



Union Public Schools Social Emotional & Counseling Services Parent Newsletter

April/May 2020

During this time of uncertainty, it is common for children to seek more attachment and be more demanding of parents, guardians, and caregivers. Union Public Schools will continue to provide counseling services during the mandatory school closure. You are not alone. We are all in this together!

If your student has been receiving counseling services with CREOKS or Family & Children Services, you will continue to be contacted by therapists with virtual, telephone or in-person meetings. Our agencies are reaching out based on current contact information provided to Union Public Schools. If you have not been contacted by your child's therapist, you may contact them. Contact information for school counselors and outside agencies are listed on page 3 of this newsletter.

While students may not be sitting in our classrooms, they are still our primary concern. Union counseling staff, administrators, and teachers are available during normal business hours to take care of any student issues that may arise.



211 Eastern Oklahoma is a **24/7 free service** that is available to Eastern Oklahomans connecting them to the help they need in a professional caring manner. Disaster resources are available in the event of a community emergency, such as the current COVID-19 pandemic. If you need help and don't know where to turn, dial 211 for quick, accurate results.

Parenting Tips

1

GET OUTSIDE EVERYDAY

Fresh air, a change of scenery and simple exercise benefits both children and adults. Set the expectation with your family to venture out of the house at the same time daily. This establishes a routine and gives everyone something to look forward to daily.

2

SPEND QUALITY TIME

- Create moments with interaction.
- Talk to children about what is important to them.
- Play with younger children.
- Discuss future goals or career options with older children.
- Start a new tradition or hobby.

3

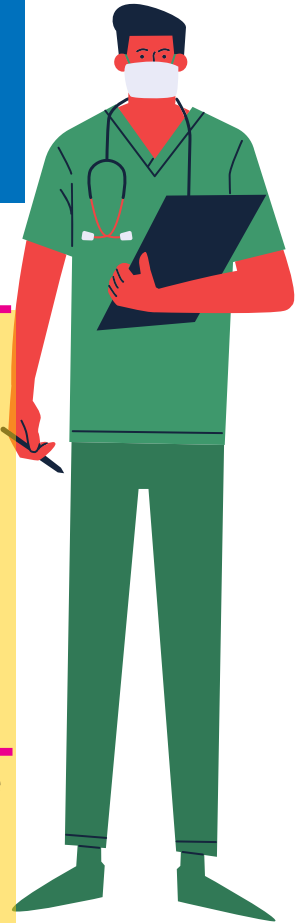
TAKE CARE OF YOURSELF

Since you are the "first responder" for your family, it is important that you stay healthy both emotionally and physically. Set aside time each day for self care such as meditating, exercising, maintaining friendships, napping or just soaking in a hot tub.





How Children Might Cope During an Infectious Outbreak



Preschool age 3-5

Reaction Caused by Stress & Anxiety

- Fear of being alone, clingy with trusted adult
- Speech difficulty, physical aches and pains
- Expresses fear through stories & play
- Change in appetite
- Increased tantrums, whining or being withdrawn

How to Help

- Patience and tolerance
- Provide verbal and physical reassurance of safety
- Encourage expression through play, reenactment, story-telling, and drawing
- Allow short-term changes in sleep arrangements
- Plan calming, comforting activities
- Maintain regular family routines

Elementary age 6-10

- Irritability, whining, aggressive behavior
- Clingy with trusted adults
- Nightmares
- Sleep/appetite disturbance
- Headaches, stomachaches
- Withdrawal and lack of interest
- Forgetfulness about chores and new information learned

- Patience, tolerance and reassurance
- Staying in touch with friends through telephone and Internet
- Regular exercise and healthy eating
- Engage in educational activities
- Discuss the current outbreak and encourage questions
- Maintain regular family routines
- Encourage expression through play and conversation

Middle & High School age 11-19

- Physical symptoms such as headaches, stomachaches, rashes, etc.
- Sleep/appetite disturbance
- Agitation or decrease in energy, apathy
- Ignoring health promotion behaviors
- Isolating from peers and loved ones
- Concerns about stigma and injustices

- Encourage self-care by modeling healthy eating, exercise, good sleep, hygiene, deep breathing and meditation
- Allow time to unwind
- Encourage connecting to others and educational importance
- Enforce bedtimes, quiet hours and chores
- Demonstrate positive coping skills
- Reassure safety; Let your children know it is okay to be upset and scared; Share with them how you deal with stress and anxiety in a healthy way



Counseling Contacts

Union Public Schools Building Counselors

Union Public Schools is committed to ensuring our counseling services continue for all students and families. If you need to speak to your school counselor, e-mail them with your contact information and they will reply either by phone or e-mail depending on the need. For easy access click on the e-mail address below to contact your school counselor.

