

ROGERS HIGH SCHOOL STUDENT SUPPORT

**Find all kinds of information to support
you during this time away from school.**

WE ARE CONNECTED. WE ARE HERE. ONLY AN EMAIL AWAY.

Class of 2023

Dawn Morrison

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Class of 2022

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Class of 2021

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**Your counselors are available via
Google Chats, phone, or email.**

**Email them to make an
appointment.**

MAKE SURE TO STAY INFORMED OF ALL THE LATEST NEWS AND ANNOUNCEMENTS:



[Rogers High School](#)



RHS: [@RogersHighSciMN](#)

Principal Paurus: [@principalpaurus](#)

AP Engquist: [@Engquistjill](#)

AP Johnson: [@1RyanMJohnson](#)

AP Zeman: [@Mrzeman86](#)

Grab-N-Go Meals

During the Distance Learning period, we will utilize our daily Grab-n-Go program.

This will be combined with a 5 Day 'Meal Pack' opportunity, which is available at no cost to families, for each child age 18 and under.

Full details on this program can be found at www.isd728.org/Grab-n-Go.



Specific dietary needs should contact Food Service, Jatoma Gavin at (763) 241-3400 ext 1352

*Service dates and locations are subject to change without notice. Menu items change daily and are in accordance with USDA guidelines.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/30 Grab-N-Go Pickup 10:30 a.m. - 12:30 p.m. 1 breakfast and 1 lunch is available for pick-up on this day.	12/1 Grab-N-Go Pickup 10:30 a.m. - 12:30 p.m. 1 breakfast and 1 lunch is available for pick-up on this day.	12/2 Grab-N-Go Pickup 10:30 a.m. - 12:30 p.m. 1 breakfast and 1 lunch is available for pick-up on this day.	12/3 5 Day 'Meal Pack' Pickup Early: 10:30 a.m. - 12:30 p.m. All Sites Late: 3:00 - 6:00 p.m. Elk River High Only	12/4
12/7	12/8	12/9	12/10	12/11
The 5 Day 'Meal Pack' contains 5 breakfast and 5 lunch meals for each student. Meals can be easily consumed or prepared with minimal direction.			5 Day 'Meal Pack' Pickup Early: 10:30 a.m. - 12:30 p.m. All Sites Late: 3:00 - 6:00 p.m. Rogers High Only	
12/14	12/15	12/16	12/17	12/18
Meal Preparation Directions can be found at: https://www.isd728.org/Grab-n-Go			5 Day 'Meal Pack' Pickup Early: 10:30 a.m. - 12:30 p.m. All Sites Late: 3:00 - 6:00 p.m. Zimmerman High Only	
No Meal Pick-Up December 21, 2020 through January 1, 2021.				

MEAL SERVICE PICK-UP LOCATIONS	ELK RIVER HIGH SCHOOL	ROGERS HIGH SCHOOL	ZIMMERMAN MIDDLE/HIGH SCHOOL
	900 School Street, Elk River Door F, off Jackson Avenue	21000 141st Avenue, Rogers Door 10, Main entrance, circle drive	25900 4th Street W, Zimmerman Door 10, back of the building

This institution is an equal opportunity provider.

CHECK OUT OUTSIDE RESOURCES HERE

EMERGENCY Call 911

- *National Suicide Prevention Lifeline 1-800-273-8255*
- *YouthLine: Call (877.968.8491) Text: teen2teen to (839863)*
- *The Trevor Project: Call (866-488-7386) Text: START to (678678)*
- *Drugs and Alcohol Education, Treatment and Referral*
- *National Drug Helpline: Call (844-289-0879)*
- *Rivers of Hope(domestic violence) 763-295-3433*
- *Open Doors for Youth Center M-F 1pm-5pm 763-441-1473*

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

5

WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

SET
BOUNDARIES
WITH WHAT +
HOW MUCH
MEDIA YOU
CONSUME

YOU'RE
ALLOWED TO
OPT OUT OF
OVERWHELMING
DISCUSSIONS

TRY TO
RESPOND TO
THE FEARS OF
OTHERS WITH
UNDERSTANDING
+ RESPECT

GENTLE REMINDERS:
FOR WHEN THE
WORLD FEELS
FRIGHTENING

≥@THEMINDGEEK≤

FOCUS
ON THE
MANY THINGS
YOU CAN
CONTROL

BE
MINDFUL
OF WHEN IT'S
BECOMING
MORE THAN
JUST 'BEING
INFORMED'

BREATHE,
CONNECT +
TAKE GENTLE
CARE OF
YOURSELF +
OTHERS

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



3 things
you can
hear



4 things
you can
touch



2 things
you can
smell



1 thing
you can
taste



THINGS TO DO WHILE AWAY FROM SCHOOL

Learn to Code!
Click Here for
[Apps, Websites, & More!](#)

Get Active!
Go for a Walk or Run
YouTube [JustDance](#) or other
workout videos
Practice Yoga using YouTube
videos

**Learn Something New From a
Podcast!**

(Click the hyperlink!)

For Science Lovers: [RadioLab](#) or
[Science Friday](#)

For History Buffs: [Forever Ago](#)

For Biographies: [Goodnight Stories](#)
[for Rebel Girls](#)

For Storytelling: [This American Life](#)

THINGS TO DO WHILE AWAY FROM SCHOOL

**Want an Even BIGGER Challenge?
Here's a link to 450 FREE college
courses from 8 Ivy League
Colleges!
[Click HERE!](#)**

THINGS TO DO WHILE AWAY FROM SCHOOL

- **Journal!**
- **Write a Letter to a Friend or Family Member!**
- **Make a List of Things You're Grateful For!**
- **Read a Book or Magazine...for fun!**
- **Have a Dance Party with Friends via FaceTime!**
- **Disconnect from Social Media...even if it's just for 30 minutes!**

Practice for the ACT
<https://www.act.org>

**Center Yourself When Things
Get Overwhelming
By Practicing
Mindfulness Techniques**

More activities!

THINGS TO DO WHILE AWAY FROM SCHOOL

**Virtually Tour Museums:
Google Arts and Culture**

Virtual Field Trips

CONTINUE TO WORK ON YOUR HIGH SCHOOL & BEYOND PLAN (FOR ALL GRADE LEVELS)

- Go to <https://portal.mncis.intocareers.org>
- Log in using Rapid Identity

TAKE A VIRTUAL COLLEGE TOUR!

(FOR ALL GRADE LEVELS)

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?

NCAA/NAIA

(FOR ALL GRADE LEVELS)

Student athletes who want to continue sports in college...create your accounts for NCAA/NAIA.

- **NCAA**
 - <https://web3.ncaa.org/ecwr3/>
- **NAIA**
 - <https://www.naia.org/student-athletes/future-student-athletes/index>

ABOVE ALL ELSE, REMEMBER TO:

TAKE CARE OF YOURSELF.

TAKE CARE OF YOUR FAMILY.

DO SOMETHING KIND FOR SOMEONE ELSE.

REACH OUT FOR HELP WHEN YOU NEED IT.

WE ARE ALL IN THIS TOGETHER.

WE ARE ROYALS.