

Week of April 13th, 2020

School Counselor Connection Newsletter

Loma Verde Elementary School

Greetings Loma Verde Family,

This is Mr. Arias, the School Counselor at Loma Verde. Your students know me as Mr. Arias. I hope all of you are well during this challenging time. In keeping with the spirit of connection, I created this newsletter as a way to continue connecting with students and supporting families.

As your School Counselor, I am here to help ALL students be successful socially, emotionally, and behaviorally. My service delivery includes classroom lessons on social-emotional learning, individual and small group counseling, and ongoing collaborative consultation with teachers and parents to help provide supports for students to access their education.

Please let me know if you would like me to check-in with your student and I can schedule a phone call. Now, more than ever, positive connection is key. Check-in with your child daily regarding their feelings around the current situation and feel free to reach out for help. I gathered some information that may be useful to you during this time.

Best regards,
Diego Arias, M.S., PPS

Quote of the Week: "To the world, you may be one person, but to one person you may be the world." – Dr. Seuss

Helping Children Cope with Changes Resulting from COVID-19:

- Stay calm, listen, & offer reassurance
- Be a role model
- Be aware of how you talk about COVID-19
- Explain social distancing
- Demonstrate deep breathing
- Focus on the positive!
- Establish & maintain a daily routine (see activity ideas!)
- Monitor TV viewing & social media
- Take time to talk
- Be honest & accurate (but keep it simple)
- Stay connected to school
nasponline.org

Fun Activities at Home!

- Read a favorite book and make character voices!
 - Watch silly movies!
 - Have an indoor campout!
- Look at old photos & share memories
 - Make gratitude lists
- Use stuff from around your house & set up a bowling lane!

Resources

- Mental and Emotional Supports

<https://covid-19.sdcoe.net/Parent-Resources>

- Supporting Kids During the Coronavirus Crisis:

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

- Managing Stress and Anxiety Related to COVID-19:

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Contact Me!

I am available via e-mail to schedule a phone call: diego.arias@cvesd.org