

Hello **University Park Falcon students and families,**

Hi, this is Ms. Presler, and I am reaching out to you as your student's school counselor. I want you to know that even though our school building is not open, I am working and available to support your student during this time. If you or your student would like to talk to me, please contact me via email at Kristin.presler@k12northstar.org and we can work together to find a time to connect by email, phone or video.

Virtual counseling, like traditional counseling, has limitations. Although there are limitations, virtual counseling can be very effective! I know that this is a stressful time for families and students, and I want to let you know that I am still here to support you.

Social-Emotional Engagement

I'll continue to provide learning opportunities for student social-emotional wellbeing and growth. To do this, I have joined the other specialist teachers (Library, Music, Gym) on a Google Classroom to provide **optional**, online social-emotional lessons/engagement opportunities- Here are the codes:

PreK/ Ms. Titus	cy5yfhg	3rd grade	qdd7u2n
Kindergarten	aamj2wu	4th grade	wzm3as3
1st grade	t2coe35	5th grade	rwpjgd6
2nd grade	ytjome2	6th grade	pbgoua

We have also created a Upark Specials web page at <https://sites.google.com/k12northstar.org/uparkspecials/home>.

Community Resources

In non-emergency situations, students, parents, and guardians may reach out to me through email. In life threatening emergencies, please call 911. During emergencies that are non-life threatening, please consider these resources:

Fairbanks Community Mental Health: 907-371-1300 (has immediate crisis counseling)

National Suicide Hotline: Call 1-800-273-TALK (8255) or text 741741

Alaska Suicide & Crisis: (907) 452-4357 (HELP)

Visit [Community Resources](#) for information about financial assistance, housing, healthcare and medical assistance and so much more.

Our school district is making every effort to help ensure that **ALL** children (ages 18 and under) are fed while schools are closed. Breakfast and lunch are available for pick up Monday-Friday for any child, get the details here: [Nutrition Services](#)

Additionally, visit [Age-Appropriate Covid-19 Resources](#) for age-appropriate resources regarding school closure.

I look forward to supporting your student during these challenging times. Please feel free to reach out to me. I miss seeing my students, and look forward to the opportunity to continue to work with them.

Sincerely,

Kristin Presler

University Park School Counselor
Kristin.presler@k12northstar.org