

A Word from the Counselors

Greetings from the Internet

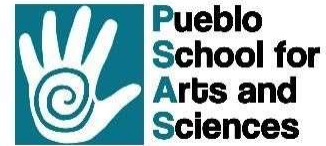
Hello Spiral families and staff! Welcome to the Counseling Newsletter.

We know it has been a while and things have been strange, at least, since last we met. We hope that this newsletter will be a fun as well as informative mental health resource at a time when many of us are experiencing feelings of isolation and anxiety.

when little people
are overwhelmed by
big emotions, it's our job
to share our calm,
not to join their chaos.
-L.R. Knost

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As counselors we understand that all of this has been stressful. Parents and guardians are working to balance keeping kids fed, occupied and entertained all while worrying about supporting their families. The added responsibility of navigating online school can seem overwhelming. Students may feel sad about missing out on memories and milestones. This is new and confusing for all of us. Together, we will get through this, even as we must stay apart.



Counselor Hours
M-Th 9-11 and
1:30-3:30

Tina Gurule –
tgurule@psas.ws
Lauren Korinek –
lkorinek@psas.ws



Remember to

1. Exercise regularly
2. Get sleep and rest
3. Eat well
4. Take Breaks
5. Stay connected

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Mental Health Resources

It will be necessary in the coming days for all of us to care for our mental health. Your counselors are available to offer their services in doing so. Eventually we may be taking appointments through Google classroom. Until then please contact Lauren Korinek from the Fulton Heights campus or Tina Gurule from the Jones campus through email listed above.

Some other helpful resources include:

Centers for Disease Control and Prevention
- Managing Stress and Anxiety

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

National Association of School Psychologists
- Helping Children Cope With Changes Resulting From COVID-19

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

