



We understand that the school closures are causing many students to worry over coursework, grades, school activities and end of year events, among other things. As your school counselors, we are here to help. Click on the links below to access a list of all middle and high school counselors and their emails to communicate with them during this time and tips on best practices for meeting with teachers and counselors online.

1. [2019-2020 School Counselor List](#)
2. [5 Best Practices for Online Meeting](#)

The following are resources designed to provide information and support. Please review the information and if you have questions reach out to your counselor via email and they will respond within 24 hours, excluding weekends.

Academic

Your teacher is the most knowledgeable when it comes to your classes. Therefore, the first step is to reach out to your teachers regarding questions about assignments, grading, and deadlines. If you have reached out to your teacher and they are unable to assist you with your questions, email your counselor and they will assist you with finding you resources and explanations to your concerns.

Teachers will submit Quarter 3 grades by April 17. This leaves 5 weeks to improve your grade. The completion of coursework can only help students improve their grade but it will not go lower than their Quarter 3 grade.

Below is a list of helpful resources to support your students academically during COVID-19.

- [RUSD Student Academic Resources](#)
- [National Center for Learning Disabilities](#) offers a [guide for educators](#) and [guide for parents](#) for online learning for students with learning disabilities.
- [Supporting Students with Disabilities in Distance Learning](#)-
- [Common Sense](#) has curated a list of tools to assist children with special needs or learning differences that should be helpful to parents during school closures.
- [Smithsonian Education Students](#) -It provides education resources and information, lesson plans, field trips, and interactive activities based on Smithsonian museum collections and research.'

- [**The Library of Congress**](#)- The Library of Congress is the largest library in the world, with millions of books, recordings, photographs, newspapers, maps and manuscripts in its collections...The Library preserves and provides access to a rich, diverse and enduring source of knowledge to inform, inspire and engage you in your intellectual and creative endeavors.
- [**Google Arts and Culture**](#)- Google Arts & Culture features content from over 1200 leading museums and archives who have partnered with the Google Cultural Institute to bring the world's treasures online.'
- [**CK-12**](#)- This is a platform that provides high quality curated STEM content for teachers and students. Its library has over 5000 math and science materials ideal to use in class.'
- [**Prodigy**](#)- Prodigy is a free, adaptive math game that integrates Common Core math (1st-7th grade) into a fantasy style game that students absolutely love playing.
- [**Khan Academy**](#)- Learn using videos, interactive exercises, and in-depth articles in math (arithmetic, pre-algebra, algebra, geometry, trigonometry, statistics, calculus, linear algebra), science (biology, chemistry, physics), economics, and even the humanities with playlists on art history, civics, finance, and more.'
- [**EDX**](#)- EdX offers free online courses from world's top universities including Harvard University, MIT, UC Berkeley, Tsinghua University, Microsoft, Linux, The Smithsonian and more. Courses cover different topics like computer science, engineering, history, psychology, nutrition, big data, statistics and hundreds more.'
- [**DocsTeach**](#)- 'Access thousands of primary sources — letters, photographs, speeches, posters, maps, videos, and other document types — spanning the course of American history.'

Digital Resources by Content Area from the California Department of Education

1. [English Language Arts](#)
2. [Mathematics](#)
3. [Writing](#)
4. [Science](#)
5. [Physical Education](#)
6. [History and Social Science](#)
7. [Electives: The Arts, Music, and Language](#)
8. [Pre-K Learning, Games and Activities](#)
9. [English Language Development Learning, Games, and Activities](#)
10. [Multilingual Resources](#)
11. [Current Events and News Outlets for Students](#)
12. [Free Educational Resources for Distance Learning](#)
13. [Online Learning Resources and Tools](#)

College

It's never too early to start planning for your future. Consider this an opportunity to learn even more about the career soon-to-be-high-school-graduates are choosing among. When you dig deeper into the facts about careers and majors under consideration, students and families will be in a much better position to make an informed decision. Below is a list of resources to help your students with their career exploration during COVID-19.

1. [Career Cruising](#)
2. [Creating a Budget by CA Career Zone](#)
3. [Virtual College Exploration Advice from ACT](#)

4. [Cal State: How to get to College](#)

Career

Research has identified middle school as being the time that students can benefit the most from career exploration activities. Please take advantage of the career exploration resources below.

1. [Career Cruising](#)
2. [Creating a Budget by CA Career Zone](#)

Social/Emotional

Student mental health is **important** for the social, educational, and economic well-being of all students. Making **student mental health** a priority is important for academic success. Below is a list of resources to help your students during COVID-19.

Social Emotional Learning

1. CASEL has collected a number of resources to assist in addressing students' social and emotional needs.
2. Centervention game-based behavior interventions help students practice social and emotional skills.
3. Inside SEL links to a number of social/emotional learning resources.
4. NEWSELA offers social/emotional learning lessons students can complete remotely.
5. Sanford Harmony at National University provides social and emotional learning tools for pre-K–6.
6. Second Step is offering free social and emotional learning activities for ages 5-13, a podcast for families and a mindfulness program.
7. BrainPOP provides movies with social/emotional learning components that students can watch and respond to.

Mental Health and Coping

- 1) [National Mental Health Institute](#) - COVID 19 Resources
- 2) Centers for Disease Control and Prevention [Mental Health and Coping During COVID-19](#)
- 3) Child Mind Institute [Talking to Kids About the Coronavirus](#)
- 4) Crisis Management Institute [COVID-19 Resources for School Counselors](#)
- 5) National Association of School Psychologists [Talking to Children About COVID-19: A Parent Resource](#)
- 6) National Center for School Crisis and Bereavement [Pandemic Response Resources](#)
- 7) National PTA [Resources for families concerned about remote learning and stress and anxiety related to COVID-19.](#)
- 8) SAMHSA [Substance Abuse and Mental Health Resources During COVID-19](#)
- 9) Crisis support resources Crisis Text Line: Text "NAMI" to 741741 to chat with a trained crisis counselor Free 24/7 text line for those in crisis (English only)
- 10) SAMHSA Disaster Distress Helpline: Call (800) 985-5990. Press 2 for Spanish language support [En Español]. Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters
- 11) National Suicide Prevention Lifeline: Call (800) 273-TALK (8255) If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline to speak with a trained crisis counselor 24/7

- 12) The Trevor Project Resources: Call (866) 488-7386, Instant Message a counselor on their website, or text "START" to 678678 24/7 The Trevor Project is a national organization offering support, including suicide prevention, for LGBTQ youth and their friends
- a) TrevorSpace: Online international peer-to-peer community. The Trevor Support Center: Educational resources and FAQs
 - b) Trans LifeLine: Call (877) 565-8860 24/7 Trans LifeLine is a trans-led organization that connects trans individuals to support, community and a variety of resources
- 13) [National Association of School Psychologists: Talking to Children about COVID 19](#)
- 14) [Emotional Wellness Toolkit](#)

Course Request

Please follow these steps in the link below to log into your Aeries student account and review your course requests for the 2020-2021 school year. Please note this is a listing of your course requests; it is not a final schedule. All courses, especially electives, are subject to change based on availability. Please contact your counselor if you have any additional questions.

1. [How To View Course Requests](#)

Summer School

There will be no summer school offered for middle school students at this time.

