



# Behind the Scenes of COVID-19: Resource Handout

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## Richmond County/School Resources

- Richmond Hill K-8 Resource Center
  - Clothes bank, food bank, jacket/coat drive
  - Contact Parent Facilitator, Mr. Walden, for more information.
    - i. Phone: 706-796-4944 ext.3332
    - ii. Email: [waldenda@boe.richmond.k12.ga.us](mailto:waldenda@boe.richmond.k12.ga.us)
- Counselors and Counseling Support
  - Virtual appointments (phone or internet)
  - Online tips for helping students & families during the pandemic
    - i. Visit the school website, [www.rcboe.org/richmondhill](http://www.rcboe.org/richmondhill)
  - Mrs. Ellison, Lead Counselor Pre-K - 2nd Grade
    - i. Phone: 706-796-4944 ext. 3329
    - ii. Email: [ellista@boe.richmond.k12.ga.us](mailto:ellista@boe.richmond.k12.ga.us)
  - Mrs. Williams, 3rd - 5th Grade
  - Mr. Hill, 6th - 8th Grade



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- Free Virtual Tutoring
    - Available for all RCBOE students 24/7
    - 1-to-1 tutoring service personalized for each student
    - [www.fevtutor.com](http://www.fevtutor.com)
  - WiFi on Wheels
    - Neighborhood locations within Richmond County providing free access to WiFi, Monday through Friday
    - Visit the website to find locations, times, and instructions for connecting
    - [www.rcboe.org/Page/69564](http://www.rcboe.org/Page/69564)
  - Meal Delivery
    - Meals available by pick-up or bus delivery to students/families
    - Every Tuesday and Friday between 9:00am - 1:00pm
    - Specific routes, stops, and times available
    - [www.rcboe.org/Page/61693](http://www.rcboe.org/Page/61693)
  - Department of Support Services
    - List of resources for teachers, parents, and students regarding COVID-19 and pandemic helpful tips
    - [www.rcboe.org/Page/58758](http://www.rcboe.org/Page/58758)
  - School Facebook - [www.facebook.com/richmondhillk8](https://www.facebook.com/richmondhillk8)

## Community Resources

- Georgia COVID-19 Emotional Support Line
  - Provides free and confidential assistance to callers needing emotional support or resource information as a result of the COVID-19 pandemic
  - Available Monday - Sunday, 8am - 11pm
  - (866) 399-8938 - Call or text
- United Way of the CSRA
  - Search tool by zip code to find support and services
  - Search for services such as clothing, food, counseling, education, training, financial assistance, healthcare services, shelters, and transportation
  - [www.211csra.org](http://www.211csra.org)



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- Food Finder
    - A map of food pantries nationwide. Search your location or around your zip code to learn about free food assistance programs near you
    - [foodfinder.us](https://www.foodfinder.us)
  - Augusta COVID-19 Information and Resources
    - Stay up to date with the latest COVID-19 information, safety measures, testing services, and vaccine information
    - [www.augustahealth.org/covid-19](https://www.augustahealth.org/covid-19)
  - Georgia Department of Public Health
    - Statewide information on COVID-19 cases, testing, and vaccines
    - [dph.georgia.gov](https://dph.georgia.gov)

## Online Resources for Parents/Caregivers

- Tip sheets, handouts, and websites from the American Academy of Pediatrics (AAP) regarding working from home, online learning, social-emotional health, positive parenting strategies, and other helpful suggestions for promoting overall health for parents and children during the COVID-19 pandemic.
  - [Parenting in a Pandemic: Tips to Keep the Calm at Home](#)
  - [Getting Children & Teens Outside While Physical Distancing for COVID-19](#)
  - [COVID-19: Caring for Children and Youth with Special Healthcare Needs](#)
  - [Working and Learning from Home During the COVID-19 Outbreak](#)
  - [Teens & COVID-19: Challenges and Opportunities During the Outbreak](#)
  - [Tips to Promote Social-Emotional Health Among Young Children](#)
  - [Responding to Children's Emotional Needs During Times of Crisis](#)
  - [Mental Health During COVID-19: Signs Your Child May Need More Support](#)
  - [How to Help Children Build Resilience in Uncertain Times](#)
  - [Mood-Boosting Tips for Families During the COVID-19 Pandemic](#)
  - [HealthyChildren.org](https://www.healthychildren.org)



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## Online Resources for Children

- GoNoodle
  - Engages and inspires kids to channel their boundless energy—getting them up, moving and becoming more mindful
  - Benefits kids' physical wellness, academic success, and social-emotional health
  - [www.gonoodle.com](http://www.gonoodle.com)
- Coping Skills for Kids
  - Kid tested strategies used by child therapists for calming anxiety, including ideas to calm down, books to read and videos that can help
  - [copingskillsforkids.com/calming-anxiety](http://copingskillsforkids.com/calming-anxiety)
- Wide Open School
  - Helps families find trusted resources to enrich and support distance learning
  - For Pre-K through 12th grade, includes emotional well being topics
  - [wideopenschool.org](http://wideopenschool.org)
- Georgia Home Classroom - Georgia Public Broadcasting Education
  - Pre-K through 12th grade support for remote or in-person learning
  - Activities and learning resources, including health & wellness topics
  - [www.gpb.org/education/learn](http://www.gpb.org/education/learn)
- PBS Learning Tools
  - Videos and interactive lessons for students involving health, math, science, and the arts
  - [pba.pbslearningmedia.org/student](http://pba.pbslearningmedia.org/student)

