



## Guidance Newsletter

# Support Staff Office Hours

Attention Parents and Students:

Teachers and Parents are still available for your students with office hours Monday-Friday 8AM-2PM via phone or email.

Our Support Staff information is as follows:

- **Amber Kestler School Counselor** [amber.kestler@sccpss.com](mailto:amber.kestler@sccpss.com)  
912-346-7810
- **Roberta Givens Lovett Case Manager** [Roberta.givens-lovett@sccpss.com](mailto:Roberta.givens-lovett@sccpss.com) 912-657-4469
- **Keith Foard School-to-Work Coordinator**  
[keith.foard@sccpss.com](mailto:keith.foard@sccpss.com) 912-856-5010
- **Kerri Thain Social Worker** [kerri.thain@sccpss.com](mailto:kerri.thain@sccpss.com)  
912-644-0601
- **Clara Lightsey School Psychologist**  
[Clara.Lightsey@sccpss.com](mailto:Clara.Lightsey@sccpss.com)

### Important Information

Keep working on all your classes from home!

Reach out to your teachers or Support Staff for help!

Bridge to Success Plan- Don't forget to keep working toward your goal!

Interested in Scholarships? See Mrs. Kestler

### Inside this issue:

Office Hours	1
Support Resources	2
Meal Resources	3
Senior Updates	4
Tips to Stay Motivated	4

## Support Services

During this difficult time we want to offer you a number of resources that may be helpful supports for our students:

**Georgia Crisis and Access Line (GCAL):** 1-800-715-4225

My GCAL App and Crisis Text Line: <https://www.crisistextline.org/>

**Georgia Department of Behavioral Health and Developmental Disabilities Crisis and Access Line:** 1-800-715-4225

**Child Mind Institute Tips and Resources for Parents and Educators:** <https://childmind.org/coping-during-covid-19-resources-for-parents/>

**Centers for Disease Control and Prevention:**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

**Mental Health America of Georgia:** <https://www.mhageorgia.org/getting-help/>

**Mindfulness for Educators:** <http://www.mindfulteachers.org/p/self-care-resources.html?m=1>

**National Alliance on Mental Illness:** <https://www.nami.org/find-support/nami-helpline>

**Preventing Loneliness While Social Distancing:** <https://www.washingtonpost.com/opinions/2020/03/17/combating-loneliness-an-age-self-quarantine/>

**Taking Care of Your Mental Health in the Face of Uncertainty:** <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

**Tips for Staying Connected:** <http://theconversation.com/social-distancing-can-make-you-lonely-heres-how-to-stay-connected-when-youre-in-lockdown-133693>

**Trevor Lifeline for LGBTQ Youth:** 1-866-488-7386

**Internet:** Comcast , Hargray and Infinity are providing free services. Comcast is allowing families to access their services through hotspots. Please see the attached.

## Meal Resources

In addition to the 400 bus stop locations that SCCPSS began delivering breakfast and lunches to this week (which can be located on the website). Here are some additional Meal Resources if you are in need:

### Grab and Go

**Frank and Callen Boys & Girls Club**– 510 E. Charlton St. 11 am – 12:30 breakfast and lunch bags

**Salvation Army**– 3000 Bee Rd.-12:00-1:00pm breakfast and lunch bags

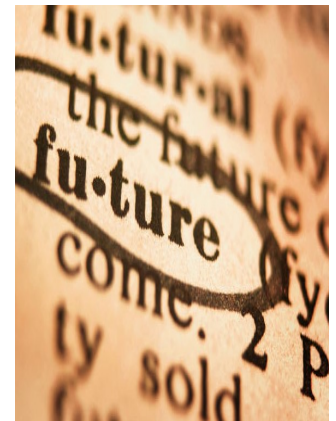
**First Bryan Baptist Church**– 575 W. Bryan St. 11 am– 12 pm. Breakfast and lunch bags

**Performance initiative**– 2633 Causton Bluff Rd. 12-2pm lunch bags

**Urban Hope**– 1601 Barnard St. 12-1 PM– lunch bags

**Salt Island Restaurant on Tybee**-free breakfast and lunch for kids 101 Lovell Ave. 912-499-4279

**Lifebridge** hosting a drive thru event Saturday, March 28 11am-1 pm brown bag lunches 1821 E. Montgomery Cross Rd.



“What you get by achieving your goals is not as important as what you become by achieving your goals.” - Henry David Thoreau



# SENIORS UPDATE

**Motto:** A second chance  
for a first  
impression



All SAT/ACT Tests have been cancelled for the remainder of the year. If your student was considering taking this in the spring reach out to the counselor.

All UGS Schools except Georgia Tech and UGA are allowing incoming freshmen admittance in 2020 without the ACT/SAT due to the lack of testing. But many have an Accuplacer they must take.

Also there is more time to complete scholarships!!!! Use this time for your benefit! If you need help finding scholarships let Ms. Kestler know.

Building Bridges High  
School

401 Market St.  
Savannah, GA 31404

Main office: 912-395-2540  
Fax Number: 912-201-5065

Savannah-Chatham Co.  
Public School System

**Check us out:**

**We are on the Web!**

[www.savannah.chatham.k12.ga.us/schools/bba/default.aspx](http://www.savannah.chatham.k12.ga.us/schools/bba/default.aspx)



## Tips to stay motivated while working from home

- Make yourself do schoolwork daily just like you were in school.
- Give yourself daily goals to complete and keep yourself accountable
- Remember the light at the end of the tunnel. Your not doing this forever!
- Remember that BBHS teachers and staff are still here for you! Reach out if you need help!
- Finally reward yourself for doing a great job after you complete all your work! You are going to the next grade! You are still going to graduate! You can do this!