Find resources to support you during Remote Learning
Counselor EMAIL Addresses

Associate Principal:
Mr. Robert Hartwig robert.hartwig@d214.org

Counselors:
Mr. Bill Brown bill.brown@d214.org
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PostSecondary Counselor: Mr. Paul Genovese paul.genovese@d214.org

For Scholarships/Transcript Requests, contact Mrs. Kelly Martin kelly.martin@d214.org
Team Kolodziej (Georgiades, Hamilton, Murphy)

Social Worker: Ms. Sang  melissa.sang@d214.org

Psychologist: Ms. Zacharski  jennifer.zachar@d214.org

Dean: Mr. Kolodziej  stephen.kolodzi@d214.org

Team Schrammel (Brown, Justiniano, Linhart, Vesper)

Social Worker: Mr. Mills  roger.mills@d214.org

Psychologist: Mr. Wagner  kurt.wagner@d214.org

Dean: Mr. Schrammel  kevin.schrammel@d214.org
Resources to support your post-secondary planning

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Admissions representatives will be available via email/phone.
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?
- For general postsecondary information - [https://bghs.d214.org/students/college-resources/](https://bghs.d214.org/students/college-resources/)
- Log on to your Naviance account - [https://student.naviance.com/jhhs](https://student.naviance.com/jhhs)
- The following link will help families how to choose a college during this time - [https://www.forbes.com/sites/brennanbarnard/2020/03/17/the-covid-college-choice-how-to-pick-a-college-during-a-global-pandemic/#42d7d1f9767a](https://www.forbes.com/sites/brennanbarnard/2020/03/17/the-covid-college-choice-how-to-pick-a-college-during-a-global-pandemic/#42d7d1f9767a)
- The following link lists schools deadline policies - [https://www.nacacnet.org/news-publications/newsroom/college-admission-status-coronavirus/](https://www.nacacnet.org/news-publications/newsroom/college-admission-status-coronavirus/)
- Financial aid - Please text the following phone # for 24/7 assistance regarding your financial aid package and/or verification - 847-243-6470
Special Education Case Managers

- Kimberly Cherf: kimberly.cherf@d214.org
- Teresa Deal: teresa.deal@d214.org
- Kim Gach: kimberley.gach@d214.org
- Toni Genova: toni.genova@d214.org
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Division Head - Special Education

Kristen Prokup

kristen.prokup@d214.org

847-718-4021
Check-In With US!

We are available via the following methods:

- Email
- Zoom (video conferencing)
- Phone calls

Email to set up an appointment
Free Internet Access

- Starting Monday, March 16, Comcast Internet Essentials will start a program allowing free 60 day access to families that qualify. To see if you qualify, you can call 1-855-846-8376. Even if it cannot be provided in our school closing time frame, this is a good service to get set up for the future.
- See if a neighbor or friend will allow your child to access their WiFi.
- Comcast has opened their Home Hotspot network for all non-Comcast customers. If you rent router/WiFi equipment from Comcast, you can enable it to help out those around you in this unprecedented time of need. Comcast promotes it as secure and will not impact your own network experience. Plus, they have removed any network caps for the next two months. Considering all Illinois schools will be closing for the next few weeks, sharing your resources with your neighbors could help students out (regardless if they are our specific students).
- Please consider turning this option on at the following:
  - https://www.xfinity.com/support/articles/disable-xfinity-wifi-home-hotspot
FREE BREAKFAST AND LUNCH (3/30-SCHOOL RESUMES)

Kilmer 9:30-11:30 am
Poe 9:30-11:30 am
Riley 9:30-11:30 am
Twain 9:30-11:30 am
Whitman 9:30-11:30 am
Alcott Center 9:30-11:30 am
Chamber Park 9:30-11:30 am
Childery Park 9:30-11:30 am
Indian Trails Library 9:30-11:30 am
Meadowbrook Park 9:30-11:30 am
Windsor Ridge Park 9:30-11:30 am
EMERGENCY - Call 911
Suicide Prevention Hotline
1-800-273-8255

www.thetrevorproject.org

National Domestic Violence Hotline
800-799-SAFE

Illinois Coalition Against Sexual Assault
(217)753-4117

U.S. Department of Health & Human Services
National Drug Helpline: Call 1-800-662-HELP (4357)

Resources If You Need Immediate Assistance
Link to BGHS Counseling WEBSITE with resources

Buffalo Grove High School Counseling Website

https://bghs.d214.org/students/student-services

Scroll to the bottom of the WEB page for Social Emotional Websites & Community Resources
Northwest Suburbs Resource Guide


https://drive.google.com/file/d/1Y9cFZK2aqYcPIFb08J_1LanzhZl7lw96/view?usp=sharing

Food Pantries, Mental Health, Housing
More Resources

OMNI Youth Services - COVID Resource Guide
https://docs.google.com/document/d/1wwS5J9XRwpH3TWrxk51kxPJ4F9XMSDs/edit

Wheeling Township Resources - COVID 19
https://drive.google.com/file/d/14yPYfrhe83TPrO6pR4U1faZt1iWaiU8/view?usp=sharing

CEDA Resources
https://drive.google.com/file/d/1FZZcMZUWx1apw0WueEn9Jj9M2yfyGkmO/view?usp=sharing

Food Pantries, Mental Health, Housing
More Resources

Northwest Compass
Continuing to offer food pantry but only through curbside service. No documentation needed. 847-392-2344
https://drive.google.com/file/d/1QceV9NMmkS1pDWU6pZ1fZGC4GCr7dba7/view?usp=sharing

Call4Calm Support Line
https://drive.google.com/file/d/16WMsMza2UP5iAd0Rt--4onL-Rzs5usH2/view?usp=sharing

Stop Rumors, know the facts from the CDC: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html
Common Signs of Distress:

- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.

If you experience these feelings or behaviors for several days in a row and are unable to carry out normal responsibilities because of them, seek professional help:

The Disaster Distress Helpline, 1-800-985-5990, 24/7, 365-day-a-year, toll-free, multilingual, and confidential crisis support service.

Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a crisis counselor.
Headspace is currently offering a section called “Weathering the Storm” for free so that you have access to meditation, sleep, and movement exercises designed to help you get through this.