



ATHOL-ROYALSTON REGIONAL SCHOOL DISTRICT

1062 Pleasant Street, Athol, MA 01331
Tel: 978-249-2400 • Fax: 978-249-7210

March 18, 2020

Dear ARRSD Families,

As we navigate a continually evolving situation regarding the temporary closure of schools, the ARRSD district and school administrators have been working hard and remaining focused on how we can support our students and families during this time. Please see updated information and supports listed below.

Food Service

We will continue to provide free lunch and breakfast. Families may access lunch and breakfast for any child anyone under the age of 19 in one of two ways:

1. Picking up food at your closest bus stop. Buses with food will arrive at regular scheduled bus stops two hours after the normal elementary pick up time, once per day. For example, if an elementary child is usually picked up at 8am, the bus will arrive at 10am. Regardless of the age of the student, all food will be delivered on this elementary pick up schedule. If you have questions about the food delivery route and drop off, please contact Merrifield Bus at 978-249-4804.
2. Alternatively, you may pick up food outside of AHS or ACES front doors Monday through Friday between the hours of 10 and 11am. Please remain in your car for food pick up. Food will be delivered to you in your vehicle.

Computer and Internet Access

If any family is in need of a computer while school is closed, the district will be signing out Chromebooks (one per household), as needed and available. Chromebooks can be picked up and signed out for all ARRSD families in the front of the ACES building during the times designated for food pick up (Mondays through Thursdays from 10am to 11am). If you are picking up a chromebook, you will need to have internet access or work with Spectrum (information below) to set up service.

If your household is in need of internet access, Spectrum is offering up to 60 days of free internet/wifi. Please call them at 855-632-6060 for details and support accessing internet service.

Community Resources

Clinical and Support Options (CSO) is a community mental health agency that provides outpatient services. **491 Main Street, Athol: 978-249-9490, Crisis- 978-249-3141** <https://www.csoinc.org/>

- As of 3/16/2020 CSO is fully operational
- Walk In Clinic is available 8 AM-5PM for anyone needing services
- School Based Clinicians can meet with clients in the clinic or via telephone, facetime, etc
- Medication management is available in the clinic or via telephone

Center for Human Development (CHD) is a community mental health agency that provides outpatient services. **131 West Main Street, Orange, (978) 544-2148**

<https://chd.org/counseling/locations/orange-clinic/>

Valuing Our Children is a community support for families and children.
217 Walnut Street, Athol, MA 01331 (978) 249-8467

Family Resource Center/NQ Patch Office - 109 Lumber Street, Athol, MA 978- 249-5070

<https://www.valuingourchildren.org/>

- Both offices are remaining open at this time - support with connections to local resources, support families with telephone support, all playgroups and support groups will stream through facebook live.

Salvation Army is a community support agency for families in need of accusing necessities.

107 Ridge Ave, Athol: 978-249-8111

<https://massachusetts.salvationarmy.org/MA/Athol>

- Tuesday - Friday, 9-12, Food pantry is open (Bring your grocery bag if you have one)
- Any additional resources needed? Fuel, electric, etc. Call for an appointment
- Every Tuesday beginning at 4:30-6:00, handing out hot to go meals
- Bring bags if you have them available

ORANGE FOOD PANTRY 118 East Main Street, Orange, MA 01364 Tel. #: 978-544-2149 First four Thursdays of month: 10am – 3 pm /when 5th Thursday: 10am – 1pm produce

Childcare for Essential Workers North Quabbin Family Child Care Association, Laurie Smith, 978-249-0365. Kim Warrington, 978-895-1071

United ARC- 361 Main Street, Athol, MA 01331 - (978) 249-4052 <https://theunitedarc.org/>

Provides support services for parents and youth with individuals with intellectual and developmental disabilities.

Dial Self - 15 E. Main Street, Orange, MA 01364 (413) 774-7054 <https://dialself.org>

Supports for families with teenagers. Food Pantry, hygiene, support.

NELCWIT - 479 Main Street, Greenfield, MA (413) 772-0806 / Toll free: 888.249.0806

<http://www.nelcwit.org/> New England Learning Center for is the sexual and domestic violence crisis center of Franklin County and the North Quabbin.

North Quabbin Recovery Center - 416 Main Street, Athol, MA 01331 (978) 249-4989

<http://www.nqrc.org> Peer to peer support for all paths of recovery

Suicide Prevention Hotline is a number to call to talk with someone anonymously 800-273-8255

Guidelines for COVID-19 Testing

(Recommended by the Athol Board of Health 3/17/20)

If you have symptoms, call your primary care doctor.

Symptoms of COVID-19:

- Fever
- Cough
- Shortness of Breath
 - Consult with a medical provider for any other symptoms that are severe or concerning.

- Symptoms may appear 2-14 days after exposure.
- Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

If you don't have a primary care doctor, call Urgent Care (978-248-8558). **Call before you go.** They will assist you in what you need to do and will be prepared if you go. This is located at North Quabbin Commons in Athol. Tully Family Practice has moved to a temporary location and the entire facility is a dedicated testing site. There will be tents outside. Urgent Care hours are 8:00am to 8:00pm, Monday thru Friday, and 9:00am to 5:00pm on the weekends.

Public Resources from the Athol Board of Health:

- Facebook, Heywood Hospital - Win Brown, President and CEO, Heywood Healthcare, has a COVID-19 public update twice a day.
- Facebook Athol Board of Health

Mass 211 - phone number to call for information (211) or visit the website at www.mass211.org - this will also give you links to MDPH and CDC which have updated information daily.

Be Well,

ARRSD District & School Administrators