



Counselor's Corner

Mrs. Sheriff, Middle/High School

Week of March 16, 2020

Central City and COVID-19

Central City Community School District will be closed for four weeks starting Monday, March 16, 2020, following recommendations from Governor Kim Reynolds. As we all are in this uncertain time, it is Central City's and the school counseling department's goal to provide accurate information and resources.

For the most recent news in our district, "like" Central City Community School on Facebook, follow @CentralCityCSD on Twitter, and sign up for One-Call phone announcements by e-mailing Wendy at wyoder@centralcitycsd.org!

For Parents: Talking about Coronavirus

Kids worry more when they are kept in the dark! Here are some general tips for talking with your kids about Coronavirus:

- Remain calm and reassuring
- Make yourself available to listen and talk
- Pay attention to what they are seeing on social media and television – too much information on one topic may lead to anxiety
- Provide information that is honest and accurate – "I don't know, let's find out together," is a perfectly good answer!
- Continue to teach and encourage them to wash their hands and reduce the spread of germs
- Two great articles:
[CDC: Talking with children about Coronavirus Disease 2019](#)
[Child Mind Institute: Talking to kids about the Coronavirus](#)



STUDENTS and PARENTS: Mrs. Sheriff is still here for you! I am available via email and video/voice meetings (via Zoom). E-mail me to schedule a time! I will be periodically checking my e-mail Monday-Friday, 8:00 am-4:00 pm.



For Students and Parents: Important Information and Resources

Wondering what to do now? Our administration is working hard right now to put together a plan. In the meantime, enjoy your extended spring break! Here are things to know, things you can do at home, and resources for you.

Academic:

- Use this as your time to get caught up on past assignments! Check out your PowerSchool grade and see if there is anything you can do now.

- READ!

- Learn something new! Learn to [code](#) or check out these podcasts:

[RadioLab](#)

[Science Friday](#)

[Forever Ago](#)

- **Kirkwood Students** – continue to check your Kirkwood email for information from your instructors! Don't know your emails/login information → contact me!!

- Be patient – more information to come on this later!

College/Career:

- ACT: The ACT test for April 4th has been CANCELLED. Check your email for information from ACT.

- [Visit a college campus](#) – from home!

- Scholarships, Scholarships, Scholarships! Look at our [Google Drive](#) folder for a good start and then check out these websites:

[ICAN](#)

[CollegeBoard Scholarship Search](#)

[FastWeb](#)

[High Five Scholarships](#)

[Scholarships.com](#)

- Take an Interest Inventory! Create an account on [my.act.org](#) and start researching careers.

- Research careers and colleges at [BigFuture](#)

Personal/Social

- Check in with your school counselor! Email Mrs. Sheriff to talk or to set up a video/phone chat.

- DISCONNECT from social media – maybe not entirely, but take breaks when it starts to feel like too much

- Keep a routine! Get up in the morning, change out of your PJs, and be active

- Go outside! "Social distancing" doesn't mean you can't enjoy nature and it's good for you!

- Stay busy! Read, play board games, watch movies, connect with your friends via text/phone/FaceTime, write a letter, go on a [virtual field trip](#).

- If it all gets to be too much – BREATHE. Breathe in for 4 seconds, hold for 4, breathe out for 4 seconds, and repeat.

Someone is always here! If you need immediate assistance or crisis support, call Foundation2 at 1-800-332-4224.

List of Linn County Food Resources

<https://www.linncounty.org/DocumentCenter/View/151/Food-Assistance-PDF?bidId=>

Central City

United Church of Christ
Kratzer Hall
38 N 5th St
Central City, IA 52214
319-329-3271
Hours: 6:00-6:30 on 1st and 3rd Wednesday's by appointment
Please call for an appointment

Central City Senior Dining and Northeast Linn Food pantry
137 4th Street North
Suite 3
Central City, Iowa 52214
For hours, dial (319) 438-6691
The NE Linn Food Pantry is located inside the Falcon Civic Center

Walker

Sacred Heart Catholic Church
Location is 516 Rowley Street
Walker, IA 52352
Call (319) 448-4241 for information on the food pantry.

