

Newsletter March 2020

WE ARE HERE FOR YOU

and hope everyone is well and healthy. We know that students and families have so many questions and 'what if's'. Remember that every school in the state is in the same position, and none of us know exactly how the COVID-19 health crisis will unfold in the coming months. Things may be different, but it is going to be okay. In this newsletter, we will 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 Dates:

Thursday, March 26

Online classes begin - **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:

* 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.

* Free Internet Services

If you are in need of free internet for distance learning, Comcast has free wi-fi for 60 days. Please review the link to see if you qualify <https://www.internetessentials.com/covid19>

* 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

Meet Our School Counselors



Takeisha Rheams, LCPC

Keisha is in her second year at IMSA. She earned her Bachelor of Arts degree in Applied Psychology with a minor in African American Studies from the University of Illinois at Chicago. She earned her Master of Arts in Clinical Psychology: Counseling Specialization with a Child and Adolescent Concentration from The Chicago School of Professional Psychology. Keisha has worked in many different educational settings prior to IMSA. As a counselor, her therapeutic style is a mixture of Client-Centered and Cognitive Behavioral

Therapy. She strongly believes in providing a safe space where students can speak openly and be assured that they are not being judged but instead heard. Her overall goal is to help students navigate through the difficult processes, help them acknowledge their strengths and achieve positive change in their lives.



Kevin Kusy, MA, LCPC, NCC, PEL-SC

Kevin graduated in 2005 from The Chicago School of Professional Psychology with his Master's in Clinical Psychology with a counseling specialization. Kevin is currently enrolled at Northern Illinois University to obtain his Ph.D in Counselor Education and supervision. Kevin is currently in his 4th year as a School Counselor at IMSA, and has previous experience working in education, clinical setting, and with special populations. Kevin's counseling style is highly relational in nature, and he believes in looking at the client from a holistic perspective.

How the school counselors can help

Over the past two weeks, the counseling team has been preparing to assist students with all of their counseling needs for the remainder of the virtual school year. 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

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.

Student Leadership Hiring: This Spring student leadership hiring will continue through the month of April. Staff will review applications and to set up interviews through Zoom. Students invited to an interview will receive an email about sign ups.

LEAD: LEAD will continue this semester through a distance learning experience. Facilitators are working with their advisor to figure out the best way to deliver the remaining material for this semester. The Student

Leadership Exchange will not take place in person this year, but project submissions will still be required of students. Information for sophomores will be sent out early next week.

Housing: We are currently creating a new remote process for students to select their housing preferences for next year. When this process is completed, we will notify all students on how to proceed.

Service-Learning

Service learning hours are still being validated in Helper Helper and uploaded into PowerSchool so be sure to enter any unlogged hours. Due to social distancing restrictions, obtaining service hours in the typical sense may be more difficult than usual. Below is a list of things you can do online and places to contact that may need assistance and could provide you all with remote service opportunities:

Places/People to Call

- Local hospitals
- Senior Living Facilities
- Ask your next-door neighbor
- Email your alderman or other local officials

Things you can do

- Record chapters for audiobooks: [LibriVox](#)
- Transcribe historical documents for the [Smithsonian](#)
- Donate your voice for those who do not have one: [VocalID](#)
- Make phone calls for political campaigns
- Online tutoring
- [Volunteer with the United Nations](#)

If you are a **senior** and have less than 200 service hours, a staff member will be reaching out to you directly within the next two weeks with a plan to complete your service learning Graduation requirement.

Peer Tutor Program

More information will be sent out after remote learning begins. Conversations at this time are on going.



Student Activities

Our students participated in our largest Campus Activities Board event of the year, Clash of the Halls, the week before Spring Break. It was a fun and tough competition, and ultimately 1504 came in first place! The standings were as follows: 1504, 1506, 1505, 1502, 1501, 1503, 1507.

The Campus Activities Board will be hosting a Social Distance Spirit Week the week of March 30th with different dress up days each day.

Also starting March 30th, the Campus Activities Board will be hosting 'Lunch Breaks with CAB' each school day on Facebook with different fun activities.

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.



Buffalo Wild Wings Partnership

IMSA recently partnered with Buffalo Wild Wings for their Home Team Advantage program. Show the attached card at the Aurora Buffalo Wild Wings in person or on your mobile device and 10% of your total sales will be donated to IMSA.