Pleasant Grove Elementary
Family Supports

Information to support you during distance learning.
We are here for you!

Only a call or email away

- **Acting Principal:** Trish Kahler
  - douglast@citrusschools.org
- **Assistant Principal:** Melissia Varnadore
  - varnadorem@citrusschools.org
- **ESE Specialist:** Holly Babyak
  - babyakh@citrusschools.org
- **School Counselor:** Samantha Schultz
  - schultzs@citrusschools.org
  - 352-462-3238 (M-F, 10:00-2:00, 7:00-8:00)
- **Social Worker:** Micheline Gray
  - graym@citrusschools.org
  - 352-400-1639 (M-F, 8:30-4:00)
- **School Psychologist:** Sarah Nunley
  - nunleys@citrusschools.org
- **Behavior TOSA:** Cindy Maggiore
  - maggiorec@citrusschools.org
Stay informed of the latest news and announcements:

https://pge.citrusschools.org/

https://twitter.com/PGE_Stars

https://citrusschools.org

https://facebook.com/PleasantGroveElementarySchool/
If you need immediate assistance:

★ ★ ★

EMERGENCY- Call 911

LifeStream  352-228-4770

Citrus County CASA  352-344-8111

National Suicide Prevention Lifeline  1-800-273-8255

Child Abuse Reporting Hotline  1-800-96-ABUSE (962-2873)

National Domestic Violence Hotline  1-800-799-7233

Substance Abuse and Mental Health Helpline  1-800-622-HELP (4357)
LifeStream Mobile Response Team
(352) 408-6625

● Available 24 hrs a day
● Immediate response to mental health crisis for anyone under 25
● Immediate short term therapy
● Case management Services
● ANYONE can call

LifeStream Mobile Response Team is standing by and ready to serve!

Since schools are now closed until 4/15, we wanted to remind all our community partners that... the Mobile Response Team is available 24 hours a day in Citrus, Lake and Sumter counties. Anyone can call!

Our purpose is to immediately respond when someone under the age of 25 is having a mental health crisis and they are entering Baker Act Territory. We can stabilize, de-escalate and get folks into immediate (short term) therapy or case management services.

Most of our calls have come from schools, but ANYONE can call! DCF, YFA, CHS, The Centers, Case Managers, Social Workers, Health Care workers, Boys & Girls Club, YMCA, Youth groups/Ministers, First Responders, Moms, Dads, Cousins, Uncles.....

If you want assistance with getting a youth stabilized, de-escalated and into immediate services (thus avoiding the Baker Act) please call the Mobile Response Team at (352) 408-6625 .... 24/7!

Please note, for a Baker Act, call 911.
Inverness Area Meal Distribution
For more locations, visit https://bit.ly/2UjBT2M

Drive-Up Distribution Sites: 10:00 am-1:00 pm
- Pleasant Grove Elementary
  - Side Bus ramp
- Hernando Elementary
  - Front of the school

Citrus County Blessings Recipients
Families who receive meals through Citrus County Blessings can pick up their usual bags on Thursdays at the sites listed from 10-1.

Families needing more details can call 352-341-7707, or visit the Citrus County Blessings website at www.citruscountyblessings.org

Bus Stop Distribution Sites: 10:00 am-1:00 pm
- N Retreat Dr. @ Boat Ramp
- E Millwood Ln. @ N Tanglewood Ave.
- Stately Oaks @ Mourning Dove Ct.
- E Oak Forest St. @41
- Istachatta @ Thomas
- Heatherwood Subdivision (E Heatherwood St. @ S Juneau Pt.)
- Dolphin @ Withlapopka
- E Zephyr Wing Ct. @ S Zeppelin Terr.
- Trail 10 @ Illiana
- Canal @ Seven Lakes
- S Eden Gardens Ave.
Join us for Mindful Moments LIVE on our Facebook page, or visit https://tinyurl.com/s2ff9z7 to watch all past videos.

5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS
@HolisticallyGrace

INFORM
LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM, SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.

CONNECT
REACH OUT FOR EMOTIONAL SUPPORT. CONTACT LOVED ONES. ISOLATION IS DETRIMENTAL TO OUR HEALTH

SOOTHE
DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING

CONTROL
FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES

HONOR + DISTRACT
ACKNOWLEDGE FEAR, ANXIETY, FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.
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

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
Breathing Exercises for Times of Stress

S.T.A.R. Extend arms out, pretending your arms are faucets. Tighten arms, shoulders, and face muscles. Exhale slowly making a "aaahhhhh" sound and release all your muscles, draining out the stress.

Drain

Smile. Take a deep breath and relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.

Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they roll on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.

Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pfffttttt" sound.
Breathing Exercises for Times of Stress
Zones of Regulation

Identify how we are feeling and strategies to help
More Zones of Regulation

What Zone are you in?

Blue Zone: Hunt, Tired, Calm, Happy, Silly, Worried, Angry, Terrified

Green Zone: Bored, Sad, Ready, Proud, Confused, Shy, Mean, Blow Up

Yellow Zone: Red Zone: Stop, Go

Tools to get back in the Green Zone:

- Calm down
- Exercise
- Sleep
- Take a break
- Drink water
- Eat/drink healthy
- Enjoy hobbies
- Walk around
- Push ups
- Write
- Listen to music
- Talk to a grown up
- Be with a friend
More Zones of Regulation

What zone am I in?

- REST AREA
- GO
- SLOW
- STOP

- sad
- tired
- calm
- ready to learn
- silly or wiggly
- frustrated
- happy
- okay
- hyper
- upset
- mad
- yelling
- angry
- hitting

Use tools to get in the green zone.

- drink water
- count to 10
- take deep breaths
- use fidgets
- take a walk
- tense and release
- do wall push-ups
- draw
- write
- lift something heavy
- take to an adult
- ask to take a break
- self talk
- ask to talk
- volcano breaths
- do stretches
- listen to music
- lift something
- ask to eat a snack
- link arms pace
We are here for you!

Please reach out with any questions you may have.