



March 20, 2020

Dear Horizons student

Horizons acted quickly to protect our students and staff. We sincerely hope you and your family are well during an uncertain time.

This note will provide helpful information and resources. Our staff will keep in touch during the period of school closure. Staff is working hard to plan how best to serve you!

You may feel anxious due to life changes affecting each of us. This is expected during a community emergency. ***What can you do?***

- If you are struggling, share your concerns with a trusted family member or your pastor. Be honest and listen to wise advice.
- Reach out to your Horizons faculty advisor and schedule an appointment for a phone or video chat. We care about you!
- Text or Facetime another student. Share a silly story or happy event. Ask about their daily life.
- Focus on today, instead of worrying about the future. You are safe with family nearby, have food and medicine, and a comfortable home.
- Focus on what you can control and not dramatic news stories. You cannot change events in another state or country and cannot predict the future.
- You CAN follow health guidance and care for yourself. Maintain a regular daily schedule (wake, bathe, shave, dress, take medication, organize and clean your bedroom, etc.).
- Help a family member to prepare a meal, do laundry, clean and disinfect. Plan a fun activity!
- Set a reasonable bedtime to recharge. Turn off media and screens by 10:00 p.m. to rest your body and mind.
- Practice good hand hygiene to prevent infection. Wash hands with soap and water before meal prep and before eating. Also, wash hands after handling raw meat, after using the restroom, after sneezing and coughing, and after playing with pets.
- Have fun with **Sponge Bob's Hand Washing Tutorial**, <https://www.facebook.com/nickelodeon/videos/2568184686642938/>

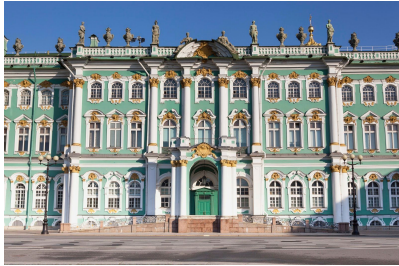
State Licensed Post-secondary School
2018 15th Avenue South, Birmingham, AL 35205
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Nickelodeon - SpongeBob | Hand Washing Tutorial

A good employee always keeps those hands clean 🧼
www.facebook.com

- Become an "armchair tourist." Visit a famous **art museum online**,
<https://www.cnbc.com/2020/03/19/coronavirus-pass-the-time-in-self-isolation-with-virtual-museum-tours.html>



Coronavirus: Pass the time in self-isolation with virtual museum tours

The Parisian museum offers three virtual tours including one of the moat that was the original perimeter of the Louvre when it was first built as a fortress by French king Phillippe Auguste ...
www.cnbc.com

- Perhaps science and technology is your thing? Visit several **famous science museums online**,
<https://interestingengineering.com/11-science-and-tech-museums-you-can-tour-virtually>

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11 Science and Tech Museums You Can Tour Virtually

Here are some awesome virtual tours of world-class museums from around the world.
interestingengineering.com

- Like music? Try a **livestream virtual concert** by many different artists. See, <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- Exercise outside and enjoy spring! Walk in the neighborhood or park while maintaining a safe distance from others. Avoid large crowds in favor of time spent with family.
- Borrow a **free online book** from your public library or the Internet Archive, <https://archive.org/>. Sort a large collection by media, title or topic and make your selection!

Internet Archive: Digital Library of Free & Borrowable Books, Movies, Music & Wayback Machine

Internet Archive is a non-profit digital library offering free universal access to books, movies & music, as well as 418 billion archived web pages. archive.org

- Treat yourself and a family member! Enjoy ice cream, solve a word puzzle, call your grandparent to share a joke, or watch a favorite TV program.
- Be patient during this time. Life WILL return to normal after the health threat has passed.
- Contact your counselor or therapist if you currently receive support. It is helpful to speak with a trained counselor about what makes you feel anxious.
- If you don't have a counselor, here are some helpful contacts:
 - Ms. Eliza Parrott, M.S., ALC, NCC, and Ms. Lorie Schumann, M.A., LPC, NCC are very familiar with Horizons and serve our students. Eliza (540) 314-0445, & Lorie (205) 569-0050.
 - PsychologyToday.com and BetterHelp.com maintain lists of therapists by state
 - 2-1-1 is a national referral service managed by United Way

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- Crisis Text Line (text TALK to 741741) and the National Suicide Prevention Lifeline 800-273-TALK (24 hours, 7 days).

Let us keep in touch!

Dr. Brian Geiger, Dr. Karen Dixon, Directors

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