

---

# COUNSELOR CONNECTION

Dru Klein, Janet Goldstein & Jayna Dash

---

Harry Brown & Josh Schmader



---

## HAPPY LONG WEEKEND!

---

Can you believe we've been at home for 10 weeks now? It's hard to believe that much time has passed. Sometimes it seems like just yesterday we were being sent home. Sometimes it's hard to remember what life was like before COVID. Thankfully, we have a nice long weekend coming up to rest, regroup and recognize how far we've come. Please remember that **there is no school Monday (5/25)** so everyone can be device free for one whole day! Good luck with that :) Included in this edition, we wanted to share some notes about some end of the year details to put on your radar. Additionally, we wanted to remind everyone about the poster contest we are running, as well as our weekly office hours. Last, but certainly not least, we've include some information about the importance of building resilience during these difficult times. We wish you a nice restful 3 days weekend!

---

## LOOKING AHEAD

---

We are still ironing out some details, but we wanted to let you know that we are working to figure out the best and safest ways to handle the following end-of-the-year stuff.

**IPADS-** We will NOT be collecting iPads this year. Students will be permitted to keep their iPads over the summer. 8th graders will keep theirs too, and exchange them, at the High School, at the beginning of next year for a "refresher."

**LIBRARY BOOKS/TEXTBOOKS-** We are talking about the best way to collect outstanding Library/Text Books. While we are ironing out the details, please start looking around your homes and trying to collect any books that belong to IMS.

**YEARBOOK DISTRIBUTION-** This will surely be a memorable year to look back on! Stay tuned for more information about yearbook pick up.

**8th GRADE GRADUATION-** We are so bummed that we won't be able to hold our 8th grade graduation ceremony like we do annually, but representatives from our school and a parent committee are working on some special ways to honor our 8th graders. We had to be creative and we are hopeful that our 8th graders will still feel special and celebrated. Stay tuned for more information!

---

## LAST CALL: POSTER CONTEST

---

MIFYS and Sources of Strength are offering a poster contest! We are asking for student designed art projects that reflect the theme "**BE KIND TO YOUR MIND.**" This quote needs to be included in the project and there should also be some mention of May being Mental Health Awareness Month. We are flexible about what the art medium is, but all entries need to be submitted to either Ms. Dash or Mr. Brown, via email, **no later than May 26th.** We will be selecting one winner from each grade, to earn a **\$25 gift card to Island Books.** We will also be submitting all entries to MIFYS for their contest too.

## RESILIENCE

It has been 10 weeks since our world was turned upside down and we are living with more uncertainty than many of us have faced in our lifetime. Uncertainty can lead to worry and stress, but the good news is that no matter our baseline of resilience, we can continually build resilience in ourselves and our children.

Resilience is the process of adapting in the face of adversity, trauma, tragedy, or other significant sources of stress. How can you and your child build resilience? First remember that resilience is not a destination. It is in the striving; it is doing the best that you can and continuing to try and with intention and practice, you can become more resilient, no matter your age.

Building resilience can be important and helpful in a pandemic, but another piece to the puzzle is unconditional love. Unconditional love for yourself and for others, we need to practice taking the judgment out of our lives and strive to be kind to ourselves and others to get through this crisis.

There isn't one specific strategy to use to build resilience. It's a process of establishing connections, coping with stress, adjusting your thought process, and fostering physical wellness, but below are some tips and suggestions on where you could start.

- **Practice mindfulness** Pay attention, live in the moment, accept yourself, focus on your breathing
- **Be clear on what you can and can't control** It can be helpful to make a list and remind yourself what is not in your control.
- **Write about your feelings** Write about experiencing the feeling in third person. This gives you some distance from the feeling, and maybe even a different perspective.
- **Name your emotions** "Name it to tame it" Naming the emotion is often enough to help you think more clearly.
- **Adjust your thought process** State your negative thought, think about where it stems from, and offer three positive alternative thoughts. Everyone from older adults to very young children can learn to do this.



## REMINDER: COUNSELOR OFFICE HOURS

The IMS Counselors are offering an **OPTIONAL** opportunity for **STUDENTS** to check in. We will each be on a Zoom call, partnered with an Administrator, again next week. Dru Klein will be online **Tuesday** from 10-10:30 (students with last names A-G), Janet Goldstein will be online **Wednesday** from 10-10:30 (last names H-O) and Jayna Dash will be online **Thursday** from 10-10:30 (last names P-Z). Students are encouraged to log on to ask questions, to say hello or to simply come for additional adult connection.

**\*\*\*Zoom links are posted in the Schoology calendar.\*\*\***