



Herricks Public Schools

**Parent Guide to Supporting
Children's Social,
Emotional Well-Being**

Resources, strategies, and activities to support
children's school re-entry during the pandemic

*Recovering
Rebuilding
Renewing*



PARENT GUIDE TO SUPPORTING CHILDREN'S SOCIAL, EMOTIONAL WELL-BEING

Resources, strategies, and activities to support children's school reentry during the pandemic

August 2020

Dear Parent(s) and/or Guardian(s),

Over the past few months, we have experienced many struggles and challenges related to the pandemic and national events. As a community, we recognize the importance and value in maintaining meaningful connections during these difficult times. We would like to thank you for your continued partnership in your children's education.

As we continue to focus on our students' academic progress, we also recognize and prioritize their social-emotional well-being. We understand that many children have concerns about COVID-19 as well as the changes in the school environment. Children will likely have many questions and will experience a range of emotions, including worry, fear, frustration and grief. Both parents and teachers play vital roles in providing children with accurate information about COVID 19, effective strategies to support their emotional needs and suggestions to maintain their social connectedness.

In anticipation of our schools opening, we have prepared a resource guide for both parents and teachers which includes information on speaking with children about COVID 19, as well as resources to help meet their social-emotional needs during this transition. This guide is provided to supplement the resources shared when school closed (See the Herricks Website under E-Learning: Related Services-Counseling Supports & Guidance Department). If you have concerns about your children's adjustment to school, please contact the school counselors, social workers and/or school psychologists in your children's school.

Through our collective effort, together we will continue to navigate the challenges and move forward in meeting your children's needs.

Stay safe and be well,
District Mental Health Team

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Disclaimer: The resources, strategies and activities contained in this guide were compiled by members of the Herricks Mental Health Team. They were taken from currently available resources outside the Herricks UFSD and are therefore not under control of the district. The resources are provided as a convenience and Herricks is not responsible for the content or availability.

Prior to presenting any materials to your child, it is suggested that you review the materials to determine the appropriateness of the content for specific age groups, developmental levels, your child's specific needs, and any extenuating circumstances related to your child's history.

Talking to Children about COVID 19

Parents and extended family members play important roles in providing information to children about COVID 19. Children benefit from conversations that include clear, honest and developmentally appropriate information.

For All Children

1. [Article: 2019 Novel Coronavirus \(COVID-19\)](#)
2. [Helping Children Cope With Changes Resulting from COVID19](#)
3. [Talking with children about Coronavirus Disease 2019](#)
4. [Talking to Kids about COVID-19 \(scroll down for resources\)](#)
5. [Talking to Kids about COVID](#)
6. [How to talk to your kids about COVID-19](#)
7. [Countering COVID-19 \(Coronavirus\) Stigma and Racism: Tips for Parents and Caregivers](#)
8. [Parent/Guardian Re-entry Guide](#)

Elementary

1. [Talking to Children about COVID-19](#)
2. [How to talk to your child about mask wearing](#)

Secondary

1. [Supporting Teens During Coronavirus](#)
2. [Teens & COVID](#)

Coping with Return to School

The global health crisis has disrupted children's lives and these significant life changes led to new challenges, frustrations and often, increased worry for children. It is essential that family members help children make sense of and cope with these recent changes in their lives.

For All Children

1. [Back to School Resources](#)
2. [Coping with Mental Health Concerns During COVID-19](#)
3. [Coping With Social Anxiety During Social Distancing](#)
4. [Managing Anxiety During Reopening](#)
5. [Parent/Guardian Re-entry Guide](#)
6. Mindfulness
 - a. [How Mindfulness Can Help you Navigate the Coronavirus Panic](#)
 - b. [UCLA Mindful Awareness Research Center: Breathing and Body Scan Meditations \(Audio and Transcripts in English and Spanish\)](#)

Elementary

1. [Separation Anxiety during the COVID-19 Pandemic](#)
2. Activities
 - a. Yoga (free resources available on sites such as YouTube. For example: [Cosmic Kids](#))
 - b. Meditation (free resources available on sites such as YouTube. For example: [Mindfulness Meditation for Kids](#))

Secondary

1. [How teenagers can protect their mental health during coronavirus \(COVID-19\)](#)
2. [Supporting Teenagers and Young Adults During the Coronavirus](#)
3. Mindfulness APPS for your smart phone (please note some apps may require purchase):
 - a. Calm.com (<http://www.calm.com>) [free trial available]
 - b. Stop, Breathe and Think (<http://stopbreathethink.org>)
 - c. Headspace (<https://www.headspace.com>) [free trial available]
 - d. Meditation Oasis (<http://hvrld.me/YFbe3>)
 - e. The UCLA Mindful Awareness Research Center (<http://hvrld.me/YFbip>)
 - f. The Chopra Center (<http://hvrld.me/YFboO>)
 - g. Meditation teachers like Tara Brach (<http://hvrld.me/YFbsR>)

4. Activities

- a. Yoga (free resources available on sites such as YouTube. For example: [Yoga for Teens](#))
- b. Meditation (free resources available on sites such as YouTube. For Example: [Guided Meditation for Teenagers](#))

Building Resilience

Resilience is the ability to “bounce back” or cope with challenges. Given that difficult and challenging times are inevitable, it’s important to help our children build resiliency skills to learn how to cope.

