



Abby Kelley Foster Charter Public School
10 New Bond Street Worcester, MA 01606
Phone: (508) 854-8400 Fax: (508) 854-8484
www.akfcs.org

School Counselor Updates

We miss you!

Dear Families,

As each day passes, we anticipate that our students will begin to struggle more and more as a result of the restrictions brought upon us by COVID-19. The counselors at Abby Kelley want you to know that we are here if you need us! This newsletter will offer resources to help you navigate a daily routine and hopefully provide some reassurance in this difficult time. Please know that you are not alone. We are all going through this together!

Sincerely,
Your AKF Guidance Team

High School Resources

How can we help our teens with the college application process?

While Covid-19 has put a stop to touring colleges, there are several great resources where students can take a virtual tour of hundreds of colleges online. Here are two good ones:

www.ecampustours.com

www.youvisit.com/collegesearch

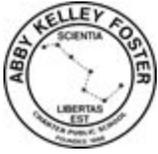
Also make sure to check out Mr. Penney's college information video session, which covers the college search and application process.

<https://www.youtube.com/watch?v=CGK-MFbc520&t=7s>

Helping our Teens Handle COVID-19

<https://thriveglobal.com/stories/helping-our-teens-handle-covid-19-its-all-about-r-e-s-p-e-c-t/>

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Middle School Resources

Helpful Tips for Teens: How can we handle social isolation?

1. Text a friend you haven't talked to in a while/lost contact with.
2. Play a game over FaceTime such as Heads Up, Charades, (you can get creative with this one).
3. Choreograph a brand new TikTok dance with a friend or learn one.
4. Make a friendship bracelet and then mail it to someone having a hard time being isolated.
5. Make postcards and send them to friends.
6. Use "one second a day app" to record each day.
7. Take turns making dinner with the rest of your family.
8. Help younger siblings feel included (set up Skype for them to see friends, build forts, bake, etc).
9. Encourage your younger siblings to reach out to 3-5 people they don't usually connect with, someone who might not have as many people checking in on them, text them and say hi!
10. Invite a classmate to join an exercise class (lots of free programs/challenges that span a few weeks).
11. Get your school sports team together and do virtual group workouts.
12. Watch live-feed online concerts together (lots of musicians are holding these).
13. Have a Netflix Party
14. Write down your thoughts, fears, and ideas in a journal. Encourage others who feel disconnected and anxious to do the same.
15. Learn or teach someone a new craft, such as macramé, henna designs, making dream catchers or bath balms.
16. Start a Zoom book club.
17. Challenge friends to games on Xbox or other gaming platforms.
18. Create a podcast with your friends.
19. Get a group of friends together and work on a video project.

Elementary School Resources

Now that we are halfway through the school closure, this might be starting to feel less like an adventure and more like something we wish was just over so we can get back to regular life. If your elementary age student is starting to complain about having to stay home or is giving you a hard time about social distancing, this would be a good time to review why everyone is working so hard to slow the spread of COVID-19.

Sharing age-appropriate facts and corrected misinformation is key. You can say things like: "Most people who catch this sickness stay home, rest and get all better. And we have wonderful doctors and nurses who can help people when they need it. So to help stop the spread we still need to stay home". And then you can remind them

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that the best way to make sure everyone stays healthy is to be “germ busters”. Germ Busters wash their hands often and catch their cough/sneeze in their elbow!

PBS kids has many great resources about how to stay healthy and help stop the spread of COVID-19. You can follow this link to their resources:

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

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High School

Michelle Ota (mota@akfcs.org)

Mike Penney (mpenney@akfcs.org)

Middle School

Carmen Gomez-Grant (cgrant@akfcs.org)

Tim Hayes (thayes@akfcs.org)

Elementary School

Kate Stockwell (kstockwell@akfcs.org)

Sophonra Woods (swoods@akfcs.org)