

Dear Parents,

For all of us, these are anxious and stressful times. We all have many questions and, at this time, most of those questions cannot be answered.

However, we also know some things with absolute certainty. The current situation is not a permanent one. Our great schools will reopen again and, when they do, our students will once again be afforded the outstanding educational opportunities that they have always received in the past.

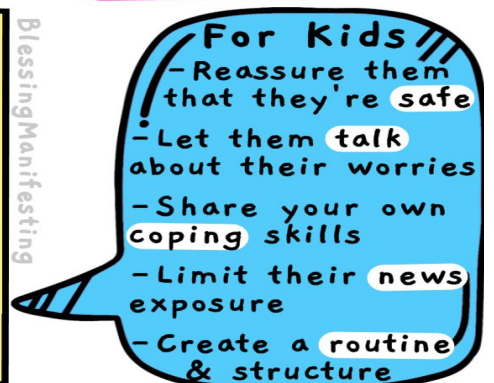
In the meantime, we - the school counselors of this school district - are here for you. At this site - the Counselor's Corner - we will provide some information that will hopefully help you and your child better cope with the current situation.

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health



For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

BlessingManifesting



For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Helpful Links:

<https://pin.it/7pUWUIE>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.cdc.gov/coronavirus/2019-nCoV/community/schools-childcare/talking-with-children.html>

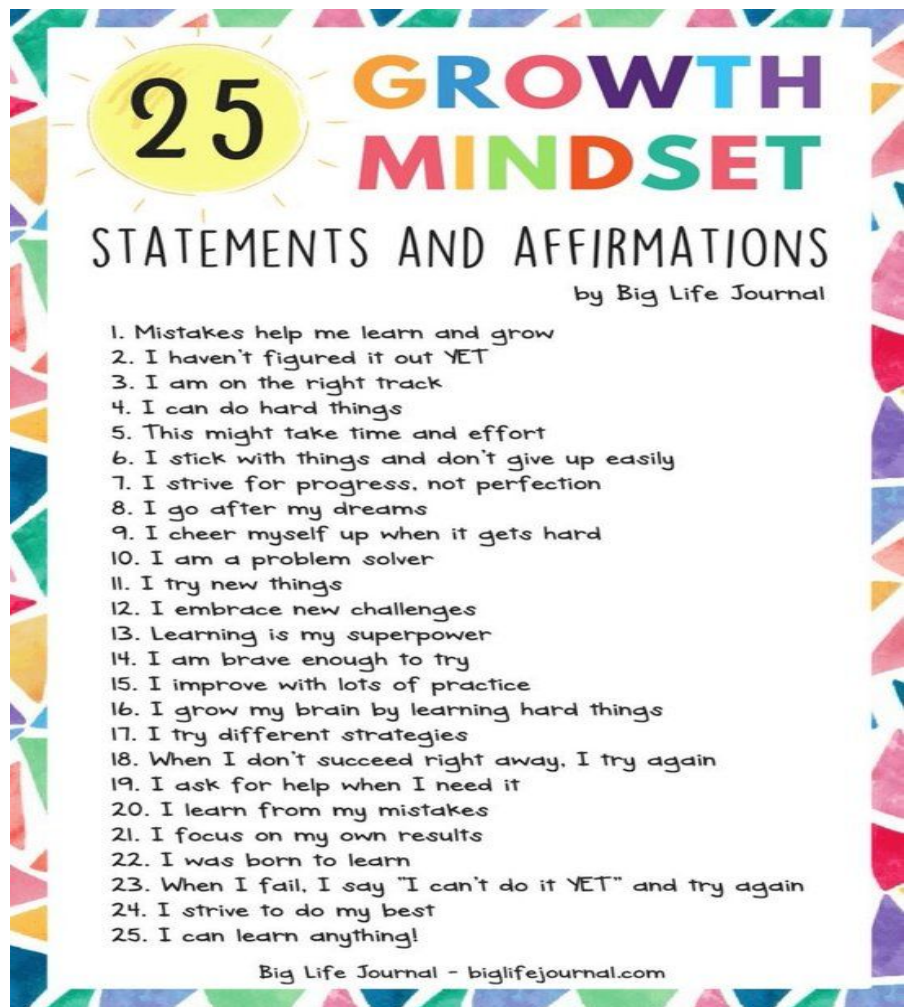
<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

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We can be reached by email only.



25 GROWTH MINDSET STATEMENTS AND AFFIRMATIONS
by Big Life Journal

1. Mistakes help me learn and grow
2. I haven't figured it out YET
3. I am on the right track
4. I can do hard things
5. This might take time and effort
6. I stick with things and don't give up easily
7. I strive for progress, not perfection
8. I go after my dreams
9. I cheer myself up when it gets hard
10. I am a problem solver
11. I try new things
12. I embrace new challenges
13. Learning is my superpower
14. I am brave enough to try
15. I improve with lots of practice
16. I grow my brain by learning hard things
17. I try different strategies
18. When I don't succeed right away, I try again
19. I ask for help when I need it
20. I learn from my mistakes
21. I focus on my own results
22. I was born to learn
23. When I fail, I say "I can't do it YET" and try again
24. I strive to do my best
25. I can learn anything!

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