

RICHLAND HIGH SCHOOL STUDENT SUPPORT

Find all kinds of information to support
you during this time away from school.

We miss you!



**Your counselors are available via
email if you need academic,
career/college or
personal/emotional support!**

WE ARE CONNECTED. WE ARE HERE. ONLY AN EMAIL AWAY.

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MAKE SURE TO STAY INFORMED OF ALL THE LATEST NEWS AND ANNOUNCEMENTS:



Birdville ISD
Official Richland High School
RHSCounseling3



@RHSCounseling3



@RHSCounseling3

**BISD IS OFFERING FREE MEALS TO
STUDENTS:**

HERE IS THE LINK

EMERGENCY

Call 911

Sexual Violence, Crisis and Support

Support, Advocacy, & Resource Center (SARC) crisis hotline number is

979-731-1000 or www.sarcbv.org

Crisis and Support

YouthLine: Call (877.968.8491) Text: teen2teen to (839863)

Crisis, Support, LGBTQ

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

Drugs and Alcohol Education, Treatment and Referral

National Drug Helpline: Call (844-289-0879)

Physical and Mental Health

[Link](#)

MESA SPRINGS: 817-292-4600

- **Mesa Springs remains open for mental and addiction referrals, all day, every day.**
- **You can call 24 hours, 7 days a week, to refer a patient in need of treatment.**
- **Mesa Springs is actively monitoring and following CDC guidelines, as well as, state and local health department guidelines.**
- **Mental health and addiction treatment should not wait, and they are taking every precaution possible while continuing to provide necessary care to the community.**

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

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.

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

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



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

**Learn Something New From a
Podcast!**

(Click the hyperlink!)

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!
- Have a Dance Party with Friends via FaceTime!
- 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

Practice for the ACT

THINGS TO DO WHILE AWAY FROM SCHOOL

**Virtually Tour Museums:
Google Arts and Culture**

**Live WebCams, Virtual Tours, and
Virtual Field Trips**

Character Strong

JOIN 30 DAYS OF KINDNESS.

WE ARE CAPABLE OF WIDESPREAD COMPASSION.

WE MUST DEMONSTRATE ABUNDANT HOPE.

WE CAN MAKE THE WORLD A LITTLE MORE BRIGHT.

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 their site.
- Look at their majors... do they have what you are interested in? What are the costs? Any scholarship opportunities?
- Try these out!

FIND SCHOLARSHIPS!

(FOR ALL GRADE LEVELS)

- Start or continue your scholarship search!
- Check out the latest scholarships posted to the district database
 - [Scholarships for all grade levels](#)
 - [Scholarships for RHS Seniors](#)

BRAG SHEET/RÉSUMÉ

(FOR ALL GRADE LEVELS)

- **Work on your brag sheet/résumé! Think about what you've done in your high school career and get it on a Google Doc so you can edit year after year.**
- **Juniors— this will be helpful to have this completed for your summer applications!**

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/>

DEAR CLASS OF 2020

YOU ENTERED THE WORLD DURING 9/11.
YOU GRADUATE DURING A PANDEMIC.

NO DOUBT THESE EVENTS WILL SHAPE YOU.
YOU SEE BEYOND BORDERS AND POLITICAL
PARTIES. YOU SAVOR THE GOOD. YOU
RELISH HEALTHY LIFESTYLE HABITS.

THE CELEBRATIONS MAY NEED TO WAIT.
AND YOU ARE OK WITH THAT.

WE ARE PROUD OF YOU!

Above all else, remember to:

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.

We are RHS REBELS!