

## Newsletter April 10, 2020

---



---

### PARENT TOWN HALL MEETING

Dr. Torres and his Cabinet members would like to host a virtual Town Hall meeting for IMSA parents. Below is a link to a two question poll so that we know what day and time works best for most parents. Please complete this poll by Wednesday, April 15th. We will send an email with more information soon.

#### [Parent Town Hall Poll](#)

### WE ARE AND WILL CONTINUE TO BE HERE FOR YOU

Things may be different, but it is going to be okay. In this newsletter, we will continue to focus on how WE can support YOU remotely. All Student Life office staff is working and available via email Monday thru Friday 8am to 3pm. You can contact the RC on duty by calling the hall office phone number Monday through Friday from 3pm to 9pm and 12pm to 6pm on the weekend. Also, please continue to read your emails or visit our website at [COVID-19 website](#) for updates.



### Important Reminder:

Please call Attendance at (630)907-5029 if your student is sick and/or can not attend class. Please provide details including symptoms or diagnosis if available.

### Resources:

\* The [IMSA Student Emergency Relief Fund](#) has been established with the hope of helping current IMSA families with any basic/urgent expenses as a result of the COVID-19 health pandemic. All requests should be submitted through the [IMSA Student Emergency Relief Fund grant application](#). Our goal is to ensure that every student in our community can continue to experience IMSA's robust educational program from home, regardless of their financial situation.

To make a gift to the IMSA Student Emergency Relief Fund, [click here](#). If you have any questions about the Student Emergency Relief Fund, please reach out to Mrs. Tami Armstrong at [tarmstrong@imsa.edu](mailto:tarmstrong@imsa.edu).

\* All K-12 schools will provide meals to IMSA students through their local school distribution plans.

\* If you are in need of services during this taxing time, call **2-1-1**. Live specialists are on hand 24 hours a day, 7 days a week to discuss your needs and concerns and connect you to a wide range of local and state-wide resources. This includes food, shelter, help with aging parents, legal assistance, domestic abuse and much more. This also includes the most accurate and up-to-date information regarding the Coronavirus from our most reliable and trusted local and national experts. Calls are confidential and help is available in over 150 languages. Learn more about 2-1-1 here. Alternate toll-free number: 888-865-990.

\* [Providers offering FREE WiFi or special accommodations for 60 days](#)

\* **Safety Concerns**

Linden Oaks Behavioral Health: 630-305-5027

National Suicide Prevention Hotline: 1-800-273-8255

Crisis Text Line: Text START to 741-741

---

## School Counselors

### How the school counselors can help

The school counselors will be available for virtual 1:1 meetings, as well as group counseling. Due to HIPAA and confidentiality concerns, we will not be using Zoom for counseling services. Instead, the counselors will be using thera-LINK as the online counseling platform. Students will have the ability to sign up and then log into the thera-LINK scheduler to choose which counselor, date, and time you would like to schedule a virtual appointment. This will allow for a streamlined way to meet with students and have minimal disruption to services. All scheduling and meetings will be done virtually, so please go to the IMSA School Counseling webpage for more information about signing up for counseling services: <https://www.imsa.edu/student-life/counseling-services/>

We know that the next few weeks will be challenging for many reasons, but we would like to offer some tips to help you overcome these challenges:

1. Be Optimistic
  - Try not to focus on the negative. Instead, look for the good things in your life and around you. Approach things with hope and humor.
2. Be Creative
  - Challenge yourself to do something new: a hobby, yoga/exercise via YouTube, meditate using apps like Calm or Headspace, listen to new artists/bands that are livestreaming concerts.
3. Practice Hobbies
  - There are many things you already enjoy doing, so work to improve your skills/talents. Practice cooking or baking, work on your artistic side, enjoy coding, gaming, and designing.
4. Engage in Great Conversations
  - Talk with the people you value in your life. Help support them and allow them to support you. Be creative and use video chats, play virtual board games, and stay connected.
5. Limit your Social Media Time!
  - Social media can be a great source of news and information, but it can become toxic and have an impact on your mood. While staying informed about Covid-19 is important, please take extended breaks from social media platforms.
6. Make time for Self-Care
  - Take time to engage in activities that make you feel happy. Watch movies that you enjoy or listen to your favorite artist or podcast. Make sure to eat regular meals and get regular sleep. Take time for you!
7. Don't Panic!
  - Remember, we are all in this together. Please take care of yourself and each other. If you are worried or concerned, reach out to family, friends, or set up an appointment to talk with us.

---

## Residence Life

**Student Leadership Hiring:** If you applied to be a Peer Tutor, RSL, LEAD Facilitator, Orientation Leader, and/or SEAMS/EXCEL tutor, you will receive an email the week of April 20th to sign up for your virtual interview. Interviews will take place in the evenings during the week of April 27th.

