

WMS Student Services COVID-19 Resources

My child needs support during the school closure, what can I do?

How do I contact Mrs. Shibles, Mrs. Grimshaw, Mrs. Stevens, or Ms. MacLeod?

- Our office hours will be from 12:30-2:30pm Monday through Friday
- We all have access to our email and will be checking it throughout the day. Please email us directly with any questions, concerns, or wonderings you may have
- We also have access to our voicemail, feel free to leave us a voice message and we will get back to you as soon as we can
- We can coordinate a virtual meeting with you using GoogleMeet

Betsy Shibles	Grade 6 Grade 5: (Raymond, Lowell, Pecoraro, James)	School Counselor	shiblesb@westbrookschoools.org
Stacy Stevens	Grade 7 Grade 5: (Bradbury, Freund, Trace)	School Counselor	stevenss@westbrookschoools.org
Megan Grimshaw	Grade 8 Grade 5: (Beckwith, Larose)	School Counselor	grimshawm@westbrookschoools.org
Kristin MacLeod	All	Social Worker	macleodk@westbrookschoools.org

For Non-Emergency Situations

- Contact your child's school counselor or social worker during their scheduled office hours.

Emergency Situations

- If your immediate safety is at risk, please call 911.
- If your student or someone else is having a crisis that is not an immediate safety issue, you can access the crisis hotline by calling 1-888-568-1112

Public School Counselor at WMS

- If your child regularly meets with the Spurwink Public School Counselor at school please email/call them directly to see if they are offering telecounseling or if they are available to meet with your child off site.

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Local Area Resources

- Westbrook Public Schools
 - Breakfast & lunch can be picked up Monday through Friday from 11am-1pm at Westbrook Regional Vocational School located on the WHS campus. In the event that you cannot drive, food deliveries can be made.
 - Please complete this FORM [Meal Delivery Request](#) to request the Westbrook School Nutrition Program to provide meals for your children. Lunch for the current day and breakfast for the next day will be delivered by Westbrook School Staff and left in a designated location. Please let us know if you can take up to 3 days of meals. We anticipate delivering meals between 10 AM to 12:30 pm 3 times weekly. All meals are free of charge. We would appreciate it if you could have a bin for meals to be placed in by the road if you are able. This program is funded by USDA who is an equal opportunity provider.
- General Assistance
 - (207) 591-7015
 - Call for any immediate basic needs
- Westbrook Food Pantry
 - 426 Bridge Street, Westbrook
 - (207) 591-8147
- Vineyard Church (food resource)
 - 715 Bridgton Road, Westbrook
 - (207) 854-8339
- Good Food Bus
 - fresh produce for sale
 - accepts WIC and EBT/SNAP
- Saint Anthony's Church
 - 268 Brown Street, Westbrook
 - (207) 513-3849
- Westbrook Neighborhood Resource Hub

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- 192 Brown Street, Westbrook
- My Place Teen Center
 - Food resource Monday through Friday 1-3pm
 - 755 Main Street
 - (207) 854-2800
- [Cumberland County Food Security Council](#)
- [Good Shepherd Food Bank of Maine](#)
- [Wayside Food Programs](#)

Tips for how to talk to your child(ren) about Coronavirus

- [Coronavirus Handout for Families](#)
- [Talking to Kids about the Coronavirus](#)
- [Comic created by NPR about the Coronavirus](#)
- [Coping with Stress during an Infectious Disease Outbreak](#)

Tips for Reducing Anxiety

- Validate your child's feelings: Remind them he or she is safe. It is ok to feel stressed or upset during this heightened situation.
- Focus on the things you can control: Try to keep up with regular routines. Create a schedule for learning, as well as, relaxing and fun activities.
- Be a role model: Normalize anxiety, take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.
- Encourage self care: Practice mindfulness, enjoy walks outside, listen/play to music, spend time together as a family, organize craft activities, and read together.

Additional Resources (available 24 hrs/day)

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- State of Maine Child Abuse Hotline: 1-800-452-1999
- Domestic Violence Hotline 1-866-834-HELP (4357)
- 2-1-1: provides information and connections to you local resources
- Maine Crisis Line-Opportunity Alliance 1-888-568-1122
<https://www.opportunityalliance.org/immediate-support-services/744-help/>