Send a note of appreciation to a school counselor who has made a difference in the life of your family!

School counselors are All In For All Students every day and they are more important now than ever before. National School Counseling Week, sponsored by the American School Counselor Association (ASCA) and celebrated the first full week of February, highlights the essential contribution of school counselors within U.S. school systems and the tremendous impact they have in helping students achieve school success and beyond.

Broken Arrow Public Schools is excited to honor the efforts, hard work, and dedication of the school counselors in our district. They are actively engaged in helping students examine their abilities, strengths, interests and talents; work in partnership with parents as they encounter the challenges of raising children in today’s world; focus on positive ways to enhance students’ academic, postsecondary and social/emotional development; and work with teachers and other educators to provide an educational system where students can realize their potential and set healthy, realistic and optimistic aspirations for themselves. School counselors are certified, experienced educators with a master’s degree in school counseling. The combination of their training and experience makes them an integral part of the total educational program.

The start of 2021 came with great anticipation. However, it didn't take long to realize that starting anew wouldn't be as easy as turning the page on a calendar. As we continue to grapple with the impacts of the pandemic on our daily lives it can be hard, at times, to remain hopeful. Broken Arrow Public Schools is committed to supporting students, families, and staff through these difficult days.

In this month’s newsletter, you'll find two challenges you can participate in to help you keep your focus. First, check out the 30 Day Parent Self-Care Challenge which has easy ways to make sure you're putting yourself at the forefront. Then check out the Kindness Challenge on page 2 aimed at helping you spread good vibes at home and in your neighborhood. We also invite you to celebrate our amazing school counselors during National School Counseling Week!

Additionally, you'll discover resources highlighting
- ways you can help your children cope with feelings related to current events,
- Teen Dating Violence Awareness Month,
- and community resources to help you meet basic needs.

Putting you first doesn’t mean you're a bad parent. Take this 30 day self-care challenge to learn how to make time for you!
COVID, Current Events, & Coping

The one year mark of the coronavirus pandemic is upon us. Add to that the unsettling, relentless cycle of significant events throughout the country, and it can be a bit much for anyone to handle. However, there are many reputable resources with ways to assist you in coping. Here are just a few to help your family.

Managing Big Feelings

Sesame Street in Communities
"Sometimes children need help from a grown up to learn how to notice, name, and manage their big feelings. Explore the resources and ideas in this bundle to help your child."

Explaining the News to Our Kids

Common Sense Media
"Dramatic, disturbing news events can leave parents speechless. These age-based tips on how to talk to kids about the news -- and listen, too -- can help."

The Grief Kids are Feeling Right Now is Valid

Healthline
"In some spaces you can find voices diminishing those grieving losses of events, hopes, or plans as unimportant or insignificant because someone didn’t die. Those kinds of comments can sting. We need to take the time to validate their emotions."

Accept the Kindness Challenge

The Random Acts of Kindness Foundation has "designed a fun kindness challenge to help make kindness the norm™ at home & in your neighborhood. Your challenge (if you choose to accept it) is to complete a series of kindness activities to fill in 60 'hearts'. Each act of kindness is worth one, two or three 'hearts' based on how challenging they are: one-heart activities are quick and easy, two-heart activities are more involved, and three-heart activities are challenging & will take more time.

There's a good mix of activities: various random acts of kindness meant to be done in your home & neighborhood, writing prompts, self-care activities and fun coloring pages too. You choose which activities to do and when to do them—so no pressure. Just do the ones that sound fun to you."

Click the hearts to download the challenge guide and get started!
Community Resources

Help Hotlines

Abuse & Neglect Statewide Hotline
1-800-522-3511

National Domestic Violence Hotline
1-800-799-7233

Oklahoma Poison Control Hotline
1-800-222-1222

Suicide Prevention Lifeline
1-800-273-TALK (8255)

Social Emotional & Counseling Services
Family Newsletter

Updated 1/14/21
These are the participating agencies:
211 Eastern Oklahoma/Community Service Council: Dial 2-1-1. Serves all of Tulsa County.

