

Information to  
support you  
during this time  
away from  
school.

# Parrish Community HS Student Support

**Check in with your counselors often!**

*How should you contact us....*

**Your counselors are available via phone, text or email.**

**To contact your counselor:**

**Mrs. Ansbro (A-L) – 941-840-0064**  
**[ansbrod@manateeschools.net](mailto:ansbrod@manateeschools.net)**

**Mrs. Wincelowicz (M-Z) – 941-405-3547**  
**[wincelowicz@manateeschools.net](mailto:wincelowicz@manateeschools.net)**

**Voicemail or text messages received after school hours will be returned the following school day.**

***We are here. We are connected. We are only an email or phone call away.***

# Stay informed of all the latest news and announcements:



[PCHS Website](#)  
[SDMC Website](#)



[Parrish Community High School](#)  
[School District of Manatee County](#)



[@PCHSBulls](#)  
[@manateeschools](#)

## Students who have **not** had a registration meeting with their counselor:

- Your courses have been entered based on the registration form that you submitted.
- If you would still like to discuss your course requests, please click the link below to schedule a phone conference:

<https://mrsansbro.youcanbook.me> (A-L)

<https://mrswincelowicz.youcanbook.me> (M-Z)

- Meetings may be booked starting 3/30/20.

# Additional Counseling Support for PCHS Students

If your child feels anxious, nervous, scared or just needs someone else to talk to, our school social worker and school psychologist are available as well.

- Kathy Haugan– School Psychologist – (941) 500-2027 – [Haugank@ManateeSchools.Net](mailto:Haugank@ManateeSchools.Net)
- Nicole Ziemba – School Social Worker – (941) 301-8535 – [ZiembaN@manateeschools.net](mailto:ZiembaN@manateeschools.net)

# Hungry?

**FREE MEALS**  
**SPRING BREAK**  
**MARCH 16-20 AND**  
**MARCH 23 - 27**  
**FOR KIDS & TEENS 18 YEARS & YOUNGER**

**LOOK for the Food & Nutrition Mobile Feeding Bus**

**NORTH LOCATIONS:**  
11:30 AM - 12:00 PM  
**TURNER CHAPEL**  
317 11<sup>TH</sup> ST. W., PALMETTO  
12:30 PM - 1:30 PM  
**LINCOLN PARK**  
501 17<sup>TH</sup> ST. E., PALMETTO

**SOUTH LOCATIONS:**  
11:00 AM - 11:30 AM  
**SOUTHEAST HIGH SCHOOL**  
1200 37<sup>TH</sup> AVE. E., BRADENTON  
12:00 PM - 12:30 PM  
**BRADENTON VILLAGE APT.**  
1302 3<sup>RD</sup> ST. W., BRADENTON  
1:00 PM - 1:30 PM  
**PRIDE PARK**  
815 63<sup>RD</sup> AVE. E., BRADENTON

**CABOOSE LOCATIONS:**  
11:30 AM - 12:00 PM  
**MANATEE MOBILE HOME PARK**  
2204 MANATEE AVE. E., BRADENTON  
12:30 PM - 1:30 PM  
**CITY STOP**  
619 11<sup>TH</sup> AVE. E., BRADENTON

**FUN SPOTS**  
at the City Stop  
Tuesday & Thursday  
12:30 - 1:30  
Come out for some FUN!

ManateeSchoolFood.net  
MENU: Manatee.nutrislice.com

SCHOOL DISTRICT OF  
MANATEE COUNTY FLORIDA  
Food & Nutrition Services

## **EMERGENCY - Call 911**

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### **Crisis and Support**

YouthLine: Call 877.968.8491 Text: teen2teen to 839863

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### **Crisis, Support, LGBTQ**

The Trevor Project: Call 866-488-7386 Text: START to 678678

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### **Drugs and Alcohol Education, Treatment and Referral**

National Drug Helpline: Call 844-289-0879

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### **Mental Health**

Centerstone: Call the Crisis Hotline 941-782-4617 or [chat online](#)



## Take a virtual college tour! (For all grade levels)

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on the school's website or by clicking [here](#).
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?

## Start Planning Your Future (For all grade levels)

- Create an account with [Florida Shines](#) to learn what your interests are, how those interests lead to an area of study, what schools offer the necessary coursework, and what scholarships you are eligible for!

# NCAA/NAIA

(For all grade levels)

- Student athletes who want to continue sports in college...create your accounts for NCAA/NAIA.
- NAIA
  - <https://www.naia.org/student-athletes/future-student-athletes/index>
- NCAA
  - <https://web3.ncaa.org/ecwr3/>

**Feeling stressed  
about Coronavirus,  
COVID-19?**



# 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.

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

# ANXIETY GROUNDING TECHNIQUE

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focus on your breathing, then identify

5 things  
you can  
see



4 things  
you can  
touch



3 things  
you can  
hear



2 things  
you can  
smell



1 thing  
you can  
taste



# Things to do while away from school

Learn to Code!  
Click Here for  
[Apps, Websites, & More!](#)

*Get Active!*  
Go for a Walk or Run  
YouTube JustDance or other  
workout videos  
Practice Yoga using YouTube  
videos

Check out a Podcast!  
For Science Lovers: [RadioLab](#) or  
[Science Friday](#)  
For History Buffs: [Forever Ago](#)  
For Biographies: [Goodnight Stories  
for Rebel Girls](#)  
For Storytelling: [This American Life](#)



# Things to do while away from school

Want an Even BIGGER Challenge?  
Here's a link to 450 FREE college  
courses from 8 Ivy League Colleges!  
*[Click HERE!](#)*

# Things to do while away from school

- Journal!
- Write a letter to a friend or family member!
- Make a list of things you're grateful for!
- Read a book or magazine for fun!
- Disconnect from social media, even if it's just for 30 minutes!

Practice for the SAT

Center yourself when things  
get overwhelming  
by practicing  
Mindfulness Techniques

More activities!

# Things to do while away from school

**Virtually Tour Museums:**  
**[Google Arts and Culture](#)**

**Virtually Visit the Zoo:**  
**[Cincinnati Zoo Home Safari](#)**  
**Each day at Noon on Facebook**  
**(click link above)**

**Above all else, remember...**

**Take **care** of yourself.**

**Take **care** of your family.**

**Do something **kind** for someone else.**

**Reach out for **help** when you need it.**

**We are all in this together.**

**Go Bulls!**