

Parent Resources

SCHOOL

--**Food Delivery:** Register at the following Google Form or call the EWSC Admin office (967-3926 and leave a message on the Admin phone) to get registered for food drop-off: <https://forms.gle/wEiJamXYkpgbhYGH9>

We will be delivering meals on Tuesdays and Thursdays. We will have one delivery date on March 31 for the Tuesday, then we will deliver T and Th each week in April, and we will assess where we are with the situation near the end of April. We will deliver on Tuesdays: Tuesday and Wednesday meals. On Thursdays: Thursday, Friday, and Monday meals. We will provide breakfast and lunch each day for each child.

--**School Counselor Website:** Check out Mrs. Jones' new website for GREAT info and resources! This email will start getting shorter with the "repeat" info and that will all be available on the website—to save on paper for those who print this out each time! It is great for local stuff (under RESOURCES tab) AND will continue to be added to with information and resources for topics to support parents with student issues (ADHD, divorce, anxiety, etc.—under TOPICS tab). Please let Mrs. Jones know if there is a topic you would like to see with resources/contacts and she will get them added! Visit the website through the school website/School Counselor/Click on website OR www.EWESchoolcounselor.weebly.com

--**Contacting the School Counselor:** If you try to contact Kate Jones (School Counselor—this is me, btw[®]), please know that I will ALWAYS respond. If you leave a phone message, I will call you back—unless you specify in your message you are just giving me information. If you email me, I will always let you know I got your email, even if it is just with a "Thank you." or a smiley face. If you contact me and don't hear back from me, something happened and please try again! My email is: kjones@ewsc.k12.in.us

SCHOOL Business Info

--**Updated information:** Please make sure you keep your phone numbers and contact information current with EWES in case we need to get in touch with you! If you have an email, make sure it is also in the system, so you can get these emails via your own email! We are a team and need to make sure we can call if there is an issue, to get more information to help your child or just to tell you how great your child is doing!

--**Facebook/Twitter page:** Make sure you look up East Washington Elementary School on Facebook and "Like" the page. You can see many different announcements and photos of all the great things we are doing here at school! Also, I am STARTING to get used to Twitter. I am by NO MEANS great, or even good, but I will also try to post things there. I THINK you can find me at KateJones@ewescounselor. Now, I won't guarantee anything, so I will update this next month in my email ☺ !!! Hang in there with me! You should also be able to find stuff at #EWAUBU.

--**Fax machine:** EWES has a fax machine again! Doctors can start faxing notes again to 812-967-5707.

--**Keep our kids healthy:** EWSC is a No Smoking Campus. Please do not smoke while on the school property, even when you are outside/in a parking lot. Also please turn off your car engine when you come to the school and park. We are a No Idle Zone/Smoke-Free campus AND all that extra smoke and emissions in the air aren't good for our kids/adults, especially those with allergies and asthma!

--**Anonymous Bullying Tip Line** At East Washington we take bullying very seriously. It is our goal to eliminate bullying so each student can have a safe and enjoyable school experience. To make reporting of bullying easier and more accessible we have created an anonymous bullying tip line. We encourage all students to report incidents so they can be addressed in a timely manner.

To report bullying anonymously, call **967-3931 and press 7**. Please leave a detailed message concerning the type of bullying that is taking place. An East Washington administrator will address the report as soon as possible. If you have any questions, please contact the school office.

WAYS TO MAKE A DIFFERENCE!

--**Fundraiser that takes no effort!**: Help us earn money for our school without doing anything!! Download the Shoparoo app to your phone, select our school from the list and start taking pictures of your receipts when you shop somewhere! It literally takes just a few minutes and schools with just 40 supporters are earning an average of \$1,000 a year--that is free, easy money for our kids and you don't have to sell anything or deliver anything or DO anything but what you are already doing to live life anyway!!! Please share this with friends and family, because they can help, too, they just pick our school!!!

--**Box Tops Needed**: We are having a monthly Box Top Contest between classrooms to win a party! Box Tops MUST: Not be expired and be neatly clipped and ready to count!

--**Coke numbers Needed**: We are raising money through Coke numbers—found either on the plastic lid (2-liters and 20-oz bottles) or on the inside of boxes of cans. Please spend some time while you are off saving those so we can get them to our PTO president to enter in and get some money for our school!

