

# LAQUEY R-V SCHOOLS

P.O. Box 130  
27600 Hwy AA  
Laquey, Missouri 65534

573-765-3716  
Fax 573-765-4052  
*"Home of the Hornets"*

## Coronavirus Information

Dear Laquey Families,

During the school closures for COVID 19 we will continue to be available for students and families. We can offer Community Resources and Mental Health Resources. We are also available to help you with any specific social/emotional concern that your child may be having during this time.

We will be available via email at [lcaffey@laqueyhornets.us](mailto:lcaffey@laqueyhornets.us), [tfortner@laqueyhornets.us](mailto:tfortner@laqueyhornets.us), or [smayle@laqueyhornets.us](mailto:smayle@laqueyhornets.us). We will be checking email daily during regular school hours and will get back to you within 24-48 hours depending on the volume of emails we receive. If you ask for a call back we will be calling from a blocked number as we will be using our personal phones. Confidentiality and Privacy cannot be guaranteed with services provided through online platforms.

The following information was shared by Laclede Electric and Pulaski County Water:

- Laclede Electric: shut offs have been suspended speak to MOCA and Salvation Army for payment assistance
- Pulaski County Water: If you have any issues with billing call 573-774-3049

Sincerely,

Lori Caffey, Tina Fortner, & Shelley Mayle your School Counselors

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## COMMUNITY RESOURCES

### Internet and Phones

Laquey R-V School District has free wifi available in the parking lot 24/7 for student use.

#### **AT&T Wireless**

AT&T will not terminate the service of any customer due to inability to pay due to disruptions caused by the pandemic

AT&T will waive any late payment fees that customers may incur because of economic hardship related to the pandemic

AT&T will keep public Wi-Fi hotspots open for any American who needs them

Full details: <https://about.att.com/pages/COVID-19.html>

#### **T-Mobile**

All current T-Mobile and Metro by T-Mobile customers who have plans with data will have unlimited smartphone data for the next 60 days

Providing T-Mobile and Metro by T-Mobile customers an additional 20GB of mobile hotspot / tethering service for the next 60 days

Full details: <https://www.t-mobile.com/brand/ongoing-updates-covid-19>

#### **Sprint**

Not terminating service if they are unable to pay their Sprint bill because of the coronavirus

Waiving late fees incurred because of economic circumstances related to the pandemic  
Customers with metered data plans will receive unlimited data per month for 60 days (a minimum of two bill cycles) at no extra cost

Providing customers with an additional 20GB of mobile hotspot data per month for 60 days (a minimum of two bill cycles) at no extra cost

Customers with mobile hotspot-capable handsets who don't have mobile hotspot today will now get 20GB as well per month for 60 days (a minimum of two bill cycles) at no extra cost

Full details: <https://newsroom.sprint.com/covid-19-updates-sprint-responds.htm>

#### **Verizon**

The company will not terminate service to any residential or small business customers because of their inability to pay their bills due to disruptions caused by the coronavirus

Full details: <https://www.verizon.com/about/news/our-response-coronavirus>

#### **Government Cell Phone**

If you are already receiving any one or more of these programs: MediCal/Medicaid; SSI; WIC; SNAP; CalFresh; National School Lunch Program; Section 8; CalWorks; TribalTANF; or low income

While many choose to apply online, the option exists to sign up in stores where applications are taken. In addition, some government assistance offices may also offer the option to sign up for the Lifeline Assistance program.

Full details: <https://govtbenefits.org/get-free-government-phones/>

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## → Update meal service:

- ◆ Laquey cafeteria offers curb-side food service Monday - Friday 9 - 11 am at the elementary gym door.
- ◆ Independence Baptist Church has been setting up in the elementary parking lot on Tuesday and Thursday 4 - 6 pm.

## ❖ Mental Health Hotlines, Textlines, Chat, and websites:

- Youth Connection Helpline 314-819-8802 844-985-8282
  - TEXT: BHEARD to 31658 WEB CHAT: [bhrstl.com](http://bhrstl.com)
  - The Youth Connection Helpline is a dedicated 24/7 hotline for youth, parents, guardians, or other concerned individuals to access crisis intervention, behavioral health and substance use assessment, and service linkage. Services are provided by master's level professionals and are readily available by phone, SMS text, web chat, and in person through mobile outreach. The Helpline also has a follow-up program, where eligible callers will receive a follow-up call within 48 hours by a coordinator who ensures child safety, assists with referrals, and continues to follow up until the crisis situation has been resolved or linkage to services has occurred.
- Disaster Distress SAMHSA 800-985-5990 text talkwithus to 66746
  - The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text to connect with a trained crisis counselor.
- Central Ozarks Community Center COMC
  - Hours: 7:30 am -5:00 pm Monday- Friday
  - Phone number: 573- 765-5141

