

# WHEELING HIGH SCHOOL STUDENT SERVICES

CLICK THIS [LINK](#) FOR OUR DEPARTMENT WEBSITE



**A Social-Emotional Support and Resource Guide**

# YOUR ASSOCIATE PRINCIPAL, DEANS AND RESOURCE OFFICER

**Associate Principal:** Don Wesemann [donald.wesemann@d214.org](mailto:donald.wesemann@d214.org)

**Administrative Assistant:** Luna Herrera [luna.herrera@d214.org](mailto:luna.herrera@d214.org)

**Dean:** Katie Plum [katie.plum@d214.org](mailto:katie.plum@d214.org)

**Dean:** Jackie Meo [Jackie.meo@d214.org](mailto:Jackie.meo@d214.org)

**School Resource Officer (SRO):** Kat Smolarczyk [katrina.smolarczyk@d214.org](mailto:katrina.smolarczyk@d214.org)



# YOUR COUNSELORS AND REGISTRAR

## **Counselors:**

Grace Alderson [Grace.alderson@d214.org](mailto:Grace.alderson@d214.org)

Arturo Fuentes [Arturo.fuentes@d214.org](mailto:Arturo.fuentes@d214.org)

Allison Kulla [Allison.kulla@d214.org](mailto:Allison.kulla@d214.org)

Michael O'Keeffe [Michael.Okeeffe@d214.org](mailto:Michael.Okeeffe@d214.org)

Michelle Perez [Michelle.Perez@d214.org](mailto:Michelle.Perez@d214.org)

Evelyn Sanchez [Evelyn.Sanchez@d214.org](mailto:Evelyn.Sanchez@d214.org)

Melissa Taylor [Melissa.Taylor@d214.org](mailto:Melissa.Taylor@d214.org)

**Post-Secondary Counselor:** Joanne Amador-Zapata [Joanne.amador@d214.org](mailto:Joanne.amador@d214.org)

**Registrar/Transcript Requests:** Linda Sinard [Linda.sinard@d214.org](mailto:Linda.sinard@d214.org)

**Student Services Administrative Assistant:** Luna Herrera [luna.herrera@d214.org](mailto:luna.herrera@d214.org)



# CHECK-IN WITH COUNSELORS!

## We are available via the following methods:

- Phone call (847-718-7022) to contact Student Services
- Counselor availability: regular school hours (**Monday - Friday from 7:20 am - 3:20 pm**)
- Counselors will reply to emails and calls received within a 24-hour period

**Email Counselors directly to set up an individual appointment**



# RESOURCES TO SUPPORT YOUR POST-SECONDARY PLANNING

- Take a virtual tour on various colleges and universities from the comfort of home.  
    \*[Youvisit](#)                      \*[CampusTours](#)                      \*[Youniversity](#)
- Please visit College & Career [link](#) for [financial aid](#) (ISAC online tool) and [Naviance](#) for your college and career needs.
- **ISAC (Illinois Student Assistance Commission) representative** (can help with FAFSA, the Alternative Application filing, Verification, and Financial Aid Award Letters)  
    Ms. Raquel Garcia (224)457-6521

# YOUR SOCIAL WORKERS AND PSYCHOLOGISTS

**Social Worker:** Svetlana Fastovskaya [Svetlana.fastovskaya@d214.org](mailto:Svetlana.fastovskaya@d214.org)

**Social Worker:** Lauren Manola [Lauren.manola@d214.org](mailto:Lauren.manola@d214.org)

**Social Worker:** Rolando Rocha [Rolando.rocha@d214.org](mailto:Rolando.rocha@d214.org)

**Community Outreach Specialist:** Maria Alejandra Salas-Baltuano [maria.salasbaltuano@d214.org](mailto:maria.salasbaltuano@d214.org)

**Social Work Intern:** Danny Weiler [Daniel.Weiler@d214.org](mailto:Daniel.Weiler@d214.org)

**Social Work Intern:** Taleen Poladian [Taleen.Poladian@d214.org](mailto:Taleen.Poladian@d214.org)

**Social Work Intern:** Maria Sophia Raikoff

**Psychologist:** Ricardo Camacho [Ricardo.Camacho@d214.org](mailto:Ricardo.Camacho@d214.org)

**Psychologist:** Andrea Mugler [Andrea.mugler@d214.org](mailto:Andrea.mugler@d214.org)



# YOUR NURSE AND HEALTH CLERK ARE ONLY AN EMAIL AWAY

**Nurse:** Ophelia Stack [ophelia.stack@d214.org](mailto:ophelia.stack@d214.org)

**Nurse:** Rebekah Gavril [rebekah.gavril@d214.org](mailto:rebekah.gavril@d214.org)

**Health Clerk:** Estefania Gonzalez [Estefania.gonzalez@d214.org](mailto:Estefania.gonzalez@d214.org)

**Health office Fax: 847- 718-7076**

**Link to health forms:**

[District 214 Health Services: Health Forms](#)

*When 'i' is  
replaced By 'we'*

*Even  
'illness'  
Becomes  
'Wellness'*

# TECH SUPPORT FOR IPAD ISSUES

**MONDAY - FRIDAY from 7:20 am - 3:20 pm**

- Click [here](#) if you have any iPad issues and follow our guidelines
- An appointment must be made first by calling or emailing the Helpdesk at 847-718-7165 or [whshelpdesk@d214.org](mailto:whshelpdesk@d214.org)
- BEFORE APPOINTMENT: Remove protective case and leave at home; click here to fill out a [WHS iPad Repair Form](#)



# INTERNET

- Comcast Internet Essentials gives free 60 day access to families that qualify. To see if you qualify [click here](#), but please call to set up 1-855-846-8376.
- Everyoneon [click here](#)
- Sharing is caring, see if a neighbor or friend will allow your child to access their WiFi



# FOOD AND NUTRITION SERVICES

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## Reminders

-Money can be deposited on the WHS ID by utilizing Infinite Campus account or calling the main office (847-718-7200) to arrange an alternative option.

