

TROY SCHOOLS DISTANCE LEARNING & COVID ASSISTANCE

(click on words for links to appear)

ACADEMIC SUPPORT:

- [Parents Guide to Google Classroom](#)
- [Google Hangouts Meet Tutorial](#)
- [30+ Google Tools for Struggling Students \(reading comprehension, dyslexia, focus and attention, internet navigation, etc.\)](#)
- [Information on accessing Powerschool. How to obtain password](#)
- [Amazing Educational Resources \(VERY comprehensive\)](#)
- [Dolly Parton Imagination Library](#)

MENTAL HEALTH SUPPORT:

- Each of our district counselors are available by email:

High School Counselors:

delwiche-p@troy.k12.oh.us
evilsizor-l@troy.k12.oh.us
gibbons-a@troy.k12.oh.us
metz-c@troy.k12.oh.us

Jr. High Counselors

augustine-j@troy.k12.oh.us
leganik-k@troy.k12.oh.us

Elementary Counselors

davis-d@troy.k12.oh.us
koverman-a@troy.k12.oh.us
mason-c@troy.k12.oh.us
schulze-t@troy.k12.oh.us
scalice-j@troy.k12.oh.us
williams-l@troy.k12.oh.us

- Check out for tips on what to say or do with your anxious kid (or family member)
- Find resources here if you are in a crisis and need help immediately (suicidal thoughts, self-harm, depression, anxiety, domestic violence, etc.).
- Link to Miami County CAC Resource Guide: <https://miamiacac.org/new/>
- Dayton Children's Behavioral and Mental Health Services
- www.crisistextline.org Crisis Text Line provides free, 24/7 support via text message. Text HOME to 741741 to connect with a Crisis Counselor.

WELLNESS SUPPORT:

- Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute
- Keep a Routine for Overall Wellness!

DIETARY SUPPORT:

We will be providing food once per week on Mondays from 11:30 - 12:30. Students will receive enough food for breakfast and lunch for five days. The following locations will provide this service, based on their location and ability to handle car traffic:

Troy High School

Cookson Elementary

Kyle Elementary

Heywood Elementary

Hook Elementary

Van Cleve 6th Grade Building

We ask that families stay in their cars as we will deliver curbside. This will help encourage social distancing and will allow the process to occur more quickly

[First Place Food Pantry](#) Facebook name: First Place Food Pantry

[St. Pat's Soup Kitchen](#) Facebook name: St. Pat's Soup Kitchen

ADDITIONAL SUPPORT:

- **My work situation was negatively impacted by COVID-19 and I need help.**
- **I need help finding a job.**
- **I am in recovery and need access to online meetings.**
- **We don't have the internet at home, which makes Distance Learning difficult.**
- **I need help paying an outstanding bill.**

ON COVID-19:

- **Just for Kids: A Comic Exploring the New Coronavirus**
- **Talking to Teens & Tweens about Coronavirus**
- **Ohio Department of Health: Coping with COVID-19 Anxiety**