--**Donations and Volunteers needed**: CARE Pregnancy Center is in need of Diapers (size 5 and 6), car seats, baby shampoo, and baby wash. Volunteers need to be: involved in a home church, 18 yrs. old+, graduated/past HS. Questions? Call Donna at 812-883-2675. Updated information is attached. [ATTACH]

--**Do you want to help children?** CASA (Court Appointed Special Advocates) volunteers are needed. Last year, 59 Washington County children found themselves in the court system through no fault of their own. With 30 hours of training, you can be equipped to be the voice for a child who has no one to speak on their behalf. If you are interested in becoming a CASA, call 883-2888 or email casa@stelizabethcatholiccharities.org

COMMUNITY HAPPENINGS

--**Silver Fox Cafe Library**: Visit the EWSC Little Free Library in Pekin. Take a book and return a book. What a great way to bring reading to your family!

--**Salem Library**: Just a reminder that the library always has programs on Mondays at 4:30 pm. ALL events are FREE. You do need to pre-register to participate by calling 812-883-5600. You only need a library card if you are checking out materials.

--**YMCA**: There are a whole lot of things going on there! Even if you think you can't afford a membership, call and ask. They have financial help available!

COMMUNITY RESOURCES

--**Celebrate Recovery**: Celebrate Recovery is a faith-based program for people who have struggled with addiction. They meet every Tuesday from 6:30-8:30 pm at Southern Hills Church. The program starts with a meal and includes a support group and lessons on how to remain sober.

--**Does your child need math help?** Visit www.khanacademy.com.

--**Online resources**: Get an application for food stamps, tanf, healthcare at <http://www.in.gov/fssa/dfr/2999.htm>

--**Needing some local resources?**: Washington County Division Family Resources, 1101 Jim Day Rd Suite 109, Salem can help with many issues and First Steps 883-9401 can help if you have a child under 3 years with many different things.

--**Parent Resources**: CARE Pregnancy Center offers many services. With new hours (Mon. 9-3, Tues. 10-4:30, and Wed./Thurs. by appt), you can get free pregnancy tests, maternity/infant supplies, parent education, peer counseling, community referrals, adoption information, and other services. For more information, contact them at 812-883-2675 or email at carepreghelpcenter@gmail.com.

--**Child Care Resources**: Need safe child care? Visit <http://ewesschoolcounselor.weebly.com/> and click on RESOURCES/go to PARENT RESOURCES/"Need safe child care?" and click on the PDF.

--**Do you have a new baby or are close to delivery?** Contact New Hope Services for Safe Sleeping information and access to a free pack-n-play portable crib for you and any of your caregivers! This is a GREAT program for EVERYONE offered to help keep Washington County babies safe!! Want more information? Check out the website at www.newhopeservices.org or call 1-800-237-6604.

--Does your child need a haircut but that can't fit into the budget right now? Contact Mrs. Jones at 812-967-3931 or kjones@ewsc.k12.in.us. Wayne's Barber Shop in Salem wants to help EWES students meet this need with a free cut. Mrs. Jones has certificates to bring in to your appointment.

--Free eye exams/glasses: Do you need an eye exam/glasses for your child but cannot afford it? The local Lions Club is willing to help! Contact Kate Jones at 967-3931 ext. 5766 and she can get you in contact with a club member to get that help arranged.

--Need clothes for your children?: Clothed in Christ may be able to help. Southern Hills Church runs the ministry. They are open the first and third Thursday of the month. Contact them for more information at 812-883-1637.

--Can't afford your medication right now? Too often we hear about students and/or parents who aren't able to keep up with medications they may need. If you find yourself in that position, there may be some options:

- Find out more information about the Community Assistance Program (CAP) discount prescription card that was established in response to the many requests for assistance for the uninsured and underinsured with their prescription needs. The CAP card saves the cardholder an average 15% on brand name medications, and 55% on generic medications. The discount prescription cards are accepted at over 80% of pharmacies in the US and its territories, including Puerto Rico. Anyone can use the CAP card, regardless of age or income. Our discount prescription card can allow someone to fill a prescription when they may normally go without. Visit their website at <http://www.caprprogram.org/Index.aspx>.
- Check with your doctor. He/She may have samples and/or a coupon for your medicine or he/she may be able to prescribe a similar, but cheaper medicine, depending on your needs.
- Contact your insurance company. Sometimes they will work with you or offer suggestions.
- Contact the drug company. Many have programs to offer free or discounted medication to families who qualify.
- Check www.goodrx.com to see how much the medicine would cost at different pharmacies; be prepared to enter the drug's name, strength, quantity, and insurance information.
- Check out another great websites that can offer savings: <http://www.familywise.org/>.

