

APRIL 1, 2020 [VOL 31, NO. 8]

# THE FOCUS

THE OFFICIAL BYRAM HILLS HIGH SCHOOL NEWSLETTER

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FRED SALTSTEIN WORKING DILIGENTLY.

## “DROP & GO” MEDICAL EQUIPMENT DRIVE

The Senior Grade Activities Board and The Global Scholars Program are partnering with local medical professionals for a medical equipment drive. Local hospitals are in dire need of disposable masks, head covers, hand sanitizers, gloves, face shields, goggles, disinfectants, and wipes. Please consider donating. The drive kicked off on Saturday, March 28th. Please see attached flyer for details about drop off locations for the equipment.

## COVID-19 RESOURCES

Our partners at the University of Michigan TRAILS Program have created a number of helpful resources and tips for helping students cope with the COVID-19 pandemic. The tips are focused on supporting student wellness while recognizing the significance of the current outbreak. Please see the attached TRAILS flyer for information on ways to offer your child additional support.

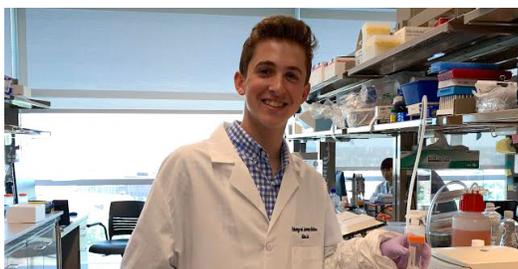
## SCIENCE RESEARCH STUDENT RECOGNITION

Two seniors in the Authentic Science Research Program participated in the Junior Science and Humanities Symposium (JSHS), sharing their work virtually. Owen Skriloff and Sam Aberman were awarded first place in their respective “rooms” in Physical & Computational Science and Biochemistry.

Sam Aberman placed fifth in the state and Owen Skriloff took

second place in the state. Owen has won a \$1500 scholarship from the US Army, Navy and Air Force and both students will now compete at the national level, with Owen as a speaker and Sam presenting his poster.

Three science research seniors have also been selected to participate in the International Youth Research Conference this fall at Harvard University. Congratulations to Meagan Eickelbeck for her work on dog allergens, Taleen Postian for her work on emotional intelligence and political opinion, and Ariana Dan who studied sustainable fashion.



## MU MATH PATH CHALLENGE

The Mu Alpha Theta New Activity Committee, led by Mia Dittrich and John D’Avanzo, held the first annual Mu Math Path Challenge, a scavenger hunt, for all members and candidates on Friday, March 6th. It was an exciting opportunity for mathematicians of all grades to come together in teams and work on a number of math riddles and puzzles ahead of the planned induction ceremony, which has unfortunately been canceled.

## GLOBAL SCHOLARS STUDENTS MAKING HEADLINES

Congratulations to Lindsey Noel, Max Berman, Dylan Green, Andrew Zimmerman, and Nick Varsames for creating a public service announcement video about the 2020 Census. They completed the PSA in English and Spanish to help inform the immigrant population in Mount Kisco about the importance of participation in the local Census. The video will be shown on a loop at Neighbors Link, the Mount Kisco-based organization that provides services and education for the immigrant community, as well as on many other appropriate platforms. To see the feature story in our local press [CLICK HERE](#).

## YEARBOOK UPDATE

The year 2020 will be memorable -- though not in any way we could have hoped or imagined. The yearbook is working to document how students are adapting to new and unusual circumstances in the age of COVID-19 and those events that happened earlier in the school year are extra special now. It’s not too late to buy this historic yearbook. Go to [www.yearbookforever.com](http://www.yearbookforever.com). We also invite you to upload pictures of your students eLearning at home--or any images from games, homecoming, or other school events you’d like us to consider publishing in the yearbook. Click on the Community Upload button and use the school code BHHS2020. Questions? Email [Arch20@byramhills.net](mailto:Arch20@byramhills.net).