For All Children

1. [30+ Tips for Building Resilience in Children](#)
2. [Building Resilience](#)
3. [Conscious Discipline: Webinar: Resilience in Uncertain Times](#) (see free webinars)
4. [The Child Mind Institute-How to Foster Resilience in Kids](#)
5. [Will My Child Bounce Back From the Coronavirus Crisis?](#)
6. [Parent/Guardian Re-entry Guide](#)

Secondary

1. [Resilience for Teens: Got Bounce?](#)

Work and Family Balance

Finding a balance between work and family life has become increasingly complicated during this time. COVID-19 may have left you feeling burnt out, overworked and stressed. It is important to exercise self-care and manage expectations.

For All Parents

1. [Parent/Guardian Re-entry Guide](#)
2. [Developing a Self Care Plan](#)
3. [6 Tips for Better Work - Life Balance](#)
4. [Podcast: Work Life Equation](#)
5. [How Mindfulness Can Help You Navigate The Coronavirus Pandemic](#)
6. [A Guide for Working from Home Parents](#)

Identifying & Supporting Children When They Need Help

During this time of uncertainty and unprecedented challenges, it is important to differentiate between typical worries and concerns versus behaviors that require interventions. With anxiety at an all time high, it is critical to identify when children are overwhelmed and provide them with strategies to manage those feelings.

For All Children

1. [Talking to Kids When They Need Help](#)
2. [How Mindfulness Can Help you Navigate the Coronavirus Panic](#)
3. [UCLA Mindful Awareness Research Center: Breathing and Body Scan Meditations \(Audio and Transcripts in English and Spanish\)](#)
4. [Take a Break, Keep Perspective, Be Kind in Uncertain Times](#)
5. [Signs of Trauma in Children](#)
6. [Symptoms of Mental Health Issues](#)
7. [Cohen Children Medical Center](#)
8. [Pediatric Behavioral Health Urgent Care Center](#)
9. Phone Apps to Download (please note some apps may require purchase):
 - a. [Calm App](#) [free trial available]
 - b. [Stop, Breathe, Think App](#)
 - c. [Headspace App](#) [free trial available]
 - d. [Meditation Oasis](#)
 - e. [UCLA Mindful Awareness Research Center](#)
 - f. [Meditation Teachers](#)

Elementary

1. [5 Ways To Help Your Children With Coronavirus Anxiety](#)
2. [Talking to Children About COVID-19](#)
3. [Answering Children's Difficult Questions](#) (free webinars)

Secondary

1. [6 Tips for Coping with COVID-19](#)
2. [How teenagers can protect their mental health during coronavirus \(COVID-19\)](#)
3. [Supporting Teenagers and Young Adults During the Coronavirus](#)

Listing of School Support Staff
<i>Elementary</i>
Center Street School Dr. Jean Anne Agoglia, School Psychologist (jagoglia@herricks.org; 516-305-8310) Marisa Pugliese, School Social Worker (mpugliese@herricks.org) Searingtown School Maureen Andres, School Psychologist (mandres@herricks.org; 516-305-8510) Kathy Wong, School Social Worker (kwong@herricks.org; 516-305-8513) Denton Avenue School Dr. Stacey Souravlis, School Psychologist (ssouravlis@herricks.org; 516-305-8410) Jaclyn Mirabile, School Social Worker (jmirabile@herricks.org; 516-305-8432)
<i>Secondary</i>
Herricks Middle School Jaclyn Tamura, School Psychologist (jtamura@herricks.org; 516-305-3630) Jessica Eichin, School Psychologist (jeichin@herricks.org; 516-305-3631) Christina Juarbe, School Social Worker (cjuarbe@herricks.org; 516-305-8632) Michele Ng, School Social Worker (part-time; mng@herricks.org) Dennis Conroy, School Counselor (dconroy@herricks.org; 516-305-8727) Stephanie Gallo, School Counselor (sgallo@herricks.org; 516-305-8727) Kerrin Muller, School Counselor (kmuller@herricks.org; 516-305-8727) Herricks High School Dr. Steven Shatz, School Psychologist (sshatz@herricks.org; (516-305-8730) Dr. Mike Yoo, School Psychologist (myoo@herricks.org; (516-305-8731) Nicole Cestari, School Social Worker (ncestari@herricks.org; (516-305-8732) Heather Imondi, School Social Worker (hiamondi@herricks.org; (516-305-8765) Tara Kilkelly, School Social Worker (tkilkelly@herricks.org) Meredith Cofer, School Counselor (mcofer@herricks.org; 516-305-8721) Jane Germann, School Counselor (jgermann@herricks.org; 516-305-8721) Danielle Gigante, School Counselor (dgigante@herricks.org; 516-305-8721) Joseph Lee, School Counselor (jlee@herricks.org; 516-305-8721) Erin Molinet, School Counselor (emolinet@herricks.org; 516-305-8721) Shelter Rock Academy Dr. Annegret Brown, School Psychologist (abrown@herricks.org; (516-305-8882) Heather Imondi, School Social Worker (hiamondi@herricks.org; (516-305-8884)
<i>Pupil Services Office & Administration</i>
Director of Pupil Services Lois Jankeloff (ljankeloff@herricks.org; (516-305-8904) Assistant Director of Pupil Services Eleni Chronas (echronas@herricks.org; (516-305-8904) Director of Guidance Natasha Khan (nkhan@herricks.org; (MS 516-305-8657, HS 516-305-8721)

