

## A note from your School Counselor, Mr. Miller



Welcome back!  
(Elmo says hi!)

I am so excited to be able to reconnect with our amazing students and families!

I understand that these days are full of uncertainty and a lot of “newness.” Doing school from home may feel a little weird or difficult for many reasons but I hope it may also be an exciting and positive experience for you and our entire school community. Even though we are away from the school building and each other, we are all in this together.

My goal is to continue to be a support and resource for students and parents. I will soon be providing activities, materials and support that will reinforce the goals and skills we were addressing together at school, for your use at home.

By no means do I wish to add any pressure or more weight to anyone’s workload. I aim to do the opposite. I can be available to talk with you via e-mail, online video/audio or a phone call. Please know that I miss all of our students and staff so much and have been thinking about them daily.

Take everything one step at a time, and if anything feels like it is too much, take a break! Either with movement, something fun, something creative, or just with silence and deep breaths. We are all in the same boat and we can totally do this!

All my Best,  
*Mr. Miller*

**Please e-mail at any time and I will respond ASAP. ☺**

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