## CONGRATULATIONS TO THE NATIONAL ART HONOR SOCIETY INDUCTEES

The National Art Honor Society (NAHS) recognizes high school students who demonstrate outstanding artistic and academic strength and have a commitment of service through the arts. Congratulations to the following students who are being inducted into the society this year:

**Amanda Anikstein**

**Lilly Ceisler**

**Ryan Dany**

**Nina Dekker**

**Reese Ertel**

**Daryn Kaplan**

**Amanda Mackey**

**Emily Ragals**

**Jordan Seigel**

**Leah Sokol**

**Ana Welley**



## CONGRATULATIONS TO THE TRI M MUSIC HONOR SOCIETY INDUCTEES

The Tri-M® Music Honor Society is the international music honor society for high school students. It is designed to recognize students for their academic and musical achievements, reward them for their accomplishments and service activities, and inspire other students to excel at music and leadership. Congratulations to the following students who are being inducted this year:

**Edith Bachmann**

**Nathaniel Bergman**

**Grace Byrd**

**Amelia Chung**

**Emery Cohen**

**Ryan Dany**

**Alexander Dempsey**

**Mark Fakler**

**Rebecca Frieden**

**Paul Lestz**

**Thomas Lombardo**

**Nora Lowe**

**Eleni Morse**

**Melissa Rivera**

**Oliver Rivera**

**Nicholas Skiera**

**Alison Zeng**

**Priscilla Zhang**



## BHHS STUDENT TO SENATE PAGE - CONGRATULATIONS TO SEBASTIAN VAZQUEZ

BHHS Sophomore, Sebastian Vazquez was recently selected to participate in the U.S. Senate Page Program. Sebastian was sponsored by Senator Chuck Schumer and will join other Juniors from all fifty states next year. The program has been in existence since 1829 and the duties consist of delivery of correspondence and legislative material within the Congressional complex. Other duties include preparing the chamber for Senate sessions, and carrying bills and amendments to the desk. Pages attend classes in the early morning at the United States Senate Page School, a program fully accredited by the Middle States Association of Colleges and Schools.

## 2019-2020 BUDGET PRESENTATIONS

The annual budget presentation will be conducted during each virtual Principal's Coffee, noted below, and will be available at [www.byrnhills.org](http://www.byrnhills.org) for on-line viewing.

**April 21**  
**BHHS Principal's Coffee at 9am**

**April 16**  
**WA Principal's Coffee at 9am**

**May 7**  
**CH Principal's Coffee at 9:45am**

**May 13**  
**HCC Principal's Coffee at 9:00am**

The agenda at all meetings will include the proposed budget and tax rates, our budget goals and priorities, our plan for staying under the tax cap, the payment plan for our construction bonds, the costs of health insurance and pension mandates, as well as other topics. Please mark your calendar to join Superintendent, Dr. Jen Lamia, and Assistant Superintendent for Business and Management Services, Mr. Kelly Seibert.

## REVISED AP TESTING INFORMATION

The College Board recently announced significant changes to the AP testing administration due to the coronavirus. The tests will now be offered to students in their homes and will be significantly shorter in length (45 minutes). BHHS will be supporting students to take the exam in their homes and our expectations for students in AP classes have not changed. If a student is enrolled in an AP class, they are expected to take the AP exam this year. Students will be instructed to take the earlier test date to ensure all students are able to test. On April 3rd, the College Board will release the test schedule, and we will reach out so that students can plan accordingly. Students were told the portfolio dates were extended.

In addition to limiting the length of the test and the content covered, the College Board is also offering online classes that students can take to help review for the exams. Please look for these classes [HERE](#).

Finally, students were asked to ensure they are still able to sign into their College Board accounts and to reach out to Ms. O'Connor if they are unable to do so at home.

Parents who have questions about the AP changes can use [THIS LINK](#) to submit questions to Ms. O'Connor.

## LIBRARY RESOURCES

The Library@BHHS is actively updating online sources available for remote access for all your learning needs. The most useful sources that meet the needs of many students are located on the front page on the right side. Use the link and then enter the password. For news use OneFile, for academic journals use JSTOR, for encyclopedic information use Britannica. Send the librarian an email to ask questions, need guidance, looking for advice on your research assignments. And research assignments are listed alphabetically on the left side. Check often for updates.

Westchester Libraries System has now opened up more books and movies online. Tumblebooks is now free for everyone. Fabulous resource for younger readers. Hoopla has upped their movie loans to 10.

[HERE](#) is the URL for accessing Nature remotely.

[HERE](#) is the URL for accessing Scientific American remotely.

The magic word for both URLs is byrnhills.

