

¿Qué hace una  
consejera  
escolar?

What Does a  
School Counselor  
Do?

Ms. White's  
Counseling Office



Recursos  
para la  
comunidad

## Social- Emotional Learning

Self-Awareness

Self-Management

Social Awareness

Relationship Skills

Responsible Decision-Making

Future Self

Counseling  
Services /  
Home Page

Click on each poster  
or words for more  
information.

Haga clic en  
cada cartel o  
palabras para  
obtener más  
información.

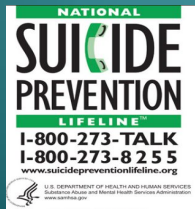
Request to talk  
with Ms. White

Solicitud para  
hablar con la  
Sra. White/



COMMUNITY  
RESOURCES

FWISD Family Resource Center  
Centro de recursos familiares del FWISD



prevención  
del suicidio

Need help  
but don't know  
where to turn?

Text FIND  
to 67629

Immediate answers.  
24/7 response.

¿Necesita ayuda,  
pero no sabe a  
dónde buscar?

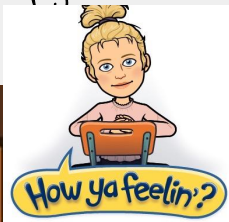
Mande el mensaje  
FIND a 67629

Respuestas inmediatas.  
Respuestas 24/7

E-mail  
→ Me ←

Click on my bitmoji on each  
page to come back to this  
page

Haga clic en mi bitmoji en  
cada página para volver a  
esta página



The enrollment for the P-EBT program opens June 2, and will remain in place through Aug. 13. The link to register is [here](#).

La inscripción para el programa P-EBT comienza el 2 de junio y permanecerá vigente hasta el 13 de agosto. El enlace para registrarse está [aquí](#).

<https://www.kristv.com/rebound/coronavirus-money-help/p-ebt-program-returning-to-help-families-pay-for-food>



## Hello Families!

The original  
**NEDSHOW**

Our school is hosting **The NED Show** a live streaming all school event. A world-class performer takes our students on an interactive educational journey filled with storytelling, illusions, yo-yo tricks and humor. NED's message inspires students, promotes academic achievement, and supports our school goals.

**Never give up   Encourage others   Do your best®**

Our school received this program at no-cost because another school community has paid-it-forward to us. Now it's our turn—you can help by purchasing a NED-messaged yo-yo and accessories. A yo-yo is both a mindset tool and tangible reminder of NED's message. While learning to yo, children will make mistakes, try again, and improve. Read more at [bit.ly/why-yos](http://bit.ly/why-yos).

### Collectible yo-yos for all ages

|                  |                       |           |                     |
|------------------|-----------------------|-----------|---------------------|
| SHOW DATE/TIME:  | Friday, May 28 @ 1:30 | LOCATION: | Zoom                |
| SALE DATES/TIME: | 5/28 - 6/4            | LOCATION: | Order Form - Dillow |

#### CLASSIC YO

Learn the basics of yo-yoing with a fixed axle yo-yo.

\$8



#### SUPER SPINNERS

Great for basic and intermediate tricks. With a strong throw, this auto-return yo-yo 'sleeps' at the end of the string & then comes back to you automatically.

\$10



#### SPECIALTY YO

Professional long spin yo-yo for next level tricks.

\$15



#### REPLACEMENT STRING PACK

Ten assorted strings to change color or replace a worn out yo-yo string.

\$4



#### YO-YO HOLSTER

Keep track of your yo-yo and have it ready to go. Attach it to your belt loop or backpack (yo-yo not included).

\$5



#### Order Form:

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Amount Due: \_\_\_\_\_

*Make checks payable to our school.*

#### Ordering from Home?

1. Select item(s) for each child
2. Fill out the form on the left and email in your order
3. Items available at school for pick-up



Items available will vary.  
Prices include tax  
(where applicable).



## SACS

¿Necesita ayuda,  
pero no sabe a  
dónde buscar?

