

# Calais Middle High School

Important Information for COVID 19 School Closure



# We are connected. We are here. We are only an email away.

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- All teachers and staff are available by email
- The format is **first initial of their first name** followed by their **last name** **@calaissschools.org**
- Examples:
  - [spike@calaissschools.org](mailto:spike@calaissschools.org)
  - [mspearin@calaissschools.org](mailto:mspearin@calaissschools.org)
  - [lellis@calaissschools.org](mailto:lellis@calaissschools.org)
  - [njohnson@calaissschools.org](mailto:njohnson@calaissschools.org)
  - [kdemmons@calaissschools.org](mailto:kdemmons@calaissschools.org)
  - [bcline@calaissschools.org](mailto:bcline@calaissschools.org)

# CMHS Email Directory

## Front Office Staff

Karyn Demmons	kdemmons@calaisschools.org
Sandie Wong	swong@calaisschools.org

## Administration

Mary Anne Spearin	mspearin@calaisschools.org
Ronald Jenkins	ronaldjenkins@calaisschools.org

## Guidance

Sarah Pike	spike@calaisschools.org
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## Technology Coordinator

Ben Knowles	bknowles@calaisschools.org
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# CMHS Email Directory

## Activities Coordinator

Randy Morrison

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## School Nurse

Ann Skriletz

askriletz@calaisschools.org

## Teachers and Ed Techs

Pam Allen

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Zachary Benner

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Brent Bohanon

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Shannon Brown

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Brandi Cline

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Susan Cox

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# CMHS Email Directory

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Stephanie Griffin	sgriffin@calaisschools.org
Beverly Holst	bholst@calaisschools.org
Karen Hood	khood@calaisschools.org
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Nick Johnson	njohnson@calaisschools.org

# CMHS Email Directory

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Lynn Mitchell	<a href="mailto:lmitchell@calaisschools.org">lmitchell@calaisschools.org</a>
Rob Moholland	<a href="mailto:rmoholland@calaisschools.org">rmoholland@calaisschools.org</a>
Voni Moholland	<a href="mailto:vmoholland@calaisschools.org">vmoholland@calaisschools.org</a>
John Moody	<a href="mailto:jmoody@calaisschools.org">jmoody@calaisschools.org</a>
Christine O'Rourke	<a href="mailto:corourke@calaisschools.org">corourke@calaisschools.org</a>
Christine Proefrock	<a href="mailto:cproefrock@calaisschools.org">cproefrock@calaisschools.org</a>
James Randall	<a href="mailto:jrandall@calaisschools.org">jrandall@calaisschools.org</a>
Pat Sammer	<a href="mailto:psammer@calaisschools.org">psammer@calaisschools.org</a>

# CMHS Email Directory

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Austin Ginn	aginn@calaisschools.org
Kati Grass	kgrass@calaisschools.org
Jerry James	jjames@calaisschools.org

# CMHS Email Directory

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Ryan Johnson	rjohnson@calaisschools.org
Maryellen Morrell	mmorrell@calaisschools.org
Lauren Remington	lremington@calaisschools.org
Ann Skriletz	askriletz@calaisschools.org
Stan Sluzenski	ssluzenski@calaisschools.org



# If you are having trouble with your school email:

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- Your school email is in the following format: **first name\_last name@calaisschools.org**
- **Example:** john\_doe@calaisschools.org
- Contact Karyn in the front office if you need to have your password reset  
→ 207-454-2591

Make sure to keep up-to-date on the latest school news and announcements:

Calais School Department website:

<http://calaisschools.org/>

Calais School Department Facebook page:

<https://www.facebook.com/calaischooldepartment/>

# If you need immediate assistance:

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- ***EMERGENCY***
  - Call 911
- ***Maine Crisis Hotline***
  - **1-888-568-1112**
- ***National Suicide Prevention Hotline***
  - **1-800-273-8255**
- ***Crisis, Support, LGBTQ***
  - The Trevor Project: Call (866-488-7386)
  - Text: START to (678678)
- ***Crisis Text Line***
  - Text HOME to 741741

# MANAGING CORONA VIRUS (COVID-19) ANXIETY



## For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

## For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

## For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

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# WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

## INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



## CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES, ISOLATION IS DETRIMENTAL TO OUR HEALTH



## SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



## CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



## HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

SET  
BOUNDARIES  
WITH WHAT +  
HOW MUCH  
MEDIA YOU  
CONSUME

YOU'RE  
ALLOWED TO  
OPT OUT OF  
OVERWHELMING  
DISCUSSIONS

TRY TO  
RESPOND TO  
THE FEARS OF  
OTHERS WITH  
UNDERSTANDING  
+ RESPECT

GENTLE REMINDERS:  
FOR WHEN THE  
WORLD FEELS  
FRIGHTENING

≥@THEMINDGEEK≤

FOCUS  
ON THE  
MANY THINGS  
YOU CAN  
CONTROL

BE  
MINDFUL  
OF WHEN IT'S  
BECOMING  
MORE THAN  
JUST 'BEING  
INFORMED'

BREATHE,  
CONNECT +  
TAKE GENTLE  
CARE OF  
YOURSELF +  
OTHERS

# ANXIETY GROUNDING TECHNIQUE

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focus on your breathing, then identify

5 things  
you can  
see



4 things  
you can  
touch



3 things  
you can  
hear



2 things  
you can  
smell



1 thing  
you can  
taste



# Students who access counseling through our Blue Devil Health Center:

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- Please call 207-454-8262 or email [askriletz@calaischools.org](mailto:askriletz@calaischools.org) to find out about appointments
- If transportation is an issue: Our AWARE grant will pay for transportation!
- Mike Chadwick will help you arrange transportation:
  - Email: [mchadwick@calaischools.org](mailto:mchadwick@calaischools.org)
  - Call: 207-214-3756



# Seniors:

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- Karyn will be in the front office, where you can drop off your scholarship packets. **They are still due by April 10th.**
- Copies of the scholarship packets can be found at:  
<https://calaischools.org/chs-guidance/>

# Seniors:

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Important things to keep in mind over the next few weeks...

- Colleges should be sending you your financial aid packages. You should compare your financial aid packages to see which college is most affordable for you. Use this to help you:  
<https://www.famemaine.com/education/topics/learning-about-financial-aid/comparing-financial-aid-award-letters/>
- In order to save your spot, you need to make a deposit at the college. **Without your deposit, you may lose your spot.** Contact the financial aid office at the school to answer any of your questions about the deposit.

# Seniors:

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- If you are still in the process of applying to college, check out each college's website to find online or paper applications.
- Filling out your FAFSA (Free Application for Federal Student Aid) is of utmost importance! Go to [fafsa.ed.gov](https://fafsa.ed.gov) to apply for financial aid.
- If you have any questions or need help, email Mrs. Pike at [spike@calaisschools.org](mailto:spike@calaisschools.org)

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If you need anything at all, we are all only an email away! Stay safe and wash your hands!

