



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

Assistant Principal

Nicholas Baird

nicholasbaird@u-46.org

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Counselor

Ms. Gil

ziomaragil@u-46.org

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Social Workers

Ms. Vazquez

miriamvazquezalvarado@u-46.org

Ms. Vandewoestyne

AbbeyVandewoestyne@u-46.org

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

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MTSS Lead

Ms. DeMaar

fondadembaar@u-46.org

DISTANCE LEARNING

- ✓ [Chromebook/ Technology Support](#)
- ✓ To reset password email: passwordresetonly@u-46.org
- ✓ Need WIFI? [click here.](#)
- ✓ [Calendar](#)
- ✓ [Issues with Chromebook](#)

TESTING UPDATES

Fall: No PSAT and No MAP testing

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.](#)

ACADEMIC RESOURCES

- FREE [Online Tutoring](#) **library card required**
- Your teachers are available to help during "asynchronous periods"

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

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

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!