

## KEEP CALM AND RES ON

*Information to support you and bring a smile to your face during this time away from school*

### A note from the counselors...

We wanted to remind you that your counselors are still available to talk with you while e-learning. If you want to set up a time to check-in (or even just say hi!), we are available in the following ways:

- Email
- Zoom
- G-chat & Google Hangouts
- Schoology conferences

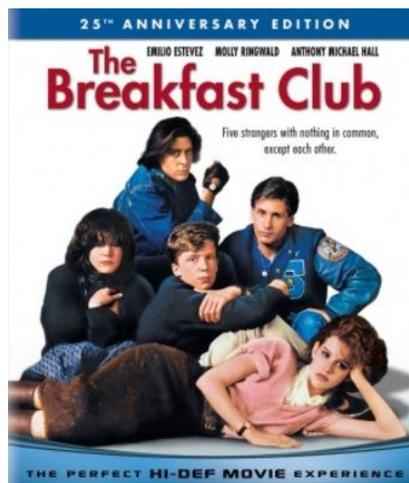
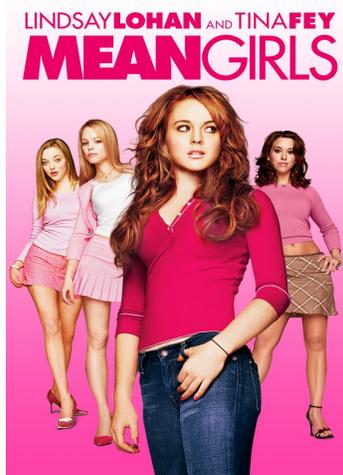
**We are connected. We are here. Just an email away! We hope to hear from you soon!** 😊

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### Feel Good Movies

*Pop some popcorn and destress with a classic!*



## Feel Good Songs

*Turn the volume up and have a solo dance party!*

[Shake It Off](#), Taylor Swift

[Love on Top](#), Beyonce

[Dancing Queen](#), Abba

[Here Comes the Sun](#), The Beatles

[ABC](#), Jackson 5

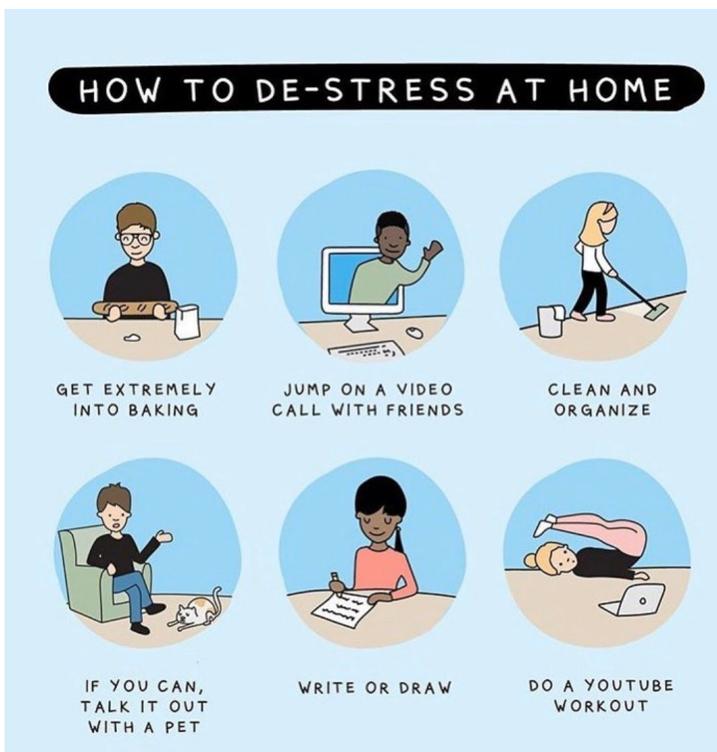
[Girls Just Want to Have Fun](#), Cyndi Lauper



## E-Learning Communication Etiquette

*As we adjust to a new way of learning, here are some reminders:*

- ❑ Respond to your teachers and counselors' emails; it is our only way to communicate with you right now!
- ❑ Grammar and spelling still matter! Although it might be easy to communicate like you do via snapchat or texting, still follow grammar rules for school.
- ❑ Read everything out loud before you send it. It is easy for written text to be misread and misunderstood.
- ❑ Be respectful: if you wouldn't say it to someone's face, don't say it online, either. Keep in mind the feelings and opinions of others.
- ❑ Take advantage of class time during the day when you know your teachers are available to answer questions so you can use your time at home wisely!
- ❑ Be patient with teachers and classmates. We are all adjusting to e-learning together.



**Above all else, remember to:**

**Take care of yourself.**

**Take care of your family.**

**Reach out for help when you need it.**

**We are all in this together!**