



WEST CHESTER AREA SCHOOL DISTRICT
G.A. STETSON MIDDLE SCHOOL

Administration

Principal

Dr. Charles A. Cognato

Assistant Principals

Mr. James D. DeWitt

Mrs. Erin Stephen

Athletic Director

Mr. Willi J. Corcoran

Guidance

Mr. Christian Specht

Mrs. Heather Selgrath

Ms. Dawn McNeil-McMillan

Dear SMS Parents and Students,

Your School Counseling Department wanted to reach out with some resources and let you know of available supports during this time.

First, we want to recognize that this time can be very stressful for families. There may be moments of calm and others that seem endless and everyone's households are so different. We are all trying to figure out how balance what we want to be doing with what we should really be doing to stay safe. That being said, we encourage you all to socially distance yourself from others. This can be an extremely difficult decision to make as a parent and as a student because you and your immediate family may feel perfectly healthy. While we typically encourage face to face communication, we are encouraging students to rely on the technology you have to reach out to friends and support each other with positive messages as we all get through this.

Secondly, we realize that you may need some supports to get you through all of this. If you have specific questions, your grade level and/or instructional counselor will be available to answer questions via email or Schoology during the regular school day of 7:30am-3:00pm. If necessary, we will be able to organize a phone conference with a parent or student.

Feel free to reach out to them directly:

6th grade: Christian Specht, cspecht@wcasd.net

7th grade: Dawn McNeil-McMillan, dmcmillan@wcasd.net

8th grade: Heather Selgrath, hselgrath@wcasd.net

If you had a 504 meeting and/or parent teacher conference scheduled during the time of shutdown, we will be working to reschedule meetings when we can.

Counselors in the District are working on compiling a list of telehealth resources available to you. We will also be posting articles that you may find helpful in the new "COVID-19 Resources" folder on the Counseling Department tab of the Stetson homepage (<https://www.wcasd.net/sms>).

In the interim here are a few resources you may already be familiar with: In the interim here are a few resources you may already be familiar with:

IF YOU ARE CONCERNED ABOUT SOMEONE ELSE...

Safe 2 Say referrals can be made via the App on your phone, at www.safe2saypa.com, and 1-844-SAF2SAY (723-2729)

IF YOU ARE CONCERNED ABOUT YOURSELF OR SOMEONE IN YOUR HOME...

911 if there is an immediate medical emergency

Valley Creek Crisis (610) 280-3270 for Chester County Residents available 24/7

Delaware County Crisis 1-855-889-7827 for Delaware County Residents available 24/7

We sincerely hope you stay safe and healthy!

Sincerely,

Ms. DMac, Mr. Specht and Ms. Selgrath