

NLMS COUNSELING DEPARTMENT

XELLO ACTIVITIES: Career Readiness Portfolio

In the event of school closure, you may take the time to complete your remaining Xello Activities. Please access your gmail account where you will find an email with the Xello link as well as a list of activities by grade level that should be completed. If you are having difficulty accessing the program, please email your counselor so we can hopefully troubleshoot it.

HELPFUL RESOURCES

If you need to get in touch with me, please email me. I check my email numerous times throughout the day:

Mrs. Brown -- lbrown@nlsd.org

Mental Health Resources:

<https://www.media.pa.gov/Pages/Education-Details.aspx?newsid=450>

Crisis Intervention

24 hour Emergency Mental Health Services. Call (610) 782-3127

Nulton Diagnostic and Treatment Center

- <https://nulton.com/>
- (610) 224-9311

Suicide Hotline

1-800-273-8255

Safe 2 Say (a reporting tool if you fear for a peers safety)

- <https://www.safe2saypa.org/>
- Tel:+18447232729

Food Resources:

- Burger King: Offering free meals to families during this time. You can visit this link for more information - LINK:
- <https://www.today.com/food/burger-king-offer-free-kids-meals-amid-coronavirus-pandemic-t176377>

- Northern Lehigh is offering free grab and go meals. The Grab-N-Go Meal distribution schedule has changed to reduce the amount of contact among our staff and the number of times families must leave their homes to pick up meals. The new meal distribution schedule will be every Monday, Wednesday, and Friday.
 - Time: 11:00am until 1:00pm
 - Location: Front of Northern Lehigh Middle School
 - All Northern Lehigh resident children, even if they attend a private or charter school, are eligible to participate. There will be enough food in each bag for the two day period.
- **Northern Lehigh Food Bank** Location: 7884 Center St. Slatington 610-767-9525
 - Office Hours are every Tuesday 9:00 am-12:00 pm
 - Distribution Hours are as follows:
 - First, Second, and Third Thursday of each month 4:00 pm - 7:00 pm
 - Last Saturday of the month 9:30 am - 12:00 pm
 - Second and Fourth Monday of each month 1:00 pm - 3:00 pm

***Important: Please call the food pantries to confirm that the hours have not changed. We do our best to provide full information and details, but food pantries often change their hours without notifying us. We do not want you to waste your time visiting a pantry that is not open.**

Internet Resources

- During this time, many companies are offering free Wi-Fi services to our students so that they can continue to work from home and utilize the resources we have provided:
 - [View the FCC agreement](#) stating that providers will waive late fees, not cutoff service for lack of payment and open hot-spots.
 - 1. [Comcast COVID-19 response](#): offers free WiFi for 2 months to low-income families plus all Xfinity hot-spots are free to the public during this time.
 - 2. [Charter Free Internet offer for 2 months](#) and [Spectrum Wifi Hotspots](#) will locate free public Wifi locations.
 - 3. [AT&T COVID-19 response](#): offers open hot-spots, unlimited data to existing customers, and \$10/month plans to low income families.
 - 4. [Verizon COVID-19 response](#): no special offers, but following the FCC agreement.
 - 5. [Sprint COVID-19 response](#): follows FCC agreement, provides unlimited data to existing customers and, starting Tuesday, March 17 2020, will allow all handsets to enable hot-spots for 60 days at no extra charge.
 - 6. [T-Mobile COVID-19 response](#): follows FCC agreement, plus unlimited data to existing customers and, coming soon, will allow all handsets to enable hot-spots for 60 days at no extra charge.
 - 7. [Service Electric COVID-19 response](#): "Keep America Connected" pledge - to not terminate service to any residential or small business due to the inability to pay their bill. Waive late fees that residential or small business customers incur because of their economic circumstance related to the coronavirus pandemic. Open its Wi-Fi hotspots to everyone. Additionally, SECTV will offer free 10x5 Internet service for 90 days for new customers during this ongoing national emergency.
 - 8. [RCN Lifeline Internet Program for Students \(K-12\)](#): First 60 days FREE of 25Mbps RCN Internet includes modem, router and network access maintenance fee.
- Please also note that the [FCC](#) has relaxed their gift rules, making it easier for schools and libraries to solicit or accept broadband connections, devices networking equipment or other things of value that could help students and teachers affected by school closures.
- These rules will remain in effect through September 30, 2020.
- 9. Blue Ridge Cable Response: <https://www.brctv.com/blog/blue-ridge-responds-coronavirus-covid-19>

Coping with Social Distancing

We know that this is a very uncertain time for everyone in our school community. The NLHS guidance department is here to support you during this difficult time. Here are some articles that may be helpful for you:

1. Taking care of yourself during this time doesn't just mean healthy habits and social distancing. It also requires you to take care of your own mental health. Here is an article on protecting your mental health during this time:

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

2. Bored at home? Not sure what to do? Here is an article detailing what other teenagers are doing. Some suggestions include:

- Learning a new life skill such as cooking, laundry,
- Going outside in your neighborhood for a walk, exercising
- Trying a new hobby such as painting or making art work
- Meditation can be a great way to relax your mind and body during this time. An app called Headspace is offering free meditation during this time. You just download it on your phone and start!
- Talking to a friend, family member, neighbor. You may have to stay six feet from people but you can still reach out via phone to connect with others. - We also have other resources to help you learn more about yourself and create a future plan such as Xello, Collegeboard.com, etc.

<https://www.npr.org/2020/03/19/817778984/what-some-people-are-doing-to-fill-the-social-distancing-space>

Coping during COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

Healthy Ways to Manage Stress

3. Coping with Social Connectivity During This Time of Social Distancing

[Virtual Drop In Meetings](#)