--Need some help or maybe just some support? Call either of these agencies!:

- CAPS: This is a Child Advocacy and Parental Support program. It is amazing what CAPS can do to help you as a parent! They can help you find needed resources and services and/or address other concerns such as parenting, communication, education, daily living, etc. in a non-judgmental way. To find out more about the program, call 812-288-4304.
- Healthy Families: This is a family support program for all expectant parents and parents of newborns. It is a great support for parents, whether it is their first or fifth child. They can help with information about pregnancy, labor and delivery, newborn care, discipline, parenting skills, developmentally appropriate activities for children, etc. For more information, call 812-883-9701.

--Need extra food?

- Pekin United Methodist Church: Dare to Care Mobile Pantry--1st Friday of every month at 10:00 AM. Just bring your own boxes and/or bags.
- Salem Fairgrounds: Dare to Care Mobile Pantry--3rd Saturday of the month, 10:00 AM. Just bring boxes and/or bags.
- Campbellsburg Baptist Church: 2nd and 4th Wednesday from 4:00-5:30 PM. Bring photo ID and a recent bill to show proof of address.
- Emergency Food Assistance: Contact Dare To Care's Louisville office at 502-966-3821.

--Do you want to quit smoking? Call the Indiana Tobacco Quitline 7 days a week between 8 am and 3 am and talk to a Quit Coach 1-800-QUIT-NOW (1-800-784-8669).

--Dealing with addiction?: There are many resources available to help. See the attached brochure for groups, treatment options, classes, etc. [ATTACH]

Local meetings:

- AA Open Speaker meets Fridays First Christian Church in Salem at 8:00 pm. Left side door of the front of the church, down the stairs to meeting room.
- AA Open Discussion meets Mondays St Vincent Hospital Salem. Enter front doors of hospital its the first hall entry on the left immediately after entering. Meeting in first door on left.
- Alanon meets Fridays First Christian Church Salem at 8:00 pm. Enter left side of church downs stairs follow signs through to meeting.

--**Autism Society of Indiana:** This organization helps support families dealing with autism. For more information, contact Christine Belvly at 1-800-609-8449 ext. 808 or email her at Christine@inautism.org.

● **Other Autism Resources:**

- **REACH-IN Autism Parent Support Group:** Meets Thursday evenings from 7-8:30 pm at Norside Christian church in New Albany. Contact Tracy Brown at 812-736-9276 or www.myreachin.com.
- **Hopebridge:** 812-258-9802. New Albany. Takes Indiana Medicaid.
- **Adapt for Life:** 812-590-2157. Jeffersonville. Takes Indiana Medicaid.
- **i-ABA:** 502-417-9830. New Albany. Only takes a waiver.

--**New Beginnings opportunity:** This is a program that provides support to parents of children involved in a troubling event (divorce or separation), providing tools to the parents to minimize the trauma that children may experience during this time and address multiple issues that may arise in their child's developmental process. The cost is \$15 (for the workbook) and the commitment is for 10 weeks for two hours a week. Call Our Place with questions at 812-945-3400 or email them at ourplace@ourplaceinc.org.

--**Mental Health Services:** LifeSpring recently opened an office in Austin. The hours are Mon-Fri 8 am-5 pm. You can call 812-752-2837 or go to their website at www.lifespringhealthsystems.org for more information.

--**Primary Health Services:** LifeSpring is offering primary health services. Call 812-280-6606 or go to their website at www.lifespringhealthsystems.org for more information.

COLLEGE/CAREER INFO—It is never too early!

--**Get a scholarship for your 7th-8th grade student:** NOW is the time to apply for the 21st Century Scholarship if you have a 7th or 8th grade student. The scholarship is needs-based but once the 8th grade year ends, students cannot become eligible! Even if you don't think your child will go to college, get them set up for it to be a possibility!

--**FAFSA:** This is the financial aid form opens on Oct. 1 for students to fill out. It is VITAL to fill out/update the Jan.-Apr. of the year prior to wanting to start college in the fall semester (typically senior year) and then every year the student is attending college. The **April 15th deadline** is a VERY important deadline!! Don't wait until the last minute! Every dollar you can get to help pay for college is important and this is how you get them! If you miss this deadline, you will not get the money!

NOTE:

- Students already in college MUST fill this out every year, as well!!
- AND 21st Century Scholars MUST fill this out (starting HS graduation year) every year, even if they defer that first year!
- IT DOES NOT COST MONEY, so if you get to the end of the website and it asks for money, it is a scam (it is a company charging money to file the FREE paperwork for you!) so delete your info and go to the correct site!
- You can always update information if you enter it and then it changes or you realize it is incorrect prior to the state giving out the financial aid money.
- This is the website: <https://fafsa.ed.gov/>
- MAKE SURE you write down the email and login/password you use.
- You will also want to check your email periodically over the next few months to make sure they don't send you an email about something you need to complete or fix!