Community Resources and Agencies

I. **Food/Financial**

- Island Harvest - 631-873-4775 - provides supplemental food support
- 211 Long Island Call Center - [211 referrals](#) or call 2-1-1 or toll free, 1.888.774.7633. Can also call for help with heating emergencies in the winter.

- **Local Food Pantry List**

New Hyde Park

Notre Dame Parish - Call for an app.
Mon-Thurs

11501

1 Aberdeen Road
(516) 326-3403
Contact: Dee Farishian

Mineola

The Center for Combating Hunger
199 Second Street, Mineola, NY

M-F 8:00-5:00 pm
(631) 873-4775 ext 204
Contact: allison@islandharvest.org

Roslyn Heights

E Joy Community Resource Center Inc
9:30-12:00pm Friday
56 Orchard Street
(516) 418-5130
Contact: Audrey Lewis

Roslyn Heights

St. Marys Outreach
9:00-3:00 Mon-Thurs
440 Round Hill Road
(516) 626-1097
Contact: Elsie Calderone

- United Way- COVID-19 Community Economic Relief Fund- 866-211-9966- Provides assistance with bills, rent, and food.
- Housing and Homeless Prevention [Housing & Homeless Prevention](#)
- Temporary Assistance - [Temporary Assistance](#)
- Unemployment Assistance - [Get Unemployment Assistance | The State of New York](#)
- New York State Insurance - To apply, visit nystateofhealth.ny.gov, or call 855-355-5777 Free/Low-Cost Health Care
- NYC Care - low-cost or free healthcare for all New Yorkers regardless of ability to pay or immigration status. This is not an insurance plan. 646-NYC-CARE, 646-692-3373 to enroll and make an appointment.
- For pregnant women with COVID-19 pregnancy related questions - 1-833-487-2273

II. **Mental Health Hotlines, and Crisis Centers:**

- Nassau County A.A. Hotline: 516-292-3040
- New York State Free Mental Health Services: 844-863-9314

- The Crisis Text Line: Text TALK to 741741
- [Family and Children's Association](#): 516-485-5976
- [Long Island Crisis Center](#): 516-679-1111
- [Nassau County Mobile Crisis and Help Line](#): 516-227-TALK (8255)
- [Adelphi Institute for Parenting Warmline](#): 516-515-1948 For non-emergency calls from parents, caregivers, and educators of young children (ages 0-6).
- [Northwell Pediatric Behavioral Urgent Care Site](#): 718-470-3148
- [Nassau County Department of Social Services](#): 516-227-8519
- [Long Island Council On Alcoholism and Drug Dependence: LICADD](#): 516-747-2606
- [The Safe Center LI](#) (Crisis Intervention for domestic violence and and child abuse/neglect)
Hotline: 516-542-0404 (24/7) Phone: 516-465-4700 // info@tscli.org
- [NAMI Queens/Nassau](#): 516-326-0797 or 718-347-7284 // Email: office@namiqn.org

Offering Telehealth Session

- JCorea Counseling Center - <https://jcoreacounseling.com/> - 516-280-7285
- Long Island Cognitive Behavioral Psychology - <https://li-cbp.com/> - 631-896-9216
- Psychological Health Collaborative www.psychhealthpartners.com - 516-466-2537
- North Shore Child and Family Guidance Center - 516-484-3174

III. Special Education Supports

- PTS Coaching - ADHD coaching free of charge: PTScoaching.com
- LIFE'S WORC - <https://www.lifesworc.org/> Services and support for people with developmental disabilities - 516-741-9000
- Long Island Advocacy Center - <http://www.theliac.org/>-516-248-2222
- Autism Response Team 1-800-AUTISM2 (English) 1-888-772-9050 (Spanish)

IV. Child Care

- SCOPE Child Care Programs
www.scopeonline.us 631-360-0800
*Priority given to First Responders & Medical Personnel
- Harbor Child Care
999 Herricks Rd, New Hyde Park, NY 11040
[Herricks Harbor Child Care](#) 516-248-7048

This document was created by:

Dr. Jean Anne Agoglia
Dr. Stacey Souravlis
Ms. Maureen Andres
Ms. Jaclyn Mirabile

Ms. Kathy Wong
Ms. Jane Germann
Ms. Erin Molinet

