



# Distance Learning: Student Support Services

## Middle School Resources

### UPDATES & CONTACTS

#### FOR UPDATES VISIT:

1. [U-46 COVID-19 Communication](#) website
2. [Ellis Middle School](#) website

#### Principal

Yvette Gonzalez-Collins  
[YvetteGonzalezCollins@u-46.org](mailto:YvetteGonzalezCollins@u-46.org)

#### Assistant Principal

Nicholas Baird  
[nicholasbaird@u-46.org](mailto:nicholasbaird@u-46.org)

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#### Counselor

Ms. Gil  
[ziomaragil@u-46.org](mailto:ziomaragil@u-46.org)

To set an appointment use >> [THIS](#) << link

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#### Social Workers

Ms. Vazquez  
[miriamvazquezalvarado@u-46.org](mailto:miriamvazquezalvarado@u-46.org)

Ms. Vandewoestyne  
[AbbeyVandewoestyne@u-46.org](mailto:AbbeyVandewoestyne@u-46.org)

To set an appointment use >> [THIS](#) << link

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#### MTSS Lead

Ms. DeMaar  
[fondademaar@u-46.org](mailto:fondademaar@u-46.org)

### DISTANCE LEARNING

To get more information about **U-46 eLearning**, please click the links below:

- ✓ [Distance Learning Student Expectations](#)
- ✓ [Student Attendance & Reporting Absences](#)  
Students will need to mark their own attendance each day! See [this](#) picture with steps too.
- ✓ [Information on Grading](#)
- ✓ [Chromebook/ Technology Support](#)

**Free WIFI:** For details [click here](#).

During this time, **reassessments** are **highly encouraged** to improve your grade from 3<sup>rd</sup> Qtr. For details on how to arrange this please reach out to the teacher directly.

### TESTING UPDATES

Please note that the Illinois State Board of Education has **waived all state and federal tests** for the remainder of the 2019-20 school year. This includes: Illinois Assessment of Readiness (IAR), Illinois Science Assessment (ISA), MAP testing and the Constitution Test.

### ACADEMIC RESOURCES

- FREE [Online Tutoring](#) \*\*library card required\*\*
- An Hour of Code >> [CLICK HERE](#) <<
- Eureka Math Modules
  - 7TH Grade >> [CLICK HERE](#) <<
  - 8TH Grade >> [CLICK HERE](#) <<
- Eureka Card games >> [CLICK HERE](#) <<

Self-care [tips](#) for your virtual learning  
[Tips](#) for managing your time

### EMERGENCY CONTACTS & COMMUNITY SERVICES

#### FOR EMERGENCIES CALL 911

#### National Suicide Prevention Hotline

CALL:(800) 273- 8255 or  
 TEXT: HOME to 741741  
 CHAT: [Click Here](#)

#### Kane County Community Crisis Center

CALL: (847)697-2380

#### National Child Abuse Hotline

CALL/TEXT: (800)422-4453  
 CHAT: [CLICK HERE](#)

For a list of **emergency supports**, please [click here](#).

U-46 **Meal Distribution** details, [click here](#)  
 More **Local resources**, [click here](#).

### DO YOUR PART

Why **Social Distancing?** Watch [this](#) short clip. Check out [this article](#) with video simulations and more details.

Watch [this short](#) experiment that shows why it's important to **wash hands with soap!**



### HEALTHY BODY

This is the first time we've ever been quarantined. Create a schedule for yourself to keep you moving and getting things done (:

#### SLEEP RIGHT

Are you sleeping all day and up all night? Be sure to prioritize sleep using these [tips for better sleep!](#)

#### EAT RIGHT

#### & KEEP IT MOVING!

If you're used to being active, playing sports and having practices, there are still ways you can get moving at home!

[Click here](#) to access free **yoga classes**.  
On a time crunch? [Click here](#) for 15 minutes of **yoga**.

Looking for something more intense? Check out these 30 minute [high intensity interval](#) classes, or [these](#) online fitness classes!

### HEALTHY MIND

#30DayChallenge  
[Mindfulness Calendar](#)

Here are more **activities** you can do on your own  
[Anxiety Coping Skills](#) | [Healthy vs Unhealthy Coping Skills](#) | [Triggers](#) | [Mental Health Maintenance Plan](#) | [Grounding Techniques](#) | [Gratitude Journal](#) | [Anger Coping Skills](#) | [Stress Management](#) | [Challenging Anxious Thoughts](#) | [Time Management](#) | [Negative Thoughts](#)

Growth [mindset](#) thoughts in the midst of chaos.

### BRAIN YOGA

Been staring at a screen too long? Try these quick brain stretches to re-energize you!

[30 At Home Brain Breaks](#)

["I" to the "L"](#)

[Tap this Way](#)

[Super Crazy Eights](#)

[Just One Breath Activity](#)

### THINKING AHEAD

COVID-19 won't last forever,  
Spend some time thinking about your future (: Look up colleges & research careers using these tools.

- ✓ Use [Big Future](#) to research and find colleges.
- ✓ Have you visited a college campus before?  
Even though they are closed now, you can do a [virtual tour](#) of several colleges!
- ✓ Explore [Naviance](#) and find different tools that will help with your college & career research.  
Login in using your CLEVER account!

### STAYING SANE

Although just about everything is closed in person, here are experiences and activities to do from home! Click the blue links.

- ✓ [Virtual Tours: Zoos, Theme Parks & Museums](#)
- ✓ [125](#) activities to keep busy
- ✓ [2020 Daily Calm Calendar](#) for calming activities
- ✓ Free [guided meditation](#)

### TIPS FOR PARENTS

So now you're a teacher too...

- ✓ Set a daily routine. Here is a [sample](#)
- ✓ Set up a study space
- ✓ Check your email for school updates
- ✓ Reach out if you have questions

Read on these tips & more [here!](#)  
Also here are some [life skills](#) you can continue to develop during this season!