NORTHWEST CABARRUS HIGH SCHOOL
STUDENT SUPPORT

Find all kinds of information to support you during this time away from school.

Updated 3–23–2020

*Many pictures and words are links to other information*
WE ARE CONNECTED. WE ARE HERE. ONLY AN EMAIL AWAY.

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MAKE SURE TO STAY INFORMED OF ALL THE LATEST NEWS AND ANNOUNCEMENTS:

[Cabarrus County Schools](https://www.cabarrus.k12.nc.us)  
Northwest Cabarrus High Student Services  
@NCHS_SS  
@CabCoSchools  
@cabcoschools  
@NCHS_SS  
bit.ly/NCHSStudentservices1
**LOCATIONS FOR SCHOOL MEALS**

**FREE BREAKFAST AND LUNCH** for children ages 1-18 during the school closure.

*Click picture for more information*

**Updated 3/19/20** Check back frequently for updates!

**North Route**
- **Route:** Crestview Apts
  - **Address or Location of Stop:** 1003 Southampton Dr, Concord
  - **Meal Time:** 10:40 - 10:50
- **Route:** Huntington Apts Starting Friday, 3/20
  - **Address or Location of Stop:** 1100 Crystalwood Ct NW, Concord
  - **Meal Time:** 10:55 - 11:05
- **Route:** Linker MHP
  - **Address or Location of Stop:** 4140 Linker Ave, Concord
  - **Meal Time:** 11:15 - 11:25
- **Route:** Brookville Pointe Apts
  - **Address or Location of Stop:** 1445 Fairing Dr NW, Concord
  - **Meal Time:** 11:30 - 11:40
- **Route:** Fairing West Apts
  - **Address or Location of Stop:** 3140 Chaparral Cir NW, Concord
  - **Meal Time:** 11:45 - 11:55
- **Route:** Concord Flats
  - **Address or Location of Stop:** 3105 Patrick Henry Dr NW, Concord
  - **Meal Time:** 12:00 - 12:10
- **Route:** Watersong Edge starting Friday, 3/20
  - **Address or Location of Stop:** 100 Waterview Dr, Concord
  - **Meal Time:** 12:15 - 12:25
- **Route:** Hinson MHP
  - **Address or Location of Stop:** 645 (#14) Concord Parkway, Concord NC
  - **Meal Time:** 12:30 - 12:40
- **Route:** Crestview MHP II - 1st stop
  - **Address or Location of Stop:** 3714 Patrick Dr NW, Concord
  - **Meal Time:** 12:50 - 1:00
- **Route:** Crestview MHP II - 2nd stop
  - **Address or Location of Stop:** 3743 Patrick Dr NW, Concord
  - **Meal Time:** 1:05 - 1:15

**West Route**
- **Route:** Greens of Concord
  - **Address or Location of Stop:** 1400 Daley Circle Dr NE, Concord
  - **Meal Time:** 10:40 - 10:50
- **Route:** Greens of Concord II Starting Friday, 3/20
  - **Address or Location of Stop:** Intersection of Norman Point NE & Kitle Ct NE, Concord
  - **Meal Time:** 10:55 - 11:05
- **Route:** Long School
  - **Address or Location of Stop:** 310 Kerr St, Concord
  - **Meal Time:** 11:15 - 11:25
- **Route:** Suburban MHP
  - **Address or Location of Stop:** 4 Tower Cir NW, Concord
  - **Meal Time:** 11:30 - 11:40
- **Route:** Small Ave MH Terrace
  - **Address or Location of Stop:** 337 Small Ave NW, Concord
  - **Meal Time:** 11:45 - 11:55
- **Route:** Clingwood
  - **Address or Location of Stop:** 240 Clingwood Dr NW, Concord
  - **Meal Time:** 12:05 - 12:15
- **Route:** Larkhaven Community
  - **Address or Location of Stop:** 616 Lark Ct SW (aka Health Dept Dr), Concord
  - **Meal Time:** 12:20 - 12:30
- **Route:** Carolina Village MHP
  - **Address or Location of Stop:** Intersection of Monroe St NW & Fairbanks Dr NW
  - **Meal Time:** 12:40 - 12:50
- **Route:** Carolina Village MHP II
  - **Address or Location of Stop:** Intersection of Pamlico Pl NW & Lancaster St NW
  - **Meal Time:** 12:55 - 1:05
- **Route:** Silver Maple MHP Starting Friday, 3/20
  - **Address or Location of Stop:** Intersection of Plantation Rd NW & Tridel Way NW
  - **Meal Time:** 1:10 - 1:20