## BOOK RECOMMENDATIONS PODCAST

English Department Chairperson Duane Smith has produced a podcast with book recommendations. Please take a listen. [BHHS ELA Podcast](#).

## APRIL SOFT SKILL

Self Confidence - A feeling of trust in a student's own abilities, qualities, and judgment. Studies have shown that students who have a higher degree of self-confidence, have higher scholastic achievement than those with low self-confidence. Parents can help improve a student's self-confidence by encouraging their children to step out of their comfort zone and embracing mistakes. Another easy way to build self-confidence is to help students own their mistakes and reflect on how they can grow from them.

## VIRTUAL SPIRIT WEEK

March 25-27 Submission Montage

**BYRAM HILLS HIGH SCHOOL  
PRESENTS**

**VIRTUAL  
SPIRIT WEEK**

**MARCH 25-27, 2020**



## UPCOMING EVENT CHANGES & CANCELATIONS

### Monday April 6th-10th

- Spring Break
- Buildings closed, No Athletics

### Wednesday April 15th

- Earliest date for schools to reopen

### Tuesday April 21st

- BHHS Principal's Coffee w/  
Superintendent's Budget Discussion  
9am, *Virtual Meeting*

### Wednesday April 29th

- Budget Information Meeting  
@ D.O. 9am - *Canceled*
- Mu Alpha Theta Induction Ceremony  
*Canceled*

### Friday May 1st

- BHEF Sprint Event - *Postponed*

For Athletics updates

**CLICK  
HERE**

**FOLLOW  
BYRAM  
HILLS!**



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Local hospitals  
need your  
help!



Disposable Head  
Covers/Caps

Disposable  
Gowns

Disposable  
Gloves

N95 Respirator  
Face Masks

Powered Air-  
Purifying  
Respirators (PAPRs)

Disposable Face  
Masks

Face-  
Shields/Goggles

Coveralls/Scrubs

Shoe-Covers

Disinfection  
Wipes/Hand  
Sanitizer

# Drop and Go Medical Donations

Starting Saturday, March 28th

*\*Packages must  
be unopened*

**Two locations:**



25 Mead Rd  
Armonk, NY



25 Wampus  
Ave  
Armonk, NY

# Tips for Supporting Student Wellness During COVID-19

What should I tell my child about coronavirus and why schools are closed?

It is important that families talk with children regularly about the COVID-19 outbreak in order to provide appropriate information, answer questions, and help process worries. Key points can include:

- Coronavirus/COVID-19 is a sickness, similar to the flu but **much less common than flu; most people who get it do not become very sick.**
- **Children and teens who get the virus generally have only mild to moderate symptoms** and recover without any need for medical care from a doctor's office or hospital.
- Coronavirus/COVID-19 can spread easily from person to person, so **schools are closed to prevent a lot of people from getting sick all at once.** So far, very few people in the U.S. have it.
- We don't yet know when schools will re-open, but when they do, teachers will help students adjust. **Students all around the world are out of school right now, so you are not alone, and you will not be behind other students.**
- **Our family is taking steps that will help keep you safe** like handwashing and social distancing.
- It is **normal and okay to have different feelings at once** – excited to be out of school, sad not to see teachers or friends, disappointed that events are cancelled, worried about what will happen next, bored at home, concerned about relatives – but I will help you manage your feelings.
- Even if I have to be gone for work or for other important reasons, I am going to make sure you are cared for; **I'm not going to leave you.**

**For more information on how to talk with your child, see these resources:**

- Talking to Children About COVID-19: A Parent Resource  
Available from the National Association of School Psychologists: [www.NASPonline.org](http://www.NASPonline.org)
- Talking to kids about the Coronavirus (English/Spanish, and with video)  
Available from Available from the Child Mind Institute: [www.ChildMind.org](http://www.ChildMind.org)
- Key Facts about Coronavirus (CDC): [www.cdc.gov](http://www.cdc.gov)

## What is normal behavior for children and teens right now?

With schools suddenly closed, many students feel cut off from social networks and are experiencing confusion, stress, worry, and disappointment. **The following reactions are common, but if they continue for 2 weeks or more, or are very significant changes from their normal behavior, it may indicate that your child or teen could use your help to manage what they are feeling.**

