

# College & School Counseling Weekly Update



# SAINT JOSEPH PREP

## Health



- We can do our part in preventing the spread of Covid-19 and keeping ourselves and others safe by continuing social distancing.
- For now, it's important that we follow the guidelines from the CDC:
  - Stay at home as much as possible.
  - Wash hands regularly.
  - Wear a face cloth/mask when outside of your home.
  - Clean and disinfect things you touch.



## Bored in the House?

Health experts and psychologists are in agreement that implementing structure into one's day is one of the best ways to accomplish tasks and ease anxiety. All of us, including Tyga, get bored. We recommend seeking out structured activities to guide your free time after the school day. Two are below, and a sample post-school schedule is at the bottom right!

### **Adobe Spark Daily Challenges**

Special shout out to Ms. Gipson who passed along this interactive guide. It provides fun daily activities such as tutorials to make your own animations, a virtual escape room, virtual tours of cities around the globe, links to Pixar shorts, and tools to make your own beat.

Check it out at

[https://spark.adobe.com/page/mHwomR4aNtxVG/?fbclid=IwAR1sotLUIKOGRFM\\_LFvcpYe2PY57Cp\\_Hs52OKR1UH\\_RX\\_JgRJdaEvrLxpk](https://spark.adobe.com/page/mHwomR4aNtxVG/?fbclid=IwAR1sotLUIKOGRFM_LFvcpYe2PY57Cp_Hs52OKR1UH_RX_JgRJdaEvrLxpk)

### **Quarantine Quest**

No, this is not a quiz/test, but a daily challenge sheet. Share and compete with friends and family for amplified fun.

Check it out at

[https://spark.adobe.com/page/mHwomR4aNtxVG/?fbclid=IwAR1sotLUIKOGRFM\\_LFvcpYe2PY57Cp\\_Hs52OKR1UH\\_RX\\_JgRJdaEvrLxpk](https://spark.adobe.com/page/mHwomR4aNtxVG/?fbclid=IwAR1sotLUIKOGRFM_LFvcpYe2PY57Cp_Hs52OKR1UH_RX_JgRJdaEvrLxpk)



## Face Masks

The CDC now endorses masks and cloth-face coverings when in public to slow the spread of Covid-19. Here are some tips to keep in mind:

- Make sure you can breathe when wearing it
- Make sure it fits snugly
- Machine wash consistently

A make-your-own-mask tutorial exists at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

### **Sample Afternoon Schedule**

- **1:00-1:30** - Non-academic break, outside if nice out
- **1:30-3:30** - Homework
- **3:30-4:30** - Get active with a walk, run, or exercise activity
- **4:30-6:00** - Finish schoolwork and housework

#### **Morning Reminders:**

- Wake up at the same time.
- Stay on top of assignments and due dates so they don't pile up.

#### **Evening Reminders:**

- Enjoy time with family and friends, in person when appropriate and virtually as necessary.