

## ~ Horizon Middle School Winter Break Resources Newsletter ~



12/18/20

Dear Horizon students and families,

As we enter the winter break in the midst of a pandemic, we know that this year looks a lot different for everyone. We want to acknowledge that this time is a challenging one, a time of higher anxiety, uncertainty, grief, and it's okay to feel like things are unsettled because they are. In fact, most of us are feeling these ways because the times are unusual and challenging, and everyone has needed to adapt to these unprecedented circumstances. The holidays can be stressful and exciting at the same time, it's normal to feel both, especially this year! That's why we are here to help with some information and resources to support student and family wellness. We, (Bryce Larson - Horizon Counseling Intern and Jackie Posner - Communities in Schools Site Coordinator) created a video (shared through e-mail and in Advisory) along with this newsletter to share resources and skills for coping with anxiety through this holiday season and beyond!

For your convenience, here is the link to our video:

<https://www.youtube.com/watch?v=zQJCjkReAGA&feature=youtu.be>

We also will be starting **Anxiety Support Small Groups** for each grade level beginning after the break in January 2021. These small groups will focus on developing healthy coping skills, strategies to reduce anxiety, and provide a safe support place for students. If you are not participating in this first session, you can join the next! We hope to provide several sessions throughout the year to support more students.

In this newsletter you will find mental health, emotional support, and basic needs resources to build on the information and resources shared in the video.

Please reach out to us if you have any questions!

### **Mental Health and Wellness Resources**

#### [Mental Health & Wellness Resources to Manage COVID-19 Related Stress](#)

- Includes crisis resources and non-crisis emotional support/mental health and wellness resources

#### [Ferndale High School M.E.S.S. \(Mental Emergencies Support Services Club\)](#)

- [Facebook](#)



- [Instagram](#)
- [M.E.S.S. Club Resources List \(OneNote\)](#)

[National Alliance on Mental Illness \(NAMI\) Crisis Resources](#)

- [COVID-19 Resources](#)



[Crisis Text Line](#)

[Teen Link](#)

[Mindfulness Resources](#)

- Attending to our mind and body, especially when we feel stressed can help reduce feelings of overwhelm and anxiety. Sometimes all it takes to calm our stress response is to focus on our breath and give the thinking mind a break. Try to practice mindfulness every day if you can!
- [Headspace Mindfulness/Meditation App](#)
- [Mindfulness Northwest](#)
  - Local Mindfulness training, classes, education, and resources



[Northwest Youth Services](#)

- Northwest Youth Services is a non-profit organization serving young people ages 13-24 experiencing homelessness in Whatcom and Skagit Counties. Offers housing, street outreach, help finding a job or enrolling in school, connection to mental health services, support for LGBTQ+ youth, restorative justice for juvenile offenders, and referrals to other services in the community.

[The Trevor Project](#)

- LGBTQ+ support, crisis intervention, suicide prevention, and education

Lummi Behavioral Health Project A.W.A.R.E.

- [Facebook](#)
- [Instagram](#)

[Horizon MS Counselor Corner](#)

[M.A.D.-H.O.P.E. Youth Suicide Prevention and Wellness Program](#) (NOT a crisis resource, early intervention/prevention)

- [Instagram](#)
- [Facebook](#)



### [Whatcom County Resources Spreadsheet](#)

- This sheet includes resources for mental health, financial assistance, childcare, and more! It's a work in progress, so it will continue to be updated throughout the year.

## **Basic Needs Resources**

### [Ferndale School District Food Services](#)

School Food Services only provides meals for school days, so there will not be distribution during break. They will distribute on 12/16/20, and that box will include meals for Dec 17<sup>th</sup> & 18<sup>th</sup>, as well as Jan 4<sup>th</sup> and 5<sup>th</sup> and breakfast for the 6<sup>th</sup>.

The first distribution in January will be from 10 am-noon and 5-6pm on Wed, January 6<sup>th</sup>.

For more information about Food Services, please go to:

<https://www.ferndalesd.org/reopening-plan/meal-distribution>

### [Ferndale Food Bank](#)

### [Ferndale Community Service Cooperative](#)

An amazing local resource! On their website you can learn about all the services they provide. A few of their programs include:

**The Utilities Fund** - Provides funding for families affected by COVID who need support with utility bills.

**The Family Fund** - Provides families with school supplies.

Go to their website and click on “**Programs**” to learn more about their services!

## **Tutoring Resource**

If your student needs tutoring support for their academics, please check out [Open Minds Tutoring](#) that provides weekly free sessions for students who qualify for the school free lunch program (family income at or below 130% of the poverty level) via the Ciel Foundation. Other sessions are provided on a sliding scale basis via Cedar Tree LLC.

If interested, the first step would be for parents/guardians to e-mail Kara Black at [openmindswa@gmail.com](mailto:openmindswa@gmail.com) or by calling or texting 360-676-2300.

On behalf of all Horizon staff, we wish you a very happy holiday season if you celebrate, and a restful winter break!

Happy New Year!

Please be safe and be well!

Sincerely,

**Jackie Posner**

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