Grades Pre K - 2	Grades 3 - 6	Grades 7 - 12
Excessive energy / Hyperactivity Frequent crying / Tearfulness Separation anxiety Increased whining Developmental regression (for example, toileting accidents)	Excessive energy / Hyperactivity Excessive worry / Repeated questions Frequent crying / Tearfulness Separation anxiety Increased whining Boredom	Excessive worry / Repeated questions Poor concentration Irritability / Anger Difficulty sleeping Fatigue Boredom

## What can I do to help my child or teen cope?

### TRY TO MAKE YOUR CHILD'S DAY PREDICTABLE:

**Determine sleep schedules and help your child stick to them.** Children and teens need about 9-11 hours of sleep per night. For more information on healthy sleep, visit [www.sleepeducation.org](http://www.sleepeducation.org).

**Try to provide structure.** A consistent schedule can help kids and teens know what to expect and adjust. Knowing how the day will go can help you get through it more easily, too.

For younger children (PreK-Grade 5):

- **If multiple caregivers will be in your home, post a visual schedule** so kids know who will be taking care of them and when you will be available. Review the schedule every day.
- If possible, find some time during the day when you ask children not to interrupt you unless there is an emergency. **You need this time to process your own feelings and take care of yourself.** Help children understand when these times are and what they should do during those times.

### FIND WAYS TO MAINTAIN SOCIAL CONNECTION:

Social support is critical for getting through difficult experiences. **School-aged children should have opportunities to connect with classmates, friends, or relatives every day, if possible.** Find ways to help your child make a phone or video call, write letters or emails, send text messages, and leave the house when possible to see that other community members are also outside (while following recommended social distancing guidelines. Visit [www.cdc.gov](http://www.cdc.gov) for current recommendations). If it is not possible to help your child or teen connect with peers, one strategy that may be helpful is to talk with them about the connection they now share with millions of kids around the world. They truly are all in this together, and this moment will be in the history books from this day forward. That sense of connection may be helpful.

## HELP YOUR CHILD BUILD A TOOLBOX OF SAFE, EFFECTIVE COPING SKILLS:



### Coping skill 1: Stay physically active

Staying active is one of the most effective ways to stay mentally healthy and to cope with worry, sadness, and isolation. **During this uncertain time, physical activity is especially important for all children and teens, but making it possible may require creativity right now.**

Help your child brainstorm ways to stay active that work for your family setting. Some ideas might include:

- Going outside for a walk, jog, or bike ride
- Trying an online fitness workout or workout with a friend over the phone
- Playing hopscotch
- 30 minutes of family fitness (jumping jacks, push-ups, sit-ups)
- Dancing to a favorite playlist
- Walking up and down staircases

If your family is not used to being physically active or if you have health conditions that make it difficult, this coping skill may feel hard. It's okay if you can do only a little bit. **Setting and tracking goals for physical activity can help, and achieving even small goals can be empowering.** Also, try to notice if your own feelings of worry, hopelessness, or despair feel a little bit better during or after physical activity, and help your child notice, too.



For a short video about the mental health benefits of physical activity, see:  
[www.YouTube.com](http://www.YouTube.com) > TRAILS Short Film Series - Behavioral Activation

Recommended websites to help children and teens use physical activity to feel better:

1. TRAILS Physical Activity Materials: worksheets, handouts, videos, and more!  
[www.TRAILStoWellness.org](http://www.TRAILStoWellness.org) > Materials > Resources > Behavioral Activation
2. GoNoodle: Movement and mindfulness videos created by child development experts.  
[www.GoNoodle.com](http://www.GoNoodle.com)
3. American Heart Association-NFL Play 360: Quick videos, featuring NFL players:  
[www.aha-nflplay60.discoveryeducation.com](http://www.aha-nflplay60.discoveryeducation.com)
4. 30-Minute Hip Hop Fit Workout: [www.YouTube.com](http://www.YouTube.com) > 30 minute hip hop workout



## Coping skill 2: Make time for mental rest

Everyone around the world is experiencing increased worry right now, including children and teens. You can help your child take mental breaks by practicing a few minutes of relaxation or mindfulness together or teaching them how to do this on their own. **Research shows that**

**even 5 minutes a day of relaxation practice can help reduce stress, decrease inappropriate behavior, boost concentration, and improve sleep.** Here are a few strategies you can try at home:

Grades Pre K - 2	Grades 3 - 6	Grades 7 - 12
<p><b>Animal yoga:</b> Pretend to be different animals, and shape your body into curled up and stretched out positions. Imagine being that animal feeling cozy in places of safety, or relaxing in nature.</p> <p><b>Slow breath:</b> Breathe in for 4 seconds, hold for 2, breathe out for 4 seconds. Repeat 3-5 times while lying down or sitting comfortably.</p> <p><b>Tighten &amp; Relax:</b> Move through each major body part, slowly tightening (10 seconds) and relaxing (10 seconds) the muscles in each one.</p>	<p><b>5 Senses:</b> Spend 30 seconds focusing on each sense (sight, smell, sound, etc.) and observe what you notice.</p> <p><b>Imaginary vacation:</b> Close your eyes and pretend you are in a favorite place – a beach, your room, a hot air balloon – and imagine, tell, or write about what it is like there.</p> <p><b>Mindful eating:</b> Hold a piece of food in your hand (raisin, M&amp;M, etc.) and look at, feel, and smell, it. Then put it on your tongue and notice its smell, taste, and texture before chewing and swallowing.</p>	<p><b>Body Scan:</b> Mentally observe your whole body, one part at a time. Note where you feel tension, pressure, pain, or calm. Try to spread the calm throughout your body.</p> <p><b>Loving Kindness:</b> Create a statement of forgiveness, kindness, wellness, or love and send it to yourself. Then in your mind send that message to loved ones, friends, family, neighbors, your community, and finally, the whole world.</p> <p><b>Tolerating Emotional Waves:</b> Focus on the image of difficult emotions being like waves that come and go. You can ride the wave of each emotion, just tolerating it when it's present, and trusting it will eventually roll on and give way to a moment of calm afterwards.</p>

For a short video about relaxation, see: [www.YouTube.com](http://www.YouTube.com) > TRAILS Short Film Series - Relaxation

Recommended websites for children and teens to support relaxation, mindfulness, or meditation:

1. TRAILS relaxation materials: worksheets, handouts, videos, and more!  
[www.TRAILStoWellness.org](http://www.TRAILStoWellness.org) > Materials > Resources > Relaxation
2. TRAILS mindfulness materials: worksheets, handouts, videos, and more!  
[www.TRAILStoWellness.org](http://www.TRAILStoWellness.org) > Materials > Resources > Mindfulness
3. Urban Yogis: For a great, short video, see: [www.YouTube.com](http://www.YouTube.com) > Juquille's Story - LIFE Camp
4. Mindfulness for Teens (includes videos and guided meditations): [www.MindfulnessforTeens.com](http://www.MindfulnessforTeens.com)



### Coping skill 3: Coping with big thoughts

When faced with stress or uncertainty, our brains are designed to focus on warning signs of danger. This “fight or flight” response increases our heart rate and makes us feel uneasy and tense. One way to feel better is to identify the source of our anxiety, and use careful thinking skills to calm back down. **You can help your child or teen learn to recognize worried thoughts and focus on more helpful thoughts instead.**

- Step 1:** Help your child identify their thoughts  
(Ask: If you were a cartoon, what would your thought bubble say right now?)
- Step 2:** Help your child figure out if this thought is fully true, somewhat true, or not really reasonable  
(Ask: How do you know this is true? Let's find out more about this. How likely is this?)
- Step 3:** After discussion, help your child come up with a believable, but less worried thought  
(Ask: What could you tell yourself instead that would help you feel less worried? What would you tell a friend who was having the same thought, to help them realize it wasn't fully true?)

**For a short video about coping with worried thoughts, see:**  
[www.YouTube.com](http://www.YouTube.com) > TRAILS Short Film Series - Relaxation

**Recommended websites for children and teens to support coping with worried thoughts:**

1. TRAILS Cognitive Coping Materials: worksheets, handouts, videos, and more!  
[www.TRAILStoWellness.org](http://www.TRAILStoWellness.org) > Materials > Resources > Cognitive Coping
2. Observing our Train of Thoughts video:  
[www.YouTube.com](http://www.YouTube.com) > Mindfulness: Observing A Train of Thoughts
3. Wellcast: Automatic Thoughts: [www.YouTube.com](http://www.YouTube.com) > Wellcast: Automatic Thoughts