**South Route**
- **Route:** Southeast Route
  - **Address or Location of Stop:** 2600 Monta Dr, Concord
  - **Meal Time:** 10:50 - 11:00
- **Route:** Southern Hill MHP
  - **Address or Location of Stop:** 2600 Farm Pond Rd, Concord
  - **Meal Time:** 11:00 - 11:10
- **Route:** Woodridge MHP
  - **Address or Location of Stop:** 800 Golf Ball Cir, Concord
  - **Meal Time:** 11:15 - 11:25
- **Route:** Countryview MHP II
  - **Address or Location of Stop:** 3884 Goddard Dr, Concord
  - **Meal Time:** 11:35 - 11:45
- **Route:** Countryview MHP
  - **Address or Location of Stop:** 3975 Grossbake Dr, Concord
  - **Meal Time:** 11:50 - 12:00
- **Route:** Whitehurst MHP Starting Friday, 3/20
  - **Address or Location of Stop:** Intersection of Creekside Dr & Country View Rd, Concord
  - **Meal Time:** 12:05 - 12:15
- **Route:** Southbrook MHP Starting Friday, 3/20
  - **Address or Location of Stop:** Intersection of DC Dr and Melanie Ct, Concord
  - **Meal Time:** 12:20 - 12:30
- **Route:** Patriots Point MHP
  - **Address or Location of Stop:** 3699 Patriots Pointe Dr, Concord
  - **Meal Time:** 12:40 - 12:50
- **Route:** Glen Laurel MHP
  - **Address or Location of Stop:** 3244 Glen Laurel, Concord
  - **Meal Time:** 12:55 - 1:05
- **Route:** Concord Pointe Apts
  - **Address or Location of Stop:** 4400 Concord Pointe Ln SW, Concord
  - **Meal Time:** 1:15 - 1:25

**Schools**
- **AT Allen ES**: 11:00 - 1:00
- **Bethel ES**: 11:00 - 1:00
- **Beverly Hills ES**: 11:00 - 1:00
- **Carl A Furr ES**: 11:00 - 1:00
- **C C Griffin MS**: 11:00 - 1:00
- **Central Cabarrus HS**: 11:00 - 1:00
- **Coxhome Webb ES**: 11:00 - 1:00
- **Concord HS**: 11:00 - 1:00
- **Mount Pleasant HS**: 11:00 - 1:00
- **Irvin ES**: 11:00 - 1:00
- **Northwest Cabarrus HS**: 11:00 - 1:00
- **Opportunity School**: 11:00 - 1:00
- **Royal Oaks ES**: 11:00 - 1:00
- **R Brown McAllister ES**: 11:00 - 1:00
- **Rocky River ES**: 11:00 - 1:00
- **Weddington Hills ES**: 11:00 - 1:00
- **Winecoff ES**: 11:00 - 1:00
- **Wolf Meadow ES**: 11:00 - 1:00

USDA is an equal opportunity provider and employer.
INFORMATION ABOUT TECHNOLOGY DISTRIBUTION
(*Click picture for more info*)
EMERGENCY
   Call 911
Crisis and Support
   Suicide Prevention Lifeline: Call (800.273.8255)
   Text: HOME to (741741)
Crisis, Support, LGBTQ
   The Trevor Project: Call (866.488.7386)
   Text: START to (678678)
Drugs and Alcohol Education, Treatment and Referral
   National Drug Helpline: Call (844.289.0879)
Physical Health
   Cabarrus Health Alliance
   Call (704.920.1000)
PHONE APPS FOR WELL-BEING

These are just a few apps to use to help with your well-being during this time. Many, many, many more exist!

