

# SFSS Cares

Student and Family Support Specialist Newsletter



## IN THIS ISSUE:

- » Community Resources
- » March Topics
- » Parent Resources/Activities

## Supporting Families in the Berea City School District

The Student and Family Support Specialists (SFSS) at Berea City Schools support families by providing counseling, access to community resources and building connections that enhance and promote student success. The SFSS are here to help you. If you need support and do not know where to start, please contact the Student and Family Support Specialist in your child’s school.

### SFSS Staff Directory:

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## COMMUNITY RESOURCE HIGHLIGHT

**How to Apply for Utility Assistance During the Pandemic in Ohio:**

[Utility Assistance Resource Guide](#)

**2-1-1 is your link to essential community resources:**

[United Way 2-1-1 Greater Cleveland](#)

## HOW CAN WE HELP?

SFSS Services Include:

- School-based Counseling
- Emergency Assistance
- Assistance with Community Referrals
- School and Community Programs
- Collaboration with School and Families
- AND MUCH MORE!!

[BCSD Community Resource Directory](#)

[BCSD Virtual Calming Room](#)



# Community Resources

## Berea Community Outreach

[Berea Community Outreach | Berea, OH](#)

[Food Pantry | Berea, OH](#)

## Connecting for Kids - Events

[Connecting for Kids - Home](#)

[March Flyer](#)

Speech and Language [Consults](#)

[Behavior Series: Tantrum Tamer Toolbox - Stop the Meltdown Before it Starts! March's Tool: Behavior Reward Chart \(Virtual\)](#)

[CFK Coffee and Chat: Music for Mental Health: Coping Skills for Caregivers \(Virtual\)](#)

## Cuyahoga County Public Library:

Berea, Brook Park and Middleburg Heights Branches

[Family Events-All Ages](#)

[Cuyahoga County Public Library Summer Reading Program](#)

Mobile Food Pantry - Thursday, March 11

[Mobile Food Pantry](#)

## Middleburg Heights

[Middleburg Heights Food Pantry – A Clients Choice Food Pantry](#)

[Middleburg Heights EGGS-treme Surprise](#)



# March Topics

## Culture Playbook - Own Your Choices

- Take responsibility for your actions
- Use problem-solving and decision-making skills
- Understand the importance of responsibility
- Understand consequences of decisions and choices
- Know when peer pressure is influencing a decision

## Summer Camps and Programs are back in 2021

Summer Day Camp 2021 - Berea City Schools  
[Summer Day Camp / Summer Day Camp 2021](#)

Summer Camps and Programs - Northeast Ohio  
[Summer Camp & Programs Are Back in 2021](#)

[2021 Cleveland summer camps, 2021 Cleveland camps, Cleveland summer camps, Cleveland camps](#)  
[Macaroni Kid - Summer Programs](#)

## Women's History Month

[5 Fun Activities to Celebrate Women's History Month With Your Child](#)

[25 Children's Picture Books for Women's History Month](#)

[ADL's Women's History Month Resources](#)



# Parent Resources/Activities

## Common Sense Media

Common Sense is the nation's leading nonprofit organization dedicated to improving the lives of all kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.

[Family Media Agreement](#)

[Cellphone Parenting Parent Concern](#)

[Facebook, Instagram, and Social Parent Concern](#)

[Privacy and Internet Safety Parent Concern](#)

[Screen Time Parent Concern](#)

[Common Sense Media's Parents' Ultimate Guides](#)

[Parents Guide to Problem Behaviors](#)

[Common Sense Events](#) - Free Webinars

## Mindfulness

[Top 50 Mindfulness Resources for Children & Teens – Big Life Journal](#)

[Mindfulness Top 14 Apps For Meditation and Mindfulness \(+ Reviews\)](#)

[Action for Happiness](#) - Mindful March Calendar

## Feeling Overwhelmed with Parenting Demands?

Here are some strategies to help you build resilience. These opportunities focus on what you can do right now at home. Right now, in your neighborhood. Give yourself permission to reduce your stress and be happy - in whatever ways work best for you.

- Change your perspective. Are you releasing your tensions in unhealthy ways?
- Break down big problems into smaller parts.
- Know how much power you give to each stressor in your life.
- Reach out to others for help. This is not a sign of weakness - in fact it is the opposite.