

RESOURCE LIST FOR STUDENTS AND FAMILIES

HEALTH	
Exercise Calendars:	March is National Nutrition Month. Have students make their own “Exercise Calendar” and write down exercises they enjoy (aerobic, muscle strengthening, bone strengthening) each day of the week to total 60 minutes of exercise per day (appropriate amount for children and adolescents). Practice with a “JAMin’ Minute” and have parents sign off to hold kids accountable. Acts as a stress reliever, benefits physical and mental health, provides schedule/structure.
Medication/Pediatrics	<ul style="list-style-type: none"> ● CVS - free medication delivery ● ANYTIME Pediatrics Telemedicine ● PM Pediatrics - 8AM-Midnight free consultation
SOCIAL-EMOTIONAL	
Counseling	<p>Some of these agencies are providing teleconferencing as an option. Please call the number attached to the agency for more details.</p> <ul style="list-style-type: none"> ● Behavioral Health Network (BHN) - 413-737-2439 ● Gandara Mental Health - 413-736-8329 ● Mental Health Association- 413-734-5376 ● CHD – 413-737-1426 ● CT Family Services – 285-8642 ● Brightside- 788-7366 ● South Bay- 495-1500 ● River Valley-540-1234 ● School St. Counseling- 846-4300
Behavior Strategies	<ul style="list-style-type: none"> ● Centervention - K-8 behavior interventions ● Positive behavior resources and strategies ● Positive behavior support - strategies for families at home
Mindfulness & Stress Management	<ul style="list-style-type: none"> ● CosmicKids - online yoga & meditation, and lesson plans ● Mindfulness activities for children and teens ● Mindfulness for kids
Daily Schedules	Follow a structure similar to the school day and create schedules with child/adolescent, so that the student will feel more involved and likely to adhere to the schedule. Khan Academy’s mock schedule .
Daily Journal	Have students write a daily journal to help with coping, mindfulness, anxiety. Can also be used to write stories, poetry, etc.

SUPPORT to FAMILIES

Internet and Virtual Connection:	<ul style="list-style-type: none"> ● Internet companies are also offering free service for families not currently connected (e.g., Comcast Internet Essentials, Spectrum). ● Cell phones - All major carriers will have unlimited high-speed data for the next two months as part of the “Keep America Connected” pledge.
---	---

Managing Self and Child Anxiety/Stress:	<ul style="list-style-type: none"> ● CDC website for facts/tips on managing stress for parents (how to support children’s stress), responders, and those who have been released from quarantine. ● Behavioral Health Network/Crisis – 417 Liberty St. Entrance B, Springfield – 733-6661. ● Samaritans Statewide Helpline - 24/7 crisis service for those in need of emotional support
Managing Social Media	Guide for families on addressing/raising awareness on social media usage for youths.
Parenting During Isolation:	<ul style="list-style-type: none"> ● abcnews website on “parenting during isolation” advice from parenting expert Rachel Simmons. ● Home with Kids - A collection of suggestions ● Playworks – games families can do at home through social media.
Food:	<ul style="list-style-type: none"> ● Food Bank of Western Mass. – The mobile Food Bank will be resuming operations on Monday, March 23rd. Please call the number first before going to the site. Here are some of the Food Bank locations: <ul style="list-style-type: none"> Open Pantry – 35 Chestnut St.- 731-5668 Mobile Market- Open Pantry- 260 State Street, 731-5668 Mobile Market- Springfield Saab Court- 18 Saab Court, 747-0127 Mobile Market- Dakin – 171 Union St. – 247-9738 Mobile Market- Dunbar- 33 Oak St, 247-9738 Mobile Market- North End- 50 Waverly St., 247-9738 <p>Gray House – 22 Shelton St, 734-6696 SNAP Benefits – 247-9738 , press #2 for Directory</p>