--**Don't miss a step in getting to college:** Receive text messages for any of your children in grades 7-12 periodically telling you what they need to be doing to get to college. Text the word "grad" plus their high school graduation year to 69979.

Seniors	grad2020
Juniors	grad2021
Sophomores	grad2022
Freshman	grad2023
Eighth grade	grad2024
Seventh grade	grad2025

--**College Information/Help: It really isn't too early to start thinking about it!!!!**

- **Learn More Indiana Activity Bank**

Did you know that Learn More Indiana has an Activity Bank with activities for EVERY GRADE LEVEL on how to Plan, Prepare and Pay? You can find it at: <http://www.in.gov/learnmoreindiana/2413.htm>!

- **Learn More Indiana is on Facebook** - Have you seen our Facebook page? Like us to stay updated on our campaigns! [facebook.com/LearnMoreIN](https://www.facebook.com/LearnMoreIN) Amber Audrain, the new College Success Campaign Manager, is the contact for questions regarding Learn More initiatives, including College GO! Week, Cash for College, KnowHow2Go, and 15-to-Finish. Email: aaudrain@che.in.gov

--**Have older children?** Go to <http://ewesschoolcounselor.weebly.com/> and click on COLLEGE/CAREERS/go down to PARENT NEWS/find the following resources

- **Wondering whether or not they need to take the SAT or ACT to go to college?** Check out these comparison resources.
- **Wondering how to pay for college?** Use the Indiana College Cost Estimator to estimate your family contribution to your child's college. The site uses the FAFSA formula for younger students to give you an idea of what you will have to pay once they are old enough for college! You will need financial information, but the site is very secure. You can compare up to three college costs at one time, including information like GPA, class rank, test scores, etc. that may qualify your child for additional aid. Many students (grades 11-12) registered for an account (submitting no financial info) during Guidance Presentations previously and will have logins and passwords created already. Access it through www.learnmoreindiana.org or <http://www.indianacollegecosts.org/>. See the attached info for the changes that have been made to the FAFSA process.
- **Check out the college information process!** See the attachments on How to Apply for College (what to do when), Top College Search Questions, and 6 Things You Should Know About Scholarships.
- **Want to start saving for college?** Start a 529 College Savings Plan. Details on what it is and how it can be beneficial are attached.
- **Up Next Text Messaging Tool:** A special service for juniors and seniors, college students and graduates, all you need to do is text COLLEGE to 44044 to get personalized texts with reminders and info about the college application process, financial aid, and federal loan repayment options. Great resource!
- **21st Century Scholars**
 - Reminder that families only have 7th and 8th grade to register their children for 21st Century Scholars (a financially-based scholarship program. After June 30 of their 8th grade year, students are no longer eligible. Contact Mr. Aly or Mrs. Pitcock at the MS with questions or visit the website at: <http://www.in.gov/21stcenturyscholars/>
 - **21st Century Scholars Scholar Success Guide** - This resource provides support to Scholars as they work to complete the Scholar Success Program requirements beginning with the class of 2016. The Scholar Success Guide also instructs Scholars in their use of the new ScholarTrack. Students who do not complete the three requirements each year, could very likely lose the scholarship, so it is important to make sure you are meeting all the guidelines to keep your child eligible. Contact Mr. Aly at the HS with questions.
 - **See attachments for requirements for 21st Century eligibility and activities for current scholars.**

This is also a great time to have Scholars update their contact information - phone numbers, mailing addresses and email addresses. Scholars can go to www.in.scholars.gov to complete any updates.

- **New College Completion Requirements for state financial aid awards:** Students first entering college in the 2013-2014 academic year will be required to meet certain completion requirements to renew state financial aid awards in 2014-2015. Students receiving the Higher Education Award, the Freedom of Choice Award, or the 21st Century Scholars Award must complete at least 30 credit hours during their first year of college to remain eligible for the maximum financial aid award. A student who completes at least 24 credit hours during his first year will remain eligible for financial aid, but will receive an amount that is less than a student who completes 30 credit hours. More information about these requirements is available at www.in.gov/ssaci.
- **UPS offers scholarships for employees:** See Parent News under College/Careers on the School Counselor website for specific details at <http://ewesschoolcounselor.weebly.com/collegecareers.html> but UPS offers tuition costs for employees who are also attending college! ANY adult is eligible for this—maybe it is your child or maybe it is you!