**LEAD:** LEAD will continue to host its annual Student Leadership Exchange event on Wednesday, April 29th from 10:00am until 12:00pm. The event will be a modified format with a shortened schedule. Sophomore students will present virtually on projects they have been working on all semester. If you would like to help

evaluate the projects at the event, please reach out to [Andrea Stuibler](#).

**Housing:** We know that many of you have had questions about IMSA's housing process for the next academic year. Due to COVID-19, and the current stay at home order, we will be shifting to a completely online process. Some of you may have turned in your paper form to your hall of choice already. If this is the case, **please note** that EVERYONE will need to fill out this online form. This Monday, April 13, 2020, the housing form will be sent out to students with specific steps to take before completing the form. At this time, housing assignments are scheduled to be released on May 22, 2020. Below are other dates to pay attention to depending on where you might be in securing a roommate. If you have any questions or concerns, contact [Jerami Johnson](#), Assistant Director of Residence Life.

**I have a roommate for next year...**

- Send an email to your intended roommate, their current RC, as well as your current RC to request approval by April 16, 2020.
- Complete and submit the housing form by May 1, 2020.

**I do not have a roommate for next year...**

- Fill out the single's form by April 22, 2020.
- Attend the Single Soiree via Zoom April 22, 2020 at 5pm.
- After securing a roommate, submit the housing form by May 1, 2020. If no roommate is chosen, students will be assigned a roommate taking into consideration how housing questions were answered for the best possible matches.

**Service-Learning:** In the short time since our last newsletter, students have been busy donating their time, energy, and in some cases their voices to help those in need. Students you should be proud of the impact you are having on your community no matter how small or large it may be. Here are some updates and announcements to be aware of pertaining to service learning. If you have any questions or concerns, contact [Jerami Johnson](#), Assistant Director of Residence Life.

- Due to the prolonged stay at home order from our governor we will be suspending the limits on internal and external service hours for the Class of 2020! Be sure to log all service hours in Helper Helper as soon as possible.
- The National Community Service Award applications are still open and due by April 15, 2020.

**Peer Tutor Program:** More information will be sent out after remote learning begins. Conversations at this time are on going.

**Connecting with RCs:** RCs will be interacting with students through weekly communication via phone calls, emails, chats or Zoom. RCs will be working throughout the week and will be available via email. You may also reach an RC on duty by calling the hall office number Monday through Friday from 3pm to 9pm and 12pm to 6pm on the weekend.

---

## Join RC Ethan Castro for his regular livestreams!

Almost every night (except for Tuesdays and Sundays), RC Ethan Castro will be livestreaming himself playing a wide variety of video games on YouTube, and he invites all IMSA community members to join in the fun and partake in the conversations! The livestream schedule can be found at [tinyurl.com/RCethanSchedule](https://tinyurl.com/RCethanSchedule), and the streams themselves can be found at [tinyurl.com/RCethan](https://tinyurl.com/RCethan)! Join in, chat with everyone, and relax a bit! Ethan can see the comments as they come in live, so feel free to ask anything!

These streams are very much a collaborative process, so if you want to suggest a game for Ethan to try or even join in a game session, let him know at [ecastro@imsa.edu](mailto:ecastro@imsa.edu).

---

## Student Activities

Each week of online learning CAB has featured different themed weeks. For the week of April 13th-17th, CAB is excited to bring you retro week! We'll be sharing our favorite

retro movies, cartoons, songs, and baby pics, and we're inviting you to share yours! Even more, on Friday we'll be showing off our outfits for our retro dress-up day! Join us in appreciating retro culture by engaging in our posts on IMSA Virtual Campus (Facebook), and we'll put all of the participants in a raffle to win a prize at the end of the week. We'll also be releasing our weekly riddle. Check out the [Campus Activities website](#) for more information!



Student Council, with the assistance of the Office of Institutional Research (OIR), recently released this year's Quality of Life Survey. A portion of this year's survey focuses on information related to student mental health and well-being and the Year of Inquiry initiatives. Data collected through this questionnaire can be utilized for future initiatives by either Student Council or the Academy.

## IMSA Health Services

### CDC - Coronavirus Disease (COVID 19)

#### How to protect yourself

##### ***Take steps to protect yourself***

###### **Clean your hands often**

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

###### **Avoid close contact**

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

##### ***Take steps to protect others***

###### **Stay home if you're sick**

- Stay home if you are sick, except to get medical care. Learn [what to do if you are sick](#).

###### **Cover coughs and sneezes**

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

###### ***Wear a facemask if you are sick***

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick](#).
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

###### ***Clean and disinfect***

- Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