Mande el mensaje  
FIND a 67629

Respuestas inmediatas.  
Respuestas 24/7

Food and clothing • Rent and utility assistance  
Mental health and counseling services • Family support  
Early childhood care • Substance abuse programs  
Child abuse and neglect services • Other critical needs

Comida y ropa • La renta y los servicios públicos  
Salud mental y consejo • Apoyo familiar • Guardería  
Abuso de sustancias • Servicios de maltrato y negligencia infantil  
Otras necesidades críticas

Need help  
but don't know  
where to turn?

Text FIND  
to 67629

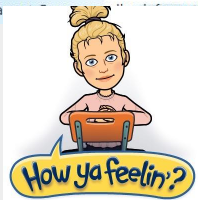
Immediate answers.  
24/7 response.



Comida y ropa • La renta y los servicios públicos  
Salud mental y consejo • Apoyo familiar • Guardería  
Abuso de sustancias • Servicios de maltrato y negligencia infantil  
Otras necesidades críticas

 TARRANT CARES.ORG Servicios por código postal en su área

<http://www.tarrantcares.org/>



Food and clothing • Rent and utility assistance  
Mental health and counseling services • Family support  
Early childhood care • Substance abuse programs  
Child abuse and neglect services • Other critical needs

 TARRANT CARES.ORG ZIP code specific services in your area



## FEMA Federal Emergency Management Agency ✓

4h · 🌐

Texas: If you've been affected by the winter storm, help is available. Find out what services and resources are available to you based on where you live.

- ◆ If you live in a rural area, call 211.
- ◆ If you live in a city, call 311.
- ◆ In case of an emergency, always call 911.

Anyone with food stamps, lost power & had to throw out food can submit this form to SNAP for reimbursement.

<https://hhs.texas.gov/laws-regulations/forms/1000-1999/form-h1855-affidavit-nonreceipt-or-destroyed-food-stamp-benefits>



KEEP  
CALM  
AND  
DREAM  
ON

**D**IFFERENT  
**I**NDIVIDUALS  
**V**ALUING & ACCEPTING  
**E**ACH OTHER  
**R**EGARDLESS OF:  
**S**KIN COLOR, GENDER  
**I**NTELLECT  
**T**ALENTS OR  
**Y**EARS

You are  
**AMAZING.**  
You are  
**IMPORTANT.**  
You are  
**SPECIAL.**  
You are  
**UNIQUE.**  
You are  
**KIND.**  
You are  
**PRECIOUS.**  
You are  
**LOVED.**

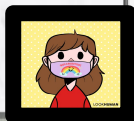
**What You Say in  
here Stays in Here.**  
Unless...  
...someone wants  
to hurt you.  
...you want to  
hurt someone.  
...you want to  
hurt yourself.

## Guidance Lessons

Pre/  
Kinder  
Lessons

4th-5th  
Grade  
Lessons

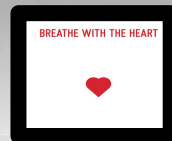
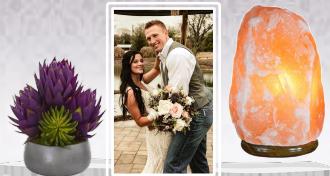
1st-3rd  
grade  
Lessons



Parents:  
Click on

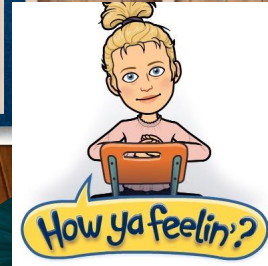
Files

|                   |                   |
|-------------------|-------------------|
| PK-<br>Kinder-1st | PK-<br>Kinder-1st |
| 2nd/3rd           | 2nd/3rd           |
| 4th.5t<br>h       | 4th/5th           |



## Ms. White's Virtual Library

**Click on a book or  
image around the  
library and enjoy!**





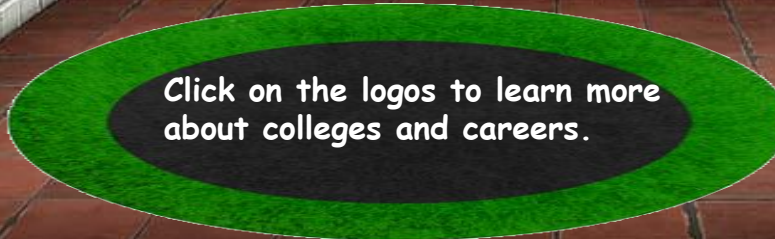
# TCU



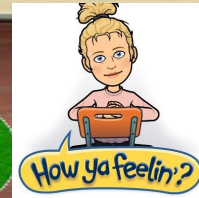
READ THIS!



