



# SPRAGUE HIGH SCHOOL

## *Sprague Counseling Newsletter - Spring 2020*

Dear Sprague Students and Families,

The Sprague Counseling/College and Career Department has put together some resources that may be helpful during this tumultuous time. Included you will find links to the following information:

- **SENIORS / EARLY GRADS** - Important info!
- Sprague School Counselor contacts
- Sprague College and Career contacts
- Salem-Keizer Coronavirus Updates and Resources
- Mental Health And Safety
- Food Resources
- Childcare
- Internet Service Resources
- Community And Online Resources
- Coping/Dealing With Stress

We hope you and your family are well - we miss seeing everyone at school! Please keep yourself and your family mentally and physically safe. Contact us with any questions you may have and keep checking the Sprague website and social media pages for important updates. Let's stay OlyStrong and healthy together!

-- Sprague CCC Department

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### **SENIORS and EARLY GRADS**

- **You will be contacted by April 17th by your school counselor or staff to confirm your graduation status. Please be checking your emails and phone messages.**

### **NEED TO SPEAK WITH YOUR SCHOOL COUNSELOR?**

Sprague school counselors are here and want to speak with students and families on their caseload. Please reach out to your school counselor if you need anything. Here are the best ways to get ahold of us:

1. **Email us.** Links to each of our emails below.
2. **Call us.** We have direct lines through Microsoft Teams that you can reach us at! If we don't answer you can leave a message and we will call you back.
3. **Make an appointment.** You can call or email us that you would like to make an appointment and we can schedule a time to talk.

## SPRAGUE SCHOOL COUNSELORS

Website - <http://spraguehscounseling.weebly.com>



Heather Hagner A-C: [hagner\\_heather@salkeiz.k12.or.us](mailto:hagner_heather@salkeiz.k12.or.us) (971) 600-2127

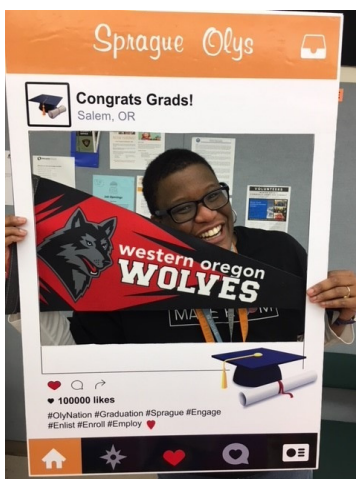
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Eric Sturgis - Se-Z: [sturgis\\_eric@salkeiz.k12.or.us](mailto:sturgis_eric@salkeiz.k12.or.us); (971) 332-3933

## SPRAGUE COLLEGE AND CAREER COACH - ASPIRE PROGRAM



Natalie Dunn - [dunn\\_natalie@salkeiz.k12.or.us](mailto:dunn_natalie@salkeiz.k12.or.us) (971) 337-3524

Or [Sprague@skeducationfoundation.org](mailto:Sprague@skeducationfoundation.org)

### College/Career Links:

Collegeboard (SAT/AP Programs): <https://www.collegeboard.org/>

ACT: <https://www.act.org/>

FAFSA: [https://fafsa.ed.gov/spa/fafsa/#/LOGIN?locale=en\\_US](https://fafsa.ed.gov/spa/fafsa/#/LOGIN?locale=en_US)

ORSAA: <https://oregonstudentaid.gov/fafsa-orsaa.aspx>

Oregon Promise (deadline June 1st):

<https://www.oregonstudentaid.gov/oregon-promise.aspx>

**\*\*Interested in working in the Oregon Career Information System (Oregon CIS)--**<https://oregoncis.uoregon.edu/Portal.aspx>

## SALEM-KEIZER COVID-19 RESOURCES

<https://salkeiz.k12.or.us/news/emergency-closure-to-april-28-2020/>

- Meal locations
- Childcare for first responders
- Chromebook checkout for those in need of device

## **MENTAL HEALTH AND SAFETY**

**SafeOregon:** Report a student safety issue; <https://www.safeoregon.com/report-a-tip/>  
844-472-3367

**Youth Era:** Peer Support for Marion and Polk Counties; [www.youthera.org/](http://www.youthera.org/) 458-210-8641 (Alberto);  
971-283-5262 (Stephanie); 246 State St. Salem, 97301

