

## A Word from the Counselors

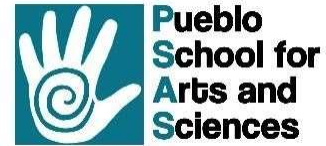
### Greetings from the Internet

Hello Spiral families!  
We hope you are well and enjoying the warm weather. You have now made it through an entire month of distance learning. Great job!

We want to take a moment to make sure everyone knows how to reach your counselor. Our emails are linked in the upper right corner each week. This week I have added our phone numbers and extensions. We can be reached during the hours listed, or anytime if it is urgent. If you contact us outside of office hours we will get back to you as soon as possible. Another great way to reach us is to click the links at the bottom of the distance learning

page. The links will take you to a calendar where you can make an appointment. We can then meet through Google Hangouts or over the phone. Reasons you might contact your counselor could range from feeling overwhelmed with schoolwork and needing some strategies, to feeling worried, sad, or anxious and needing to talk. We are available to help.

Your counselor may also try to contact you. You may have been a student who did regular check-in at school or you may have filled out your weekly feelings check with an answer that was cause for concern. We are not trying to bother you and you are not in trouble. We want to check on the



**Counselor Hours**  
**M-Th 9-11 and**  
**1:30-3:30**  
**Tina Gurule –**  
**404-2680 ext. 141**  
[tgurule@psas.ws](mailto:tgurule@psas.ws)  
**Lauren Korinek –**  
**255-1107 ext. 124**  
[lkorinek@psas.ws](mailto:lkorinek@psas.ws)

wellness and safety of the students we care about!

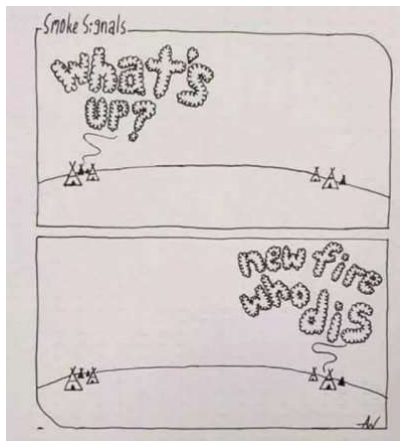
### Reasons to See the Counselor

- 1 HAVING TROUBLE WITH SCHOOL/GRADES
- 2 CONFLICT WITH FRIENDS
- 3 JUST NEED SOMEONE TO LISTEN FOR A WHILE
- 4 TALK ABOUT WHAT YOU WANT TO DO IN THE FUTURE
- 5 PROBLEMS AT HOME
- 6 YOU'RE SCARED OR WORRIED ABOUT A SITUATION
- 7 YOU'RE HURT OR ANGRY
- 8 SHARE AND CELEBRATE POSITIVE THINGS
- 9 YOU'RE OVERWHELMED OR JUST DON'T FEEL LIKE YOURSELF
- 10 AND MANY MORE!!!!

## A Word from the Counselors

### Connection Corner

Social distancing has become a new way of life in our society. For most of us it has been difficult because in times of stress what we want most is our families and friends. We seek their company and comfort. Even though we have been asked to stay apart, we can still connect!



1. It is a great time to use Skype, Google Hangouts, Facetime, or other social

media. If you are not sure how check out a tutorial on YouTube.

2. Write a letter!  
Letter writing is a lost art and an important skill. The benefits of letter writing include practicing penmanship, communicating in a non-hackable and totally private way, and supporting our mail service with your purchase of stamps.

3. Find an online group for something that interests you. Many fitness trainers, dance coaches, and artists are

offering free classes online and there are groups for people who love gaming, live music, rock painting, and even karaoke.

4. Call your grandparents! They are probably missing you and would love to hear from you. Of course, other friends and family are important as well... but really, call your grandparents!

