

Navigating
Back to School with
BCHS
Counselors



The Effect of COVID-19 on School...

- Teachers miss students. Students miss teachers.
- Coaches miss players. Players miss coaches.
- Teachers miss teaching. Students miss learning.
- Everyone wants to see each other!

Through all the negative, there have been lots of positives.

Think of something positive you have experienced since school dismissed in March.

LOOKING BACK: What have we missed out on?

- Get-togethers
- Hanging out with friends
- School functions
- Band
- Sports
- Visiting family or loved ones
- Having your own time to yourself

WHAT LIES AHEAD: Life is moving on.

- Understand your feelings and know it is okay to feel how you feel.
 - Are you mad that prom was cancelled? We were too! However, we also have to look at the situation in a positive light and understand that health and safety is more important than exciting events.
 - Feeling nervous, confused, or unsure is normal as long as you don't feel that way consistently.
- When you get overwhelmed or have negative feelings for a while rather than a short time, find a trusted adult with whom you can talk.
- Have a realistic point of view. Understand that neither adults nor students have been through a time like this before. We are all learning to adapt to new situations and experiences.

WHAT ABOUT REMOTE LEARNING?

- Remote learning has changed everything everyone knew about education. Students and teachers have all learned from this experience, and many believe for the better. Though our preferred way of education is face-to-face, there are many positives that can come out of this experience.
- Tips:
 - Log on to Google Classroom as often as possible.
 - Keep a running list of all assignments and mark them off as you complete and submit them.
 - Check your grades in Infinite Campus regularly.
 - Communicate with your teachers often.
 - Participate in Google Meets if you can - these can be really fun!
 - If and when you get stuck, immediately reach out for help.

Dealing with Uncertainty

- Think about the good things that have happened since we have been out of school and be thankful for those times.
- Don't make a mountain out of a molehill! Understand that feelings of sadness, confusion, anger, and frustration are normal feelings in the lives of every human. Learn to understand these feelings and work through them.
- Learn to adapt. Adapting to situations is a skill that will help you throughout all of life (in a future job, in your future relationships, and in both good and bad situations).
- Life doesn't always go as we plan. However, lots of things in life happen that are better than we can imagine. Think back to some of your favorite memories and know that you will also have good times ahead.

Helping Others

- If you notice one of your friends seems constantly stressed, is negative, tends to keep to him/herself more often, or says something that makes you uncomfortable, know that it is time to talk with a trusted adult about that person.
- We are dealing with hard times and all of us need help at some point in life.
- If someone has been on your mind lately (you've been worried about them), it is time to talk with someone.
- Don't forget about yourself. Take time to do something you enjoy. Take a break from classwork. Take a break from your family. We all need some alone time every once in a while.

Resources

- Virtual Hope Box - an app that helps remind us of positive experiences, people who care about us, and positive coping strategies (free app available on the Apple App Store & Google Play)
- My3 - an app that can help you determine your support system and a plan if you're having thoughts of self-harm (free app available on the Apple App Store & Google Play)
- Further resources are available at The Society for the Prevention of Teen Suicides <https://sptsusa.org/teens/>

Need More Help?

If it is between the hours of 8:00 a.m. and 3:00 p.m. Central Time on a school day, either call the school at 270-756-3080 or use [this Google Form](#) to request contact from a counselor.

If it is not during school hours, please use one of the following resources.

Astra

203 A Fairgrounds Rd, Hardinsburg, KY
270-580-7290

Communicare

207 Fairgrounds Rd, Hardinsburg, KY 40143
(270) 756-5816

Suicide Hotline

1-800-Suicide (784-2433)

1-800-273-TALK (8255)

Youth Crisis Hotline

1-800-442-HOPE (4673)

Treatment Referral Helpline

1-800-662-HELP

Lincoln Trail Crisis Hotline

(800) 641-4673