UNIVERSITY OF ARKANSAS



Click on the logos to learn more about colleges and careers.



# Games







Click on each poster  
or words for more  
information

Haga clic en cada  
cartel o palabras  
para obtener más  
información.



[210 W. South St., Arlington, Texas.](#)

19 de diciembre de 2020 10:00 am - 6:00 pm para  
familias que viven en Fort Worth.

\*\*\* NO se preinscribe, solo preséntese el 19 de  
diciembre entre las 10:00 am y las 6:00 pm para  
obtener un regalo (juguete) gratis para cada uno de  
sus hijos. DEBE traer lo siguiente:

Comprobante de domicilio (alquiler de apartamento,  
papeleo Snap, registro escolar, etc.)

La prueba de los niños para los que va a comprar  
un juguete son SUS hijos (es decir, certificado de  
nacimiento, registros escolares, algo que tenga  
TANTO su nombre (padre / tutor) como el nombre  
del niño. El tutor legal es la única persona que  
puede recoger un juguete para los niños.

\*\*\* Esto NO se anuncia en su sitio web, pero he hablado  
con alguien para verificar que esto sucederá.

\* Tendrán cuidado de niños disponible para vigilar a su (s)  
hijo (s) mientras elige un regalo.

[210 W. South St., Arlington, Texas.](#)

Dec 19, 2020 10:00am - 6:00pm for families who  
live in Fort Worth.

\*\*\*You do NOT pre-register, just show up on  
December 19th between 10:00am-6:00pm to get a  
free gift (toy) for each of your children. You MUST  
Bring the following:

1. Proof of address (Apartment lease, Snap  
paperwork, School registration etc..)
2. Proof the child(ren) you are getting a toy for  
is (are) YOUR children (i.e. birth certificate,  
school records -- something that has BOTH  
your name (parent/guardian) and the child's  
name. The legal guardian is the only  
person who can pick up a toy for the  
child(ren).

\*\*\*This is NOT advertised on their website, but I have  
talked with someone there to verify that this will be  
happening.

\*They will have childcare available to watch your  
child(ren) as you pick out a gift.





Family  
Resource  
Centers



Fort Worth  
INDEPENDENT SCHOOL DISTRICT

FWISD Family Resource Center  
Centro de recursos familiares del FWISD



Help with rent, utilities,  
transportation, etc.

Ayuda con el alquiler, los servicios  
públicos, transporte, etc.

¿Necesitas ayuda para  
conseguir comida?

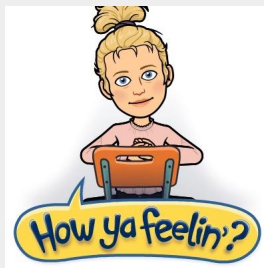


## Counseling Services

Need Help with  
School Clothes?  
¿Necesita ayuda  
con la ropa de la  
escuela?



## Employment Help Ayuda laboral



Family Resources Links...



FORT WORTH ISD

# Family Resource Center Telehealth Services

*Your local experts on community resources*

## ALL SERVICES AVAILABLE VIRTUALLY

- Free mental health matching and coordination for students & families by licensed clinicians including:
  - Individual and Family Counseling,
  - Social and Emotional Groups
  - Psychological Evaluations
  - Parenting and Education Workshops
  - Psychiatric and medication management
- Directly connect families into local providers
- Assist families in overcoming any barriers to receiving services
- Assistance with Medicaid, food, clothing, establishing a medical home and more

## PARENTS ARE THE EXPERTS

FRC staff work collaboratively with parents. ABCs of the FRCs:

- **A**wareness of evidence based and current treatment methods
- **B**elief in the client's ability to heal and actively participate in their treatment
- **C**ompassionate listening and support with cultural and social awareness