Tide (Sleep. Focus. Motivation)
5 Ways to Self-care During Corona (COVID-19) Virus

**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.
ANXIETY GROUNDING TECHNIQUE

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
Juniors & Seniors--Book a College Advising Meeting

Students can set up a webcam session through different platforms or a phone call. Ms. Karout is here to answer your questions!

(*click picture to schedule a meeting!*)
EXPLORE COLLEGES & UNIVERSITIES ON NAVIANCE

Not sure how to login to Naviance? Click here for step-by-step.

Check out this document to learn how to explore colleges & universities on Naviance.
BRAG SHEET/RÉSUMÉ
(FOR ALL GRADE LEVELS)

● Work on your brag sheet/résume! Think about what you’ve done in your high school career and get it on a Google Doc so you can edit year after year.

● You can also use your Naviance account to build your resume! Click here for instructions.
THINGS TO DO WHILE AWAY FROM SCHOOL

• Journal!
• Write a Letter to a Friend or Family Member!
• Make a List of Things You’re Grateful For!
• Read a Book or Magazine...for fun!
• Have a Dance Party with Friends via FaceTime!
• Disconnect from Social Media...even if it’s just for 30 minutes!

Check out extended learning resources for your classes

Practice for the SAT

Center Yourself When Things Get Overwhelming By Practicing Mindfulness Techniques
THINGS TO DO WHILE AWAY FROM SCHOOL

Learn to Code!
Click Here for Apps, Websites, & More!

Get Active!
Go for a Walk or Run YouTube JustDance or other workout videos
Practice Yoga using YouTube videos

Learn Something New From a Podcast!
(Click the hyperlink!)
For Science Lovers: RadioLab or Science Friday
For History Buffs: Forever Ago
For Biographies: Goodnight Stories for Rebel Girls
For Storytelling: This American Life
Things to do while away from school

Want an Even BIGGER Challenge?
Here’s a link to 450 FREE college courses from 8 Ivy League Colleges!
Click HERE!
THINGS TO DO WHILE AWAY FROM SCHOOL

Virtually Tour Museums:
Google Arts and Culture

Virtually Visit the Zoo:
Cincinnati Zoo Home Safari
Each day at Noon on Facebook
(click link above)
TAKE A VIRTUAL COLLEGE TOUR!
(For All Grade Levels)

- While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their site.
- Here is a link to do a virtual college tour for many campuses.
- Look at their majors...do they have what you are interested in? What are the costs? Any scholarship opportunities?
NCAA/NAIA
(FOR ALL GRADE LEVELS)

Student athletes who want to continue sports in college...create your accounts for NCAA/NAIA.

- **NAIA**

- **NCAA**
  - [https://web3.ncaa.org/ecwr3/](https://web3.ncaa.org/ecwr3/)
DEAR CLASS OF 2020

YOU ENTERED THE WORLD DURING 9/11. YOU GRADUATE DURING A PANDEMIC.

NO DOUBT THESE EVENTS WILL SHAPE YOU. YOU SEE BEYOND BORDERS AND POLITICAL PARTIES. YOU SAVOR THE GOOD. YOU RELISH HEALTHY LIFESTYLE HABITS.

THE CELEBRATIONS MAY NEED TO WAIT. AND YOU ARE OK WITH THAT.

WE ARE PROUD OF YOU!
Above all else, remember to:

Take care of yourself.
Take care of your family.
Do something kind for someone else.
Reach out for help when you need it.

We are all in this together.
We are Northwest.