

COUNSELOR CONNECTION

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Course Registration

Registration for ELECTIVE COURSES for the 2020-2021 school year, for current 6th and 7th graders, is now open on Skyward. Directions, forms and informational videos are posted on the IMS webpage.

Please do not email any registration forms. We will communicate about collecting these forms, and PE waivers, when we return to school. We are here to answer your registration questions, so please do not hesitate to reach out!

Registration is due by April 3rd!

Greetings from a safe social distance!

Hi IMS parents! We are missing our Islander community very much and are thinking of you all. We wanted to share some information about some of the things our counseling team is working on from afar. Please carefully review this newsletter for important information about registration for the 2020-2021 school year as well as ways to reach us during our time apart. Lastly, we wanted to include some suggested apps to help with mindfulness and how to manage anxiety and depression during this difficult time. As a counseling team, we plan to keep in touch weekly, although our methods for doing so may vary. Please do not hesitate to communicate with us via email and let us know what questions you may have, if you need support in any way or if you have suggestions for content. Stay well.

Suggested Apps for Mindfulness, Depression and Anxiety



- ◆ Headspace
- ◆ Breath to Relax
- ◆ Mindshift
- ◆ MoodTools
- ◆ Self-help Anxiety Management
- ◆ T2 Mood Tracker
- ◆ Worry Watch
- ◆ Daylio
- ◆ Youper

**There are additional resources available for students via Schoology, in a folder entitled "Mental Health".*

Staying Connected:

During this time of uncertainty and social isolation, we want you to know that we are here to support your families. It's normal to have a lot of feelings about all the changes we have been facing for the last few weeks and for stress and mental wellness to be a struggle. There may be increased emotions and behaviors that arise in your child that have you concerned. Though we are not available in the same way, we are here and we want to support you. We are accessible via email and are online daily. We can even offer video conferencing, upon request.

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