



Dear Forest Edge Families—

We know that everyone is going through a time unlike any other in our lives up to this point. Many are without work or income. Most are worrying about the virus. All are adjusting to having children home all the time and trying to help them access distance learning. There can be a lot of stress associated with all of this.

Your Wellness Team at Forest Edge would like to offer some resources to help. First of all, ourselves! Please do not hesitate to get in touch with any of us about any question or concern you may have:

School Social Worker: Sabina Farag 703-925-8034 or sfaraq1@fcps.edu

School Counselor (K, 2, 4, 6): Chelsea Nagel 703-925-8039 or cenagel@fcps.edu

School Counselor (K, 1, 3, 5): Shantell Russ 703-925-8027 or smruss@fcps.edu

School Psychologist: Emily Milas 703-925-8033 or emmilas@fcps.edu

Your school counselors, Chelsea Nagel and Shantell Russ, will be holding regular office hours (see schedule below) to meet with your children virtually. This is similar to having a lunch bunch so students can feel free to eat their lunches with us virtually. Your child can access the office hours through Blackboard under the Blackboard Collaborate link. All of our team members will be available to continue supporting your children through individual check-ins (with your permission). We have also put together a list of resources for our students and our Forest Edge families on Blackboard under the Counselors tab as well as on Google Classroom

(Codes: Nagel- [n6hglo5](#) | Russ- [faz5z4x](#))

<https://classroom.google.com/u/0/c/NzQxMDQwNDg2NDVa>.

Ms. Nagel's Office Hours	Ms. Russ' Office Hours
Mondays: 11:30-12:30 for Kindergarten Tuesdays: 12:00-1:00 for 2 nd Grade Wednesdays: 12:00-1:00 for 4 th Grade Thursdays: 12:00-1:00 for 6 th Grade	Mondays: 11:00-12:00 for Kindergarten Tuesdays: 11:00 - 12:00 for 1 st Grade Wednesdays: 12:00 – 1:00 for 3 rd Grade Thursdays: 12:00- 1:00 for 5 th Grade

In addition, during these stressful times, we would like to make you aware of the following resources for **Basic Needs** and **Physical, Mental, and Emotional Well-Being**.

BASIC NEEDS

FOOD

(may include basic household supplies, personal hygiene products, and diapers)

Forest Edge Grab-and-Go Site

Free bagged breakfast and lunch for all children under 18; \$2 for adults

Monday through Friday, 10 a.m. - 1 p.m.

Weekend food bags provided to children on Fridays

School Bus Breakfast and Lunch Delivery

Free Breakfast and Lunch delivered along School Bus Route 12. Monday-Friday. Click [this link](#) for delivery times and locations.

South Lakes High School Food Pantry

Pre-packed bags of groceries to “grab and go,” every Thursday from 11:00-11:30 a.m. by the main entrance of the high school at 11400 South Lakes Drive, Reston, VA 20191. Check the pantry website, [here](#), every Thursday morning for updates. No referral required.

Fruit and Vegetable Distribution

Wednesdays from 4-6 at the YMCA, 12196 Sunset Hills Road, Reston, VA 20190. Bring your own bags. No referral required.

Curbside Food Distribution

Community of Faith United Methodist Church

13224 Franklin Farm Road

Herndon, VA 20171

Every Tuesday from 3:30-6:30 p.m.

Cornerstones Food Pantry

11484 Washington Plaza West, First Floor

Reston, VA 20191

Monday-Thursday, 8:30-4:30 p.m.; Friday, 9 a.m.-1 p.m. First Saturday of the month: 9 a.m.-1 p.m. No referral required, but a referral will make the process faster. Call or email Ms. Farag to request an electronic referral.

Food for Others

Food warehouse at 2938 Prosperity Avenue, Fairfax, VA 22031. Referral required. Call or email Ms. Farag to request an electronic referral.

Britepaths

Food pantry in Fairfax, VA. Referral required. Call or email Ms. Farag to request an electronic referral.

Apply for Food Stamps (SNAP)

<https://commonhelp.virginia.gov/access/accessController?id=0.1118605329536172>

Or call 1-855-635-4370.