Example worried thoughts about COVID-19	More helpful coping thought
<p>“I am going to get very sick.”</p>	<p>“I am taking steps to stay healthy.”</p> <p>“Even if I do get sick, this virus does not usually make children and teens very sick.”</p> <p>“This virus is still very rare, much more rare than flu.”</p>
<p>“My family is not safe.”</p>	<p>“My family is doing a lot to keep us safe right now.”</p> <p>“My family is following advice from very smart people who know what is best to keep us healthy.”</p>
<p>“We are going to lose our housing because we won’t have enough money to pay for it.”</p>	<p>“All the people in charge of our community are working hard to make sure families have what they need.”</p> <p>“There are a lot of services working right now to help families pay bills, find food to eat, and keep their homes.”</p> <p>“It is unlikely, but if we did lose our house, my family would still be with me and would help keep me safe. It would be very hard but we would get through it together.”</p>
<p>“I won’t be able to deal with being so scared or isolated from my friends or relatives.”</p>	<p>“I have experienced difficulty in the past. I am strong and can get through even really hard situations.”</p> <p>“This situation might be scary or upsetting, but it’s okay if I need help to get through it. Lots of people are asking for help right now, too.”</p> <p>“I can still communicate with my friends or relatives by phone, video calls, texts, emails, and even sending letters or packages.”</p> <p>“I’m not alone – kids all over the world are going through exactly what I’m going through right now.”</p>
<p>“I can’t leave my house without risking illness.”</p>	<p>“The best health information right now advises people to leave their houses but just not come in close contact with others or create groups of more than a few people.”</p> <p>“I can leave my house to go for a walk, go for a drive, ride my bike, sit on my front steps, and lots of other activities.”</p> <p>“When I go out, I can take precautions and follow guidelines about how to be safe.”</p>



Remember, the best way to take care of those you love, is to take care of yourself, too. During this stressful time, it is important that you do your best to treat yourself with kindness and compassion. As much as you can, try to: get adequate sleep, eat nutritious meals, build in both physical activity and moments of relaxation during the day, stay connected to sources of support, and reach out for help when you need it.

## TEACH CHILDREN AND TEENS TO RECOGNIZE HEALTHY AND UNHEALTHY COPING:

It is normal to reach for coping strategies that provide immediate relief. However, some things that make us feel better quickly are unsafe or make us feel worse later. These can include sleeping more than 10-12 hours per day; spending more than a few hours per day watching TV or videos, going on social media, or playing video games; substance use or abuse; or self harm (such as cutting). **Help your child or teen recognize the ways they are coping and explore whether the strategies are truly helpful or not.** Good questions to help evaluate a coping skill include:

- Does this calm me down if I am worried, or help me feel better if I am sad?
- Are there any negative side effects – either right away or later?
- Does this hurt anyone or put anyone in danger, including myself?
- Does this help connect me to friends or family members that I trust?
- Is this something that my teacher or doctor would want me to do?
- How is this like or unlike ways that my family encourages me to cope?

## What should I do if I am worried about domestic violence or abuse?

### ESTABLISH A SAFETY PLAN WITH YOUR FAMILY:

When families are under a lot of stress, the risk of abuse and violence can increase. **All families can benefit from talking about safety planning, but especially families with a history of violence or abuse.** The following advice is from the National Domestic Violence Hotline:

- **Teach children when and how to call 911** – this includes any time they are afraid anyone in their home is in physical danger.
- **Instruct children to leave the home if things become unsafe at home, and make sure they know where to go.**
- **Come up with a code word that you can say when they need to leave the home** in case of an emergency – make sure children know not to tell others what the secret word means.
- **In the house: Identify a room they can go to when they're afraid.** If possible, help them come up with something they can think about when they're scared.
- Instruct them that if someone is behaving violently, **they should stay out of the kitchen, bathroom and other areas where there are items that could be used as weapons.**
- Teach them that although they may want to protect a parent, **children and teens should never intervene when an adult is physically aggressive.** Tell them **it will never be their fault** if an adult hurts someone and they did not stop it.
- **Help them to make a list of people that they can go to for help.**

### In an emergency, always call 911 first. Other resources for families experiencing violence:

- National Domestic Violence Hotline and Chat: 1-800-799-7233 [www.TheHotline.org](http://www.TheHotline.org)
- National Child Abuse Hotline: 1-800-422-4453 [www.ChildHelp.org](http://www.ChildHelp.org)



