



# Sandusky City Schools

407 Decatur Street, Sandusky, OH 44870-2442 • 419-626-6940 • www.scs-k12.net

Dear Blue Streak Families,

Student health and safety are a priority of the Sandusky City Schools. It is our privilege to serve your students in the district. Please allow us to provide the below information, tips, and resources to your family in an effort to support our Blue Streak Family. Additionally, below are a variety of community contacts also available to assist your family during this extended break.

**As a friendly reminder, the Family Health Services Clinic at Sandusky High School, and the behavioral health services at Ontario Elementary School, are closed while the school district is closed. The Clinic will reopen concurrently with the reopening of the school district. Please contact Family Health Services with questions regarding your appointments at 419-984-1042.**

## **Safety Tips:**

Please remind your student of safety precautions to take if at home or at play without an adult:

- Do not open the door for strangers and do not leave the house without permission.
- Stay inside unless accompanied by an adult.
- If an unfamiliar person offers any type of product, food, or information, coach your student to inform a parent or adult. Do not take items offered from a stranger.

## **Preventing Substance Abuse:**

During times of stress, fear, and/or anxiety, some children and adolescents might be vulnerable to substance use. Below are preventative tips:

***Establish Guidelines:*** Set clear expectations for your student. Tell them the acceptable and expected behavior, and those that are disallowed.

***Monitor Your Child:*** Be aware of where your child is, who they are with, and what they are doing. Check in with them through phone calls, text messages, and/or video calls. Randomly come home earlier than expected, and have neighbors watch for visitors to the house while you are away.

***Make Consequences Clear:*** Set clear consequences for unacceptable behaviors. Additionally, rather than focusing on punishments, you may also consider rewarding your student for engaging in positive behaviors, such as doing well in school and following household rules.

## **Signs Your Student May Be Abusing Drugs or Alcohol (According to Project AWARE, Ohio, 2017):**

***Physical Signs:*** Lack of energy or motivation, red eyes or cheeks, difficulty focusing, strange burn(s) on mouth or fingers, chronic nosebleeds, red eyes or cheeks, difficulty focusing.

***Behavioral Indicators:*** Excessive attempts at privacy (i.e., excessive alone time, not allowing family in their room), not telling you where they are or who they are with, changes in family relationships, changes in friends, money issues (i.e., sudden requests for money without reason, stealing money or other items from home).

***Problems at School:*** Forgetting homework often, missing classes/being absent, drop in grades, not showing interest in school or school activities.



# Sandusky City Schools

407 Decatur Street, Sandusky, OH 44870-2442 • 419-626-6940 • [www.scs-k12.net](http://www.scs-k12.net)

## **Counseling and Mental Health Support Services:**

- Firelands Regional Medical Center Mental Health Hotline: 1-800-826-1306
- Crisis Text Line: 741-741
- Family Health Services - Main Campus: 419-502-2800
- Firelands Counseling and Recovery Services: 419-577-5177
- Bayshore Counseling Services: 419-626-9156
- Cornerstone Counseling: 419-621-8773
- NOMS Counseling Services: 419-626-6161

## **COVID-19**

*Please do not be afraid to talk to your student about the COVID-19 virus. It is normal for students to feel anxiety during this time.*

## **COVID-19 Facts, Information, and Conversation Starters:**

Centers for Disease Control: <https://www.cdc.gov/>

Erie County Health Department: <http://eriecohealthohio.com/>

Child Mind Institute: <https://childmind.org/>

World Health Organization: <https://www.who.int/health-topics/coronavirus>

**You may find updates on our Facebook page, Twitter page, and at [www.scsk12.net](http://www.scsk12.net) regarding the school closure. If you have questions, please contact Dr. Sanders' office at [ASKDRSANDERS@SCS-K12.NET](mailto:ASKDRSANDERS@SCS-K12.NET).**