-If you have any further questions regarding the Food and Nutrition Services, please dial 847-718-7068 or visit our Website



# WHS SCHOOL/COMMUNITY RESOURCES

- Click this [link](#) to access assistance with food, clothing, internet, unemployment and much more.
- Local area supports: [Evanston Care Network](#) Add your zip code to find local services.

VARIOUS ADDITIONAL SUPPORTS PROVIDED LOCALLY

## Northwest Suburbs Resource Directory

- The above link will provide you with resources (i.e. food pantries, housing, crisis hotlines and more) throughout the suburbs

## WHS Community Resources

- The above link includes emergency mental health providers, physical exams and immunizations, as well as phone and online mental health support within and outside the Wheeling area

MENTAL HEALTH, PHYSICALS, IMMUNIZATIONS, AND ONLINE SUPPORT

# **EMERGENCY-Call 911**

## **Suicide Prevention Hotline**

988

## **National Domestic Violence Hotline**

800-799-SAFE

## **Illinois Coalition Against Sexual Assault**

(217)753-4117

## **U.S. Department of Health & Human Services**

National Drug Helpline: Call 1-800-662-HELP (4357)

RESOURCES IF YOU NEED IMMEDIATE ASSISTANCE

# 5

## WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

### INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



### CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



### SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



### CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



### HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.



# ANXIETY GROUNDING TECHNIQUE

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focus on your breathing, then identify

5 things  
you can  
see



3 things  
you can  
hear



4 things  
you can  
touch



2 things  
you can  
smell



1 thing  
you can  
taste



Click on the following links for  
additional strategies to deal with  
anxiety

[English](#)

[Spanish](#)

Mobile Apps to help with Anxiety

- Headspace
- Stop, Breathe and Think
- Insight Timer

Other resources

- [28 Day Mindfulness Challenge](#)
- [Yoga with Adriene](#)

SET  
BOUNDARIES  
WITH WHAT +  
HOW MUCH  
MEDIA YOU  
CONSUME

YOU'RE  
ALLOWED TO  
OPT OUT OF  
OVERWHELMING  
DISCUSSIONS

TRY TO  
RESPOND TO  
THE FEARS OF  
OTHERS WITH  
UNDERSTANDING  
+ RESPECT

**GENTLE REMINDERS:  
FOR WHEN THE  
WORLD FEELS  
FRIGHTENING**

≈@THEMINDGEEK≈

FOCUS  
ON THE  
MANY THINGS  
YOU CAN  
CONTROL

BE  
MINDFUL  
OF WHEN IT'S  
BECOMING  
MORE THAN  
JUST 'BEING  
INFORMED'

BREATHE,  
CONNECT +  
TAKE GENTLE  
CARE OF  
YOURSELF +  
OTHERS





# WHAT TO DO NEXT???

Consider creating a daily schedule for yourself to keep a routine. Here is a sample that you can modify to fit your day.

<b>8:00 - 8:45</b>	<b>Wake up, breakfast, family time</b>
<b>8:45 - 9:55</b>	<b>Tutoring, Connect with Teachers, Counselor</b>
<b>10:00 - 3:25</b>	<b>Classes *includes 30 min lunch break</b>
<b>3:25 - 4:30</b>	<b>Physical Activity, outside if possible</b>
<b>4:30 - 5:30</b>	<b>Homework</b>
<b>5:30 - 6:30</b>	<b>Family Time, Dinner</b>
<b>6:30 - 7:30</b>	<b>Homework</b>
<b>7:30 - 8:30</b>	<b>Free time, Connect with Friends Safely</b>
<b>8:30 - 9:30</b>	<b>Chores, Post-Secondary planning</b>
<b>9:30 - 10:30</b>	<b>Free time, Reading</b>
<b>10:30 - 11:00</b>	<b>Bedtime</b>

# GET UP AND MOVE!



**Keep Moving & Stay Fit**

**Being inside doesn't mean you can't workout. Check out these videos and workout at home!**

**[Body Weight Workouts](#)**

**[Workout with Weights](#)**

**[Balanced Life Pilates](#)**

**[Yoga with Rodney Yee](#)**



HEADSPACE

CLICK HEADSPACE: CURRENTLY OFFERING A SECTION CALLED  
“WEATHERING THE STORM” FOR FREE SO THAT YOU HAVE ACCESS TO  
MEDITATION, SLEEP, AND MOVEMENT EXERCISES DESIGNED TO HELP  
YOU DEAL WITH EVERYDAY STRESS

# *Jostens*

CLICK JOSTENS: 10 PARTICULAR EPISODES THAT DIRECTLY ADDRESS THE SOCIAL AND EMOTIONAL WELLBEING OF STUDENTS, STAFF, AND COMMUNITY. IF YOU AREN'T ABLE TO ATTEND THE LIVE EVENTS, THEY WILL BE DOCUMENTING ALL OF THEM AS A RESOURCE AT THE LINK ABOVE FOR YOU TO UTILIZE.

FREE YOUTUBE EPISODES FROM THE HARBOR

# TAKING CARE OF YOUNGER SIBLINGS?

If you are helping take care of younger siblings, here are some ideas and resources to help them learn and have fun while you are all at home.

- Tell stories to each other
- Play card games, sports, video or board games
- Do chores together or help prepare a meal
- Look at online [learning resources, games, and physical activities](#)