## DID YOU KNOW...

- Family Resource Centers have been connecting 1000's of students & families each year into mental health resources since 2003

We actively work with local providers to make sure all students can receive the care they need regardless of transportation, income, or insurance

## LOCATIONS & PHONE NUMBERS:

**Riverside Family Resource Center: 817-815-2800**

**Forest Oak Family Resource Center: 817-815-2880**

**Northside Family Resource Center: 817-815-2830**

**Western Hills Family Resource Center: 817-815-2880**

**Stop 6 Family Action Center: 817-815-3480**

Visit us at [WWW.FWISD.ORG/FRC](http://WWW.FWISD.ORG/FRC)



## FRC REFERRAL:

FRC  
Referral  
(Packet)

(click here)





## THE CITY OF FORT WORTH AND TARRANT COUNTY ARE EXPANDING COVID-19 SALIVA TESTING FOR RESIDENTS THROUGHOUT THE CITY.

**Tests will be available from 8 – 11 a.m. and 2 – 5 p.m. See table below for days and locations. There is no cost for testing.**

|                         | Tuesdays 10/13 - 27                                                                                | Wednesdays 10/14 - 28                                                                                                 | Thursdays 10/15 - 29                                                                            | Fridays 10/16 - 30                                                                                    |
|-------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 8 a.m.<br>to<br>11 a.m. | Council District 5<br>FWISD Scarborough<br>Handley Field<br>6201 Craig St.<br>Fort Worth, TX 76112 | Council District 7<br>City Northside<br>Service Center<br>309 Hillshire Dr.<br>Haslet, TX 76052                       | Council District 9<br>La Gran Plaza<br>4200 South Freeway<br>Fort Worth, TX 76115               | Council District 6<br>Christ Church<br>Assembly of God<br>5301 Altamesa Blvd.<br>Fort Worth, TX 76123 |
| 2 p.m.<br>to<br>5 p.m.  | Council District 3<br>Como Community<br>Center<br>4660 Horne St.<br>Fort Worth, TX 76107           | Council District 2<br>Tarrant County College<br>– Northwest Campus<br>4801 Marine Creek Pkwy.<br>Fort Worth, TX 76179 | Council District 8<br>Beth Eden<br>Baptist Church<br>3208 Wilbarger St.<br>Fort Worth, TX 76119 | Council District 4<br>Hillwood Commons I<br>9800 Hillwood Pkwy.<br>Fort Worth, TX 76177               |

Tests at all sites are available by online appointment at [covidtesting.tarrantcounty.com](https://covidtesting.tarrantcounty.com). Residents who do not have access to a computer may call 817-248-6299 to schedule an appointment.

City staff and emergency response volunteers will continue to staff three COVID-19 testing sites.

Tuesdays and Wednesdays only:

- Dickies Arena's Chevrolet Parking Garage, 3464 Trail Drive 8 a.m. - noon
- J.P. Elder Middle School, 709 N.W. 21st St. 2 - 6 p.m.

Thursdays, Fridays & Saturdays only:

- Tarrant County College - South Campus, 5301 Campus Dr. 8 a.m. - 4 p.m.

Learn more about COVID-19 testing options in Fort Worth ([fortworthtexas.gov/covid-19/testing](https://fortworthtexas.gov/covid-19/testing)) and Tarrant County ([tarrantcounty.com/covidtestinfo](https://tarrantcounty.com/covidtestinfo))



# Is COVID-19 Causing Stress?

## There is Help.

My Health My Resources of Tarrant County (MHMR) is offering **FREE** short-term crisis counseling and stress management to individuals and groups in Tarrant and Denton counties impacted by the COVID19 pandemic as part of the Texans Recovering Together initiative.



Access to **FREE** crisis counseling is available by calling or texting the MHMR ICARE Call Center at **817-335-3022**.

Trained mental health professionals are available 24/7/365.



To learn more about our support groups or schedule a presentation, email [COVIDhelp@mhmrct.org](mailto:COVIDhelp@mhmrct.org).

#### About MHMR:

My Health My Resources (MHMR) has been a provider of quality mental health and intellectual and developmental disability services in Tarrant County since its inception in 1969. It is the second-largest community center in Texas, offering services in the areas of behavioral health, disability services and early childhood services. Learn more at [www.MHMRtarrant.org](http://www.MHMRtarrant.org).