Ability Resources (only for people with disabilities): Call 918-592-1235 and leave a message.

Boston Ave UMC: Call the main church number 918-583-5181. Serves all of Tulsa County.

Broken Arrow Ministry of Compassion: Call 918-949-4673.

Catholic Charities: Email ehelp@ceook.org and a case manager will call you.

Emergency Infant Services: Apply in person at our facility located at 1710, 5 Denver Ave. Tulsa, OK 74119 from 9:30 a.m. to 3:00 p.m. For questions call (918) 582-2469 ext. 67075. Serves all of Tulsa County.

Harvest House: Call 918-884-7667 at 5:00 p.m. Monday evenings to make an appointment. They will call you back if they have an appointment available. Most appointments are on Wednesdays of each week. Serves all of Tulsa County.

Family Promise: Call 918-392-4959 Monday to Friday. Serves all of Tulsa County.

Neighbors Along the Line: Call Stephanie Rodriguez at 918-584-1111 or email stephanierodriguez@neighborsalongtheline.org anytime. Serves all of Tulsa County.

Neighbor for Neighbor: Call 918-425-5578 Monday - Thursday or come to 505 E 36th St North. Serves all of Tulsa County.

Salvation Army: Application process can begin at https://usa.formstack.com/forms/2020sachuelityassistanceform. Serves all of Tulsa County.

Sand Springs Community Service: Serves Households in 74065 Zip Code, Households in 741127 with Sand Springs Water Service, or ANY Household with a child enrolled in Sand Springs Schools. Call 918-245-5185 between 10:00 a.m. and 2:30 p.m. Or email accountamt@sscsok.org.

South Tulsa Community House: For utility assistance. South Tulsa Community House will assist anyone who lives in Tulsa County. All other services are limited to people who live within the Riverwood area. 918-742-5977

Tulsa Dream Center: To apply call 918-430-9984 ext. 3434. Serves North Tulsa.

Up to $1000 is available to help you pay your bills!

Tulsa County Commissioners approved Cares Act Funds! So, if you live in a rental household in Tulsa County and someone in your household has been financially impacted by COVID-19, you may be eligible for assistance with your gas and electric bills.

Hay más de $1,000 disponibles para ayudarte a pagar tus recibos de servicios!

Los comisionados del condado de Tulsa aprobaron los Fondos de la Ley Cares. Si vives en un espacio de alquiler en el condado de Tulsa y alguien en tu hogar ha sido afectado financieramente a causa de COVID-19, puedes ser elegible para recibir ayuda con tus recibos de gas y recibos de luz.

Actualizado 1/14/21
Estas son las agencias participantes:
211 Este de Oklahoma / Community Service Council: Llama a 2-1-1. Cubre todo el Condado de Tulsa.

Ability Resources (sólo para personas con discapacidades) Llama al 918-592-1235 y deja un mensaje.

Broken Arrow Ministry of Compassion: Llama al 918-949-4673.

Catholic Charities: Manda un correo electrónico a ehlp@ceook.org y un administrador de casos te llamara.

Emergency Infant Services: Aplica en persona en la instalación localizada en 1110 S. Denver Ave., Tulsa, OK 74119 de las 9 a.m. a 3 p.m. Si tienes preguntas, llama al 918-582-2469 ext. 67075. Cubre todo el condado de Tulsa.

Emergency Infant Services: Aplica en persona en la instalación localizada en 1110 S. Denver Ave., Tulsa, OK 74119 de las 9 a.m. a 3 p.m. Si tienes preguntas, llama al 918-582-2469 ext. 67075. Cubre todo el condado de Tulsa.


Sand Springs Community Service: Cubre los residentes del código postal 74065, 74127 con con servicio de agua de Sand Springs. CUALQUIER hogar con un niño inscrito en las escuelas de Sand Springs. Llama 918-245-5183 entre las 10 a.m. y 2:30 p.m. o email accountamt@sscsok.org.

Tulsa Dream Center: Aplica al 918-430-9984 ext. 3434. Cubre el norte de Tulsa.