**Youth and Family Crisis Services** 503-576-4673

**Psychiatric Crisis Center,** (503) 585-4949

**YouthLine:** 24 hour crisis, support, and helpline for youth. The helpline is answered by youth daily from 4pm-10pm and by adults at all other times. Call: 877-968-8491 or Text: teen2teen to 839863;  
[www.oregonyouthline.org](http://www.oregonyouthline.org)

**Oregon Department of Education/Prevent Youth Suicide:** [Mental Health & Social Supports](#)

**LGBTQIA+ Youth:** The [Trevor Project website](#) or call (866) 488-7386 for a 24-hour toll-free suicide hotline or Trans Lifeline at 1-877-565-8860.

**Calm App:** Free App that offers guidance in calming and breathing activities

[https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm)

**Calm Harm App:** Free app to help when teens have urge to self harm

<https://calmharm.co.uk/#row1>

**Clear Fear App:** Free app to help with fear of threat or anxiety

<https://www.clearfear.co.uk/#row1>

## **OTHER RESOURCES**

**Salem-Keizer Schools** Coronavirus Updates and Resources:

<https://salkeiz.k12.or.us/coronavirus/>

**Salem-Keizer Schools** Supplemental Learning:

<https://salkeiz.k12.or.us/supplemental-learning-resources/>

**Khan Academy** Academic Support: <https://www.khanacademy.org/>

**Salem-Keizer Educational Foundation:** <https://skeducationfoundation.org/>

## **FOOD RESOURCES**

**SKSD grab & go meal locations:** <https://salkeiz.k12.or.us/news/meal-sites-covid-19-closure/>

SKSD website meal distribution page shows all food banks in Marion and Polk counties.

<https://www.marionpolkfoodshare.org/get-help/>

Marion County Food Pantry is doing home food box delivery. M-F 11-3 People can contact

[gweber@co.marion.or.us](mailto:gweber@co.marion.or.us) Or call 503-361-2766 to schedule a delivery. They apparently deliver on weekends as well.

## **CHILDCARE**

If you or someone you know is in need of childcare and are currently employed as a first responder, please email [emergencycare@salkeiz.k12.or.us](mailto:emergencycare@salkeiz.k12.or.us) or call (503) 399-3148 for more information and availability.

## **INTERNET SERVICE RESOURCES**

**Accessing Xfinity's free internet hotspots:** There are tons of them all around the country. You can check to see if your living accommodations are covered. Look on your smartphone or smart device, click on the internet icon, and see if free wifi is available to you.

**Internet Essentials Free to New Customers:** As announced recently, it's even easier for low-income families who live in a Comcast service area to sign-up for Internet Essentials, the nation's largest and most comprehensive broadband adoption program. New customers will receive 60 days of complimentary Internet Essentials service, which is normally available to all qualified low-income households for \$9.95/month. Additionally, for all new and existing Internet Essentials customers, the speed of the program's Internet service was increased to 25 Mbps downstream and 3 Mbps upstream. That increase will go into effect for no additional fee and it will become the new base speed for the program going forward. <https://corporate.comcast.com/covid-19>

## **COMMUNITY AND ONLINE RESOURCES**

### **UTILITY ASSISTANCE-**

211 Utility Assistance Programs: Online database to find utility assistance programs in Oregon and Southwest Washington. <https://www.211info.org>

St. Vincent DePaul: 503-364-3210

They can cover \$50 of your PGE bill one time only.

### **DHS SELF SUFFICIENCY RESOURCES LINK-**

<https://www.oregon.gov/DHS/COVID-19/Pages/Home.aspx>

### **OREGON DEPARTMENT OF EDUCATION-**

<https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/COVID19.asp>

## **COPING/DEALING WITH STRESS**

<https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/10.%20How%20to%20Cope%20With%20Stress%20During%20an%20Infectious%20Disease%20Outbreak.pdf>

### **Tips for parents while school is out:**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

### **Talking with children about COVID-19:**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>