Anamosa

Apostolic Assembly of Anamosa
9527 US-151
Anamosa, IA 52205
319-462-4170
Second and fourth Saturdays from 10:00-12:00
Call for more information

Marion

Church of God 7th Day Food Pantry
1691 Airport Rd, Marion, IA - 52302
(319) 377-8505
What: Food and clothing. Anyone is eligible, but you need to provide the number, name, and address of the members in the household to receive food.
Hours: Thursday's from 12:00pm to 3:00pm
For more information, please call.

29th Street Mission
Marion, IA - 52302
(319) 377-3275
Hours: Monday, Tuesday, Thursday 8:30am to 11:00am
A family or individual may come to the Mission every 7 days to seek help with food, clothing and small household items.
For more information, please call.

Churches of Marion Pantry
First Presbyterian Church
864 12th St., Marion, IA
What: one week supply of food per family. If you receive food stamps, you are not eligible. It will be determined if you are eligible once a month or once a week to receive.
Call the church at (319) 377-7309 for information on the food pantry.
Hours: Tuesday & Thursday 1:00pm - 3:00pm

Cedar Rapids Area Food Pantries

Open Hands Food Pantry- at Cedar Hills Community Church
6455 E Avenue NW, Cedar Rapids
What: Pre-packaged food, baked goods, and frozen food. Limited to once a calendar month.
When: Monday from 5:00-6:00pm, Wednesday and Friday from 10:00am-12:00pm

Crossroads Mission
1006 2nd St SW, Cedar Rapids
What: Food and seasonal clothing. Showers and laundry facilities are also available.
When: Tuesday through Friday, 10:00am-4:00pm

Linn Community Food Bank Pantry
First Presbyterian Church
310 5th St SE, Cedar Rapids
What: Provide a 3 day emergency supply of food to families on a first come/first serve basis. Need picture ID for head of household, and also social security numbers for yourself and every member of the household before you can place your order. Can use the food bank 12 times per year.
When: Monday through Friday, 1:00-3:30pm

Metro Catholic Outreach
420 6th St. SE, Suite 120, Cedar Rapids
319-739-5490
What: A food pantry for those in need, that can be accessed once per month. You will need to call to set up an appointment.
When: Food distribution is by appointment

Linn County Veterans Affairs Food Pantry
1240 26th Avenue Court SW, Cedar Rapids
What: A food pantry for qualifying Linn County veterans and their families. No appointment necessary.
When: The food pantry is open from 1:00-3:30pm Monday through Friday, excluding holidays.

Cedar Rapids Area Free Meal Programs

First Lutheran Church Saturday Evening Meal Program

1000 3rd Ave E, Cedar Rapids

What: A warm meal with no qualifications for gaining access to the meal. They also provide personal toiletries on the 4th Saturday of the month.

When: Saturday's from 4:30-5:30pm

First Presbyterian Church Sunday Evening Meal

310 5h Street SE, Cedar Rapids

What: A warm meal with no qualifications for gaining access to the meal. They also try to provide winter season coats and personal toiletries as available.

Green Square Meals

605 2nd Ave SE, Cedar Rapids

What: A warm meal with no qualifications for service

When: Monday through Friday 4:30-5:30pm

Mission of Hope Free Lunch + Food Pantry

1700 B Avenue NE, Cedar Rapids

What: Free lunch, food pantry, emergency clothing

When: Monday through Friday 9:00am-3:00pm., lunch served 12:00-1:00pm

The Salvation Army Meal Program + Food Pantry

1000 C Ave NW, Cedar Rapids

What: A warm meal with no qualification for service. Also a food pantry with fresh produce and canned goods.

When: Breakfast is served Monday through Friday 8:00am-9:00am, Lunch is Monday through Friday from 12:00-1:00pm. They also serve traditional holiday meals for Easter, Thanksgiving, and Christmas. The food pantry is open Monday through Friday from 9:00am-12:00 and 1:00-4:30pm.

Appointments are preferred... call 319-364-9131