Elementary Schools

AN - Tonya Marlow
BO - Arrica Bailey
CR - Kim Strom
CL - Jerry Fennell
DA - Kelly Buck
GR - Mezyuneh Scott
JA - Carrie Combs
JE - Bobbie Fields
McA - Glory Allen
MO - Nicole Goldbeck
OC - Twytinna Gardner
Anna Hinson
PE - Dana Smith
RP - Suzanne Schneider

E-mail Address

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smith.dana@unionps.org
schneider.suzanne@unionps.org

6th / 7th Grade Center

6 - Lisa Stuckey
6 - Stephanie Miller
7 - Heidi Mayer
7 - Mary Nguyen

E-Mail Address

stuckey.aelica@unionps.org
miller.stephanie@unionps.org
mayer.heidi@unionps.org
nguyen.mary@unionps.org

8th Grade Center

8 - Kara Brunk
8 - Nicole Hudson

brunk.kara@unionps.org
hudson.nicole@unionps.org

UHS Freshman Academy

9 - Holly Washington
9 - Nicole Wheeler

washington.holly@unionps.org
wheeler.nicole@unionps.org

High School

10 A-K - Debbie Weber
10 G-N - Kristi Pollardo
10 O-Z - Nicole Tafoya
11 A-F - Heather Schoenhals
11 G-N - Jennifer Walters
11 O-Z - Deanna Hadden
12 A-F - Jessica Hogaboom
12 G-N - Megan Kennedy
12 O-Z - Kali Anderson
Alt Ed. - Judith Dickson

E-mail Address

weber.debbie@unionps.org
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tafoya.nicole@unionps.org
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kennedy.megan@unionps.org
anderson.kali@unionps.org
dickson.judith@unionps.org

College & Career

Emily Ashley
Linda Felstein
Jenny Flower
Chanda Gibson
Linda Parker

E-mail Address

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flower.jenny@unionps.org
gibson.chanda@unionps.org
parker.linda@unionps.org

Immediate Needs Resources

- Copes (918) 744-4800
- Calm Center (918) 394-2256
- LifeLines 1-800-273-8255
- 911

Outside Counseling Agencies

CREEKS

Amber DeVilbiss
schoolbased@creoks.org
(918) 382-7300

Family & Children's Services

Lorelle Thompson, MS, LPC
Clinical Supervisor
lothompson@fcsok.org
918-513-8109
918-437-9495



ONLINE RESOURCES

Links to local agencies & informational websites

Emotional & Physical Health



(918) 744-4800



(800) 273-8255



(918) 743-5763



INDIAN HEALTH CARE
RESOURCE CENTER OF TULSA



OKLAHOMA
State Department of Health



To access numerous self care and mental health resources **click [here](#)**.

Helping Your Child with COVID-19

[Talking with Children During Infectious Disease Outbreaks - English](#) [Spanish](#)

[Helping Children Cope With Changes Resulting from COVID-19 - Multi Language](#)

[Coping With Stress During Infectious Disease Outbreaks - English](#) [Spanish](#)

[Patient-Caregiver Guide to Helping Families Cope With the Corona Virus Disease](#)

[Parenting Tips for COVID-19 Isolation](#)

[Taking Care of Your Behavioral Health During an Infectious Disease Outbreak - English](#)

[Taking care of Your Behavioral Health During an Infectious Disease Outbreak - Spanish](#)

[Talking to Your Kids About Corona Virus](#)

[Hello, I am Corona book](#)

Nutrition



Union Public Schools is offering FREE drive-thru meal pick-ups – which now include breakfast, lunch and supper – at selected Union sites.

The hours for pick-up will continue to be 9:30 a.m. – 11:30 a.m. weekdays at:

Ellen Ochoa Elementary, 12000 E. 31st Street – East-side drop-off loop

6th/7th Grade Center, 10100 E. 61st Street – West Side drop-off loop

Jefferson Elementary, 8418 S. 107th E. Ave. – South side drop-off loop

8th Grade Center, 6501 S. Garnett – Bus Loop - Use north entrance off of Garnett

Three meals, breakfast, lunch and supper, will be available for FREE drive-through pick up for any children. Children do not have to be currently enrolled at Union Public Schools.