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- Services: Medical, Dental and Behavioral Health
- Emergency: Go to Your local ER
- School Based Therapist for Laquey Schools
- Tracy Becker, M.Ed, LPC [tbramham@centralozarks.org](mailto:tbramham@centralozarks.org)
- COMC paperwork can be sent from any counselor, just email us
- Compass Health IMMEDIATE ACCESS DISASTER HOTLINE  
888-237-4567 (Para Español, por favor llame al (636) 445-7177.)
  - Lebanon Office: 860 Lynn St. Lebanon MO. 65536  
MONDAY - FRIDAY, 8AM - 5PM. 417-532-7102 OUTSIDE OF  
THESE HOURS CALL 1-800-833-3915
  - Compass Health Network (CHN) is addressing these crises  
within the communities we serve
- KUTO ( Kids Under Twenty One)
  - National Suicide Prevention Lifeline 1.800.273.TALK (8255)
  - The KUTO Crisis Helpline is a confidential telephone hotline  
available to any youth who may be in need of assistance,  
referral information or crisis services. The KUTO Helpline is  
one of a handful of hotlines staffed exclusively by youth  
volunteers. Behavioral Health Response ACI Hotline  
314-469-6644 800-811-4760 TTY: 314-469-3638 24 hours a day  
[bhrstl.org](http://bhrstl.org)
- Suicide Prevention Lifeline 800-273-TALK (8255) or chat online
  - <https://suicidepreventionlifeline.org/>
  - The National Suicide Prevention Lifeline is a national network of  
local crisis centers that provides free and confidential  
emotional support to people in suicidal crisis or emotional  
distress 24 hours a day, 7 days a week.
- Crisis Text Line Text HOME to 741741 from anywhere in the United  
States, anytime, about any type of crisis.
  - Text from anywhere in the USA to text with a trained Crisis  
Counselor.
  - Every texter is connected with a Crisis Counselor, a real-life  
human being trained to bring texters from a hot moment to a  
cool calm through active listening and collaborative problem  
solving. All of Crisis Text Line's Crisis Counselors are  
volunteers, donating their time to helping people in crisis.
  - Youth Friendly: Adult Staffed Hotlines

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- Covenant House Neline 1.800.999.9999
- National Suicide Prevention Lifeline 1.800.273.TALK (8255)
- Drug Abuse Hotline 1.800.888.9383
- National Domestic Violence Hotline 1.800.799.SAFE (7233)
- National Drug Hotline 1.800.662.HELP (4357)
- National Runaway Safeline 1.800.RUNAWAY (786-2929)

## ➔ Anxiety and Social/Emotional Links:

### ◆ Anxiety Links

- [What to Say to Help Kids Feel Calm When the World Feels Fragile -](#)
- [What Happens In Your Brain and Body During Anxiety \(Hint: It's pretty awesome!\)](#)
- [How to Help Children Feel Calm During a Global Crisis - \(Talking to Kids & Teens About COVID-19 and other Goba Trauma\) -](#)

### ◆ Social/Emotional Resource Links

- A primer on social and emotional skills and practical approaches for dealing with modern problems.
- [Social Skills Resources for Parents](#)
- Centervention Social Emotional Learning Activities - tons of free resources - lessons, activities, & printables in the following skill areas: Communication, Communication, Cooperation, Emotion Regulation, Empathy, Impulse Control, and Social Initiation
- [Social Emotional Learning Activities](#)
- [Conscious Discipline 5 Helpful Resources for Families](#)
- Emotional ABCs - it is a site that teaches children, ages 4-11, how to figure out WHAT they are feeling, WHY they are having that emotion, and HOW to make better choices.
  - [Emotional ABCs: Social-Emotional Development Skills Training for Kids](#)

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- Social Express - the programs on this site teach everyone how to: Better understand perspectives, Strengthen social skills, Create stronger social relationships, Improve social competence
  - [Social Express: Social Learning Made Easy](#)
- Social Emotional Learning At-Home Packet - fun activities for kids to do about their feelings, breathing techniques, self-esteem, and gratitude!
  - [Social Emotional Home Packet](#)
- Entertaining, educational books, videos, games and songs to help young children become better listeners, learn important life lessons and feel good about themselves.
  - [We Do Listen Foundation](#)

## ◆ **Activities**

- [Free Online Events and Activities for Kids at Home](#)
- [100+ Offline Activities to Reduce Screen Time](#)
- [1 Million Screen-Free Activities for Kids](#)

→ Preferred Health Care Team: NAME DIFFERENTLY MAKE A CALENDAR FOR SOMEONE TO GO LIVE DAILY FOR 15 MINUTES EITHER READING A BOOK - SING- DANCE- TALK- COOK-OTHER

## ◆ CAFETERIA MENU

## ★ Explaining Coronavirus To Children:

- 1. Be open and available to discuss concerns and worries.
- 2. Be honest and age appropriate.
- What you discuss with your teenager may not be what you tell your 8 year old.
- 3. It is Okay to say "I don't Know".

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- 4. Ask kids what they already know and help them to understand more.
- 5. If you can't normalize the world around children, help normalize what they feel by validating their feelings.
- 6. Have children focus on how their situation is different from those who are affected directly by the Coronavirus.
- 7. Focus on being brave for your child and be reassuring for their safety. (Children will feed off of what mood you put off and can sense when you are not calm.)
- 8. It is okay for you to have feelings and for your child to see you have emotions about this situation. Remember, it is how they see you work through your emotions that is important.
- 9. Keep structure and Routine in place as much as possible. As much normal as possible, it is important in times of crisis.
- 10. Put children's anxious worries to work by sharing kindness letters or showing appreciation to those in the community.