Examinations done by a family physician within one year prior to entry into the grade where an examination is required and recorded on a state form are acceptable by state regulations. Forms can be obtained through the health room or by downloading the [Physical Exam Form](#).
- ▶ **Dental Exams-** Required upon original entry (kindergarten or first grade), 3rd, and 7th grades. Parents are advised to have these examinations done by their family dentist because he/she is familiar with the child's past dental history and is prepared to provide any necessary treatment. Examinations done by a family dentist within one year prior to entry into the grade where an examination is required and recorded on a [state form](#) are acceptable by state requirements.
- ▶ **Help Stop the Spread-** PA Department of Health offers suggestions on how to stop the spread of COVID-19.
- ▶ [Why you're unlikely to get the coronavirus from runners or cyclists](#)