

March 24, 2020



# Brown Academy

School Guidance Counselor Newsletter

Helpful information during our time out from school.

# Contact Us

- The school guidance counselor, Mr. Anderson, can be reached for assistance via email at [anderson\\_markley@hcde.org](mailto:anderson_markley@hcde.org)
- If your child or you as the parent would like to talk with me, please email me.
- Teachers and administrators are available to assist you and can be reached [here](#).
- Hamilton County School's Facebook page has up to date information for families and students.



# Need the School Guidance Counselor

- During stressful times, children can feel unsafe and unsure about the present and future. I want you to know that I will be available via phone, video, or email for students and parents. To make an appointment, please email me. I will be available for appointments (virtually) from 9 a.m. to 11 a.m. and 1 p.m. to 3 p.m. for appointments, Monday through Friday.

Thanks,

Markley Anderson

School Guidance Counselor, Brown Academy

[anderson\\_markley@hcde.org](mailto:anderson_markley@hcde.org)

# Staying Connected and Updated



Click the icons above to get the latest information from Hamilton County Schools (HCS) for: 1) HCS Continued Learning for grade level academic lessons, 2) HCS Family Resources for additional resources, 3) HCS Student Meals for students in need, 4) HCS Tech Assistance for families needing assistance with technology, 5) HCS Continued Help Hotline for your questions and concerns.

# Academic Support



Visit the [Hamilton County School's Continued Learning](#) site to find academic support. You will find your child's grade level and subjects for lesson plans.

Brown Academy will have lesson plan packets available for your child. They can be picked up at Brown Academy this week from 10 a.m. to 1 p.m. through March 25<sup>th</sup>. Packets will be available in front of Brown Academy March 26<sup>th</sup> – March 27<sup>th</sup>. The packets will be in buckets that are labeled by grade. Pick up the one you need without having to go into the school.

Brown Academy

718 E. 8th St, Chattanooga, TN 37403

Phone 423-498-6870 | Fax 423-498-1488

# Student Devices for Students in Need

- Student Device Pickup

The district has consolidated devices that aren't currently being used that can be loaned to students who need a device. There are school sites throughout the district where families in need of a device during the closure can pick them up. Below you will see the locations:

- East Brainerd Elementary ([map](#)) - 10:00 AM-12:00 PM
- Apison Elementary ([map](#)) - 12:30 PM-2:30 PM
- Harrison Elementary ([map](#)) - 10:00 AM-12:00 PM
- Snow Hill Elementary ([map](#)) - 12:30 PM-2:30 PM
- East Side Elementary ([map](#)) - 5:00 PM – 6:00 PM
- Tyner Middle Academy ([map](#)) - 5:00 PM – 6:00 PM

# Internet Assistance

**Chattanooga**  
28,540 Free WiFi

- Country Hearth Inn & Suites  
belkin.206
- Aquarium Plaza  
TNAquarium
- Memorial EP Lab  
Memorial Guest
- Canyon - TN Aquarium  
TNAquarium
- ND&P

Map showing Chattanooga neighborhoods and public WiFi locations. Neighborhoods include Riverfront, City Center, Fort Wood, Westside, Southside Historic District, Southside Gardens, Highland Park, Orchard Knob, Orchard Village, Bushtown, Avondale, Glenwood, Missionary Ridge, Ridgedale, Ferger Place, Oak Grove, and Park City. The Tennessee River is also visible.

- Click the map to the left to find your nearest public wifi locations.
- There are many hotspots to access free wifi in Chattanooga. If you are having difficulty connecting, keep these in mind.

# Emergency and Crisis Contacts

Emergency: 911

TN Crisis Hotline: 1-855-274-7471 (Mental Health Emergencies)

Report Child Abuse: 877-237-0004

United Way Resource Specialist: 423-265-8000 (Connecting those in need to local resources.)

# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids!!!

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

The Center for Disease Control has an extensive amount of information on how to prepare for, protect against, and manage stress from COVID-19. I highly encourage everyone to read this and you can access it [here](#) or by clicking on the COVID-19 slide.

# Activity

Sometimes we need a short break from the routine of school work. I have attached a link that offers a fun activity about cooperation that as a family you can play. Due to our present situation that we are all experiencing, a small break while doing something fun together can be just we need. Try it out and I hope you enjoy. Click on the lion to access the cooperation activity.



COOPERATION ACTIVITIES:  
DECODE A JOKE

Take care of yourself and remember, we are only a quick email or call away.

- We are here and available, even though our setting has changed, our devotion to each student is unwaivered. We send our caring thoughts to each and everyone of you as we all go through this TOGETHER.
- Take care, be safe, and reach out to me if you need assistance.

Sincerely,

Markley Anderson  
School Guidance Counselor, Brown Academy