#### About Texans Recovering Together:

The Texans Recovering Together initiative is part of the Crisis Counseling Program (CCP), which is a federally funded program administered by the U.S. Department of Homeland Security (DHS) Federal Emergency Management Agency (FEMA) with technical assistance provided by the Center for Mental Health Services (CMHS), within the Substance Abuse and Mental Health Services Administration (SAMHSA).





## CURBSIDE MEALS TO GO

COMIDAS PARA LLEVAR CON ENTREGA EN EL VEHÍCULO

Students participating in virtual learning can pick up breakfast and lunch starting **Tuesday, October 13** at any meal pick-up site. Pick-up days will continue on Mondays and Thursdays. If there is a holiday, the meal pick-up will be the next school day. For more information, visit [www.fwisd.org](http://www.fwisd.org).

*Los estudiantes que participan en el aprendizaje virtual pueden recoger el desayuno y el almuerzo a partir del martes 13 de octubre en cualquier sitio de entrega de comida.*

*Los días de entrega continuarán siendo los lunes y jueves. Si hay un día festivo, la comida se recogerá el próximo día escolar. Para más información, visiten [www.fwisd.org](http://www.fwisd.org).*



## CURBSIDE MEALS TO GO

COMIDAS PARA LLEVAR CON ENTREGA EN EL VEHÍCULO

| High // Secundaria    | Time // Hora     |
|-----------------------|------------------|
| Amon Carter-Riverside | 8:30-9:30 a.m.   |
| Arlington Heights     | 10:30-11:30 a.m. |
| Diamond Hill-Jarvis   | 9:30-10:30 a.m.  |
| Trimble Tech          | 10:00-11:00 a.m. |
| Western Hills         | 9:00-10:00 a.m.  |

| Middle // Intermedia      | Time // Hora     |
|---------------------------|------------------|
| JP Elder                  | 10:00-11:00 a.m. |
| William James             | 7:30-8:30 a.m.   |
| Morningside               | 9:00-10:00 a.m.  |
| Rosemont                  | 9:30-10:30 a.m.  |
| Jacquet                   | 8:00-9:00 a.m.   |
| International Newcomers   | 9:30-10:30 a.m.  |
| Como Montessori           | 8:15-9:15 a.m.   |
| Glencrest 6 <sup>th</sup> | 10:20-11:20 a.m. |
| McLean 6 <sup>th</sup>    | 7:30-8:30 a.m.   |

| Elementary // Primaria | Time // Hora    |
|------------------------|-----------------|
| West Handley           | 8:00-10:00 a.m. |
| Daggett                | 8:00-9:00 a.m.  |
| DeZavala               | 8:00-9:30 a.m.  |
| East Handley           | 8:00-9:00 a.m.  |
| CC Moss                | 8:00-9:00 a.m.  |
| AM Pate                | 8:00-9:00 a.m.  |
| ML Phillips            | 7:00-9:30 a.m.  |
| South Hills            | 8:00-9:00 a.m.  |
| Washington Heights     | 8:00-9:00 a.m.  |
| Westcreek              | 8:30-9:30 a.m.  |
| Woodway                | 9:00-10:00 a.m. |
| Clifford Davis         | 8:00-9:00 a.m.  |
| Bonnie Brae            | 8:30-9:30 a.m.  |
| Seminary Hills Park    | 8:15-9:15 a.m.  |



Anxiety Bullying Stress  
DEFIANCE Trauma Depression  
MENTAL HEALTH **FREE**

REAL HELP FOR REAL LIFE.



Please share this information with parents and caregivers.

2020 Children's Mental Health Report

80% of parents thought **telehealth counseling** in the privacy of their own home was more convenient



ACH child and family services  
protecting children. preserving families. since 1915.

The pandemic is taking its toll on kids and families. And while in-person services may be preferred, our **FREE** online telehealth counseling provides real help right now.

If your child aged 6-17 is struggling to cope, don't make them wait.

Call 817.335.HOPE (4673) today.

