

# Check-in from the School Counselor

## Tuesday, March 31, 2020

Hi, SMRS Families!

We're officially into week 3 of Remote Learning...how is everyone feeling? Calm? Overwhelmed? Feel free to send me a message and let me know! I have loved hearing from our families as to how SMRS students are doing; please keep those e-mails coming! I've also developed a short Google Form that you can fill out so I can get a better gauge of how the students are doing and better resources I can provide in the coming days. **Please use this link to fill it out:** <https://forms.gle/er7HwdBQaep5PbSK8>.

This week, I came across a great TV special for kids (grades 2 and up) called "#KidsTogether Town Hall Meeting" that explained and answered questions about Coronavirus from a "kids-eye" view. Kristen Bell (yes, Anna from Frozen!) spoke with experts in the fields of medicine, counseling, and finance (with help from kid viewers across the country as well as some celebrities) to help kids get a better understanding of what is happening around us and normalizing those "bummer" feelings when it comes to missing school and social distancing. *The hour-long special aired on Nickelodeon, and can be viewed again tonight (Tuesday, 3/31) at 9:00 PM, tomorrow (Wednesday, 4/1) at 11:00 AM, or any time on Nickelodeon's Instagram TV (@nickelodeon).*

Additionally, for parents, I wanted to pass along a webinar opportunity from CASEL (Collaborative for Academic, Social, & Emotional Learning) entitled, "CASEL Cares: So Now What? Supporting SEL at Home." This webinar will be on Friday, April 3 from 1:00 – 2:00 PM and will explore strategies for parents that will help with at-home learning from a social-emotional perspective. If you cannot make the scheduled day/time of the webinar, don't worry! If you register using the link below (registration is FREE!), you will receive a link to the recorded webinar that you can view at a time that is more convenient for you.

<https://register.gotowebinar.com/register/9181943944078327822?source=web>

(Where it says "job title," you can put "N/A" and "St. Margaret Regional School" can be the information for "Organization.")

Since we are also in week 3 of remote learning, I wanted to start something new to spread some positivity. If you feel your child has done something exceptional while remote learning (helping with chores, being extra kind to siblings, doing schoolwork without being asked, etc.), please nominate them for a "Superstar Shout Out from Miss Sole!" Your child will be recognized with a certificate sent via e-mail as well as recognition in the following Tuesday "Check-In" e-mail to all school families from Miss Sole (so the first group of students will be recognized next Tuesday, 4/7). We will continue this as long as we are remote learning at SMRS. **If you would like to nominate your child, please complete the form below:**

<https://forms.gle/roYmBXfjRDmCE7bJ7>.

As always, I appreciate all that you are doing to support your children as they are learning remotely, and please don't hesitate to contact me with any questions or concerns you may have. Praying for wellness and safety for all of our school families!

Take Care,

Miss Sole  
School Counselor (PS3-8<sup>th</sup>)  
[rsole@stmargarets-rs.org](mailto:rsole@stmargarets-rs.org)