FINANCIAL ASSISTANCE WITH RENT, UTILITIES, MORTGAGE

Fairfax County Coordinated Services Planning

(703) 222-0880

This is a telephone help line staffed by social workers who speak a range of world languages. They can help families secure financial assistance from the many helping organizations within the County. Monday-Friday 8:00 a.m.-4:30 p.m.

PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING

MEDICAL CARE

Apply for Medicaid

<https://commonhelp.virginia.gov/access/accessController?id=0.1118605329536172>

Or call 1-855-635-4370.

Ineligible for Medicaid?

- Partnership for Healthier Communities: <https://www.inova.org/inova-community/community-partnerships/partnership-healthier-communities>
(703) 698-2550
- HealthWorks of Northern Virginia (Herndon location)
Lower cost comprehensive medical care for adults and children
<http://hwnova.org/>
703-443-2000

CSB Medication Clinic, Pharmacy, and Lab Work Hours

<https://www.fairfaxcounty.gov/sites/default/files/assets/documents/pdf/csb-med-clinic-pharmacy-lab-hours.pdf>

Call 703-383-8500 9am to 5pm Monday-Friday

CHILD AND FAMILY WELFARE

Every child deserves to grow up in a supportive, stable and nurturing environment. Right now, during the COVID-19 crisis, many of the normal child protective factors, such as regular child supervision at home, school, and child care, are not in place. We all have a responsibility to look out for the well-being of our most vulnerable community members, our children. If you have questions or concerns about a child's safety, call the [Child Protective Services'](#) 24-hour hotline at 703-324-7400. Fairfax County's CPS hotline workers can also provide families with help, guidance, and referrals to supportive services.

Staying Safe at Home

These are stressful times because of risks to our health and because many of us must stay home. For some people, staying home doesn't always feel safe. The Fairfax County Domestic and Sexual Violence Hotline is available for confidential help 24 hours a day at 703-360-7273. They can connect you with emergency shelter, financial assistance, and housing resources. If it is not safe to talk, text or chat (text LOVEIS to 22522 for the National Domestic Violence Hotline, chat at rainn.org for the National Sexual Violence Hotline. Please see the link below for more resources and ideas for keeping yourself and others in your home safe.

https://thewomenscenter.org/wp-content/uploads/2020/04/Staying-Safe-at-Home_v3.pdf

PARENTING SUPPORT

[Parent Support Line from the Fairfax County Department of Family Services](#) Call (703) 324-7720.

RESOURCES FOR TALKING WITH CHILDREN ABOUT COVID-19

Talking to Children About COVID-19 <https://www.fcps.edu/blog/talking-children-about-coronavirus>

PBS Kids: How to Talk to Your Kids About Coronavirus

https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtRyTQoC-AH0P3H1D5QgEqQneurBPnE_L6Omv30#.XmqzisKG7LA.facebook

Just for Kids: A Comic Exploring the New Coronavirus from NPR

<https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>

ASCA Coronavirus Resources

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources>

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWcel_OdFpM](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWcel_OdFpM)

MENTAL HEALTH

Mental Health Emergency - <https://www.fcps.edu/resources/student-safety-and-wellness/school-psychology-services/mental-health-resources-and>



Mental Health Screening, Assessment and Counseling (during COVID-19, via telehealth)
[Fairfax-Falls Church Community Services Board](#)
(703) 383-8500
Accepts most insurances and offers sliding fee scale.

SOCIAL-EMOTIONAL LEARNING AND WELL-BEING

Active Screen Time Resource
<https://www.gonoodle.com/for-families/>

Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+
<https://www.youtube.com/user/CosmicKidsYoga>

Ultimate Guide to Mental Health and Education Resources for Kids and Teens

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>

Help Your Family De-Stress During Coronavirus Uncertainty

<https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

Videos for Sleep, Meditation and Relaxation

<https://app.www.calm.com/meditate>

Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons

<https://wedolisten.org/>

Mindfulness Websites/Activities

<https://pawsitiveschoolcounselor.files.wordpress.com/2020/02/mindful-resources.pdf>

Giant List of Ideas for Being Home with Kids

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>