

COVID-19 Resources for Student & Parents

The Bishop Verot Student Services team recognizes the unforeseen challenges that COVID-19 has created for your children and will be offering uninterrupted services through the use of virtual platforms. We will continue to provide a comprehensive guidance and counseling program, which includes help with the college process, career development, academic advising, learning services as well as social/emotional counseling.

The Student Services department is available Monday through Friday, 8am-2pm. Please email us at the contact below to ask questions or to set up an appointment. While many of your questions can be answered via email, we have the capability to use platforms such as Google Meet and Zoom to provide one-on-one services to students and parents.

Please note, although Zoom and Google Meet have a layer of privacy and encryption inherent in their platforms, we cannot ensure the same privacy that you would receive in a counseling session at school.

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Below are links to some resources that we hope will help you and your children.

Naviance: <https://student.naviance.com/bishopverot>

BV Counseling Website: <https://bvhs.org/content/school-counseling>

Khan Academy: <https://www.khanacademy.org/test-prep/sat>

ACT Academy: <https://academy.act.org/>

[Coping with Stress During an Infectious Disease Outbreak](#)

[Talking to Children About COVID-19: A Parent Resource](#)

[Supporting Teenagers and Young Adults During the Coronavirus Crisis, an article by the Child Mind Institute](#)

Great article from Harvard about coping with Coronavirus anxiety:

<https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>

If you're stressed, try this (the coolest website Mrs. Breen has found):

<https://www.nytimes.com/2018/11/05/style/self-care/the-calm-place-on-the-internet.html>