If you are worried about your child's ability to cope, these resources may be helpful:

## LOCAL RESOURCES

### Washtenaw County

Washtenaw County Community Mental Health (WCCMH) Access/Crisis Services. 24/7 phone and mobile crisis services for any Washtenaw County resident: 734-544-3050 [www.Washtenaw.org](http://www.Washtenaw.org)

Regional Alliance for Healthy Schools (RAHS)  
Phone: 734-998-2163 [www.UMHS-RAHS.org](http://www.UMHS-RAHS.org)

U-M Psychiatric Emergency Services (PES)  
Phone: 734-936-5900 or 734-996-4747

Ozone House 24/7 crisis text and phone line for ages 10-20: 734-662-2222 [www.OzoneHouse.org](http://www.OzoneHouse.org)

### Wayne County

Detroit Health Department  
Phone: 313-876-4000 or call 2-1-1  
[www.DetroitMI.org](http://www.DetroitMI.org)

Henry Ford Health System  
COVID-19 Patient Hotline: 313-874-1055  
[www.HenryFord.com](http://www.HenryFord.com)

DMC Children's Hospital [www.ChildrensDMC.org](http://www.ChildrensDMC.org)

Detroit Wayne Integrated Health Network (DWIHN)  
Mental Health Crisis Hotline: 800-241-4949 (24/7)  
313-833-2500 (8am-4:30pm M-F) [www.DWIHN.org](http://www.DWIHN.org)

Community Care Services  
New patients: 313-389-7500  
[www.ComCareServ.org](http://www.ComCareServ.org)  
Existing patients: access Telehealth services:  
[www.ComCareServ.doxy.me](http://www.ComCareServ.doxy.me)

Northeast Guidance Center  
Resident ACCESS Line: 877-242-4140  
24-hour Crisis Help Line: 800-241-4949  
[NEGuidance.org](http://NEGuidance.org)

## NATIONAL RESOURCES

Centers for Disease Control & Prevention (Managing Anxiety and Stress):  
[www.CDC.org](http://www.CDC.org) > Coronavirus Disease 2019 (COVID-19)

Centers for Disease Control & Prevention (Taking Care of your Emotional Health):  
[www.emergency.cdc.org](http://www.emergency.cdc.org) > Emergency Preparedness and Response Coronavirus > Protect Yourself and Loved Ones > Coping with a Disaster or Traumatic Event

National Suicide Prevention Lifeline: 1-800-273-8255 [www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org)

National Suicide Prevention Lifeline: [www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org) > A Current Event: Emotional Well-being During the COVID-19 Outbreak

Anxiety & Depression Association of America: [www.adaa.org](http://www.adaa.org)

# BHHS Counseling Center

*Phone (914) 273-9200 - Ext. 4930*

*April 2020*

## GUIDANCE LIAISON

Kristina Wilson

## COUNSELORS

Erin Browne, Keara Hunt, Gary McCarthy, Greg Quirolo

## SECRETARIES

Stacey Ferrante and Margherita Nordstrom

## **STUDENT COURSES FOR NEXT YEAR**

If your son or daughter would like to make a change to their course requests for the 2020-2021 school year, please contact your child's school counselor.

## **SENIORS**

Congratulations on your college acceptances and post-graduation plans. **Any senior who has not already notified their school counselor of their college decisions and where they plan to attend should do so as soon as possible.** This information can also be updated by the student in Naviance. The counselors would like to congratulate the senior class for all their achievements and wish them well in their future endeavors.

**HAPPY SPRING!**

**BYRAM HILLS HIGH SCHOOL**

# **SPIRIT WEEK**

**WED 3/25 - PAJAMA DAY**

**THURS 3/26 - VIRTUAL BAKE OFF DAY**

**FRI 3/27 - SIBLING/PET APPRECIATION DAY**

**MON 3/30 - FAV QUARANTINE ACTIVITY DAY**

**TUES 3/31 - FAV SPORTS TEAM/BROADWAY  
SHOW DAY**

**WED 4/1 - DRESS AS YOUR FAV TEACHER DAY**

**THURS 4/2 - COLOR DAY (9TH - WHITE, 10TH - BLUE  
11TH - RED, 12TH - BLACK)**

**FRIDAY 4/3 - BOBCAT PRIDE DAY**

**GO BOBCATS!**