[Learn More](#)





## Unused pics/resources



Link to Fort Worth's website with  
information updated daily:

<https://www.fortworthtexas.gov/news/2021/02/Winter-Storm-Water-Distribution>



Anyone with food stamps, lost power & had to throw out food can submit this form to SNAP for reimbursement. OR call 2-1-1 and select option 2.

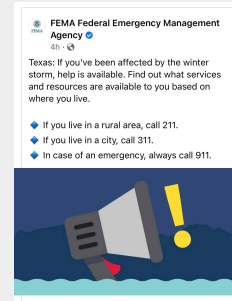
Cualquier persona que tenga cupones de alimentos, se haya quedado sin electricidad y haya tenido que tirar alimentos puede enviar este formulario a SNAP para su reembolso. O llame al 2-1-1 y seleccione la opción 2.

[Form H1855](#)

[More Info](#)

## Water Distribution Sites / Sitios de distribución de agua

Another food pantry where you can get free food is **FunkyTown Fridge**. There are 3 locations - Southside, Poly, and Como: open 24/7 Abierta(o) 24/7  
Otra despensa de alimentos donde puede obtener comida gratis es **FunkyTown Fridge**. Hay 3 ubicaciones: Southside, Poly y Como: <https://www.funkytownfridge.org/locations>  
2308 Vaughn Blvd, Fort Worth, TX 76105

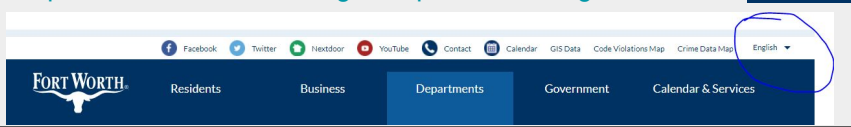


Apply to FEMA for Help with repairs for damage caused by the winter storm.  
Solicite ayuda a FEMA con las reparaciones por daños causados por la tormenta de invierno.

Fort Worth water department is offering assistance with minor repairs. Click here for more information.  
El departamento de agua de Fort Worth ofrece asistencia con reparaciones menores. Haga clic aquí para más información.

Fort Worth Resources: To access information in Spanish, you can choose "spanish" from the dropdown menu on the website / Recursos de Fort Worth: Para acceder a la información en español, puede elegir "español" en el menú desplegable del sitio web

<https://www.fortworthtexas.gov/departments/neighborhoods>



District page being updated with the latest information from the City of Fort Worth, Tarrant Area Food Bank, and more:  
La página del distrito se actualiza con la información más reciente de la ciudad de Fort Worth, el banco de alimentos del área de Tarrant y más:  
<https://www.fwisd.org/site/default.aspx?PageID=26146>

# Family Resource Centers

## Serving FWISD Families for 18 years

- Confidential & Secure Mental Health Help
- Working with local providers to make sure *all* students can receive the care they need regardless of transportation, income, or insurance
- Free access to mental health care-coordination, mental health matching & vetting of local resources for your student/family.
- Get in touch with a licensed FWISD local resource expert by calling 817.814.2870 or by emailing your contact information to [FRCEmails@fwisd.org](mailto:FRCEmails@fwisd.org)

FRC  
Referral  
(Parent)  
(click here)

Para español  
(haga clic aquí)



**Family  
Resource  
Centers**



## Centros de Recursos Familiares

### Prestando servicios a familias de FWISD durante 18 años

- Ayuda de salud mental, confidencial y segura
- Trabajar con proveedores locales para asegurarse de que todos los estudiantes reciban la atención que necesitan sin importar el transporte, ingresos o seguro médico
- Acceso gratuito a la coordinación de la atención de salud mental, servicios equitativos de salud mental y verificación de recursos locales para su estudiante / familia
- Pónganse en contacto con una persona licenciada y experta en recursos locales del FWISD, llamando al 817.814.2870 o enviando un correo electrónico con su información de contacto a [FRCEmails@fwisd.org](mailto:FRCEmails@fwisd.org)



**Family  
Resource  
Centers**



**Fort Worth**  
INDEPENDENT SCHOOL DISTRICT

Referencia  
Padres  
(haga clic aquí)

