SMMS Counselors' Corner Mrs. Coats and Ms. Lewis

Scarborough Knights!

We hope that you are your family are doing well. We all are aware that our nation is currently experiencing a serious health concern with the Coronavirus. Our thoughts and well wishes are with those affected-families, businesses, stores, our government and more. We encourage you to stay informed by listening to the news, practicing good hand washing, and following the rules set forth by authority.

As a result, many schools across our country are closed. Just because you are unable to attend school Scarborough everyday, doesn't mean learning has to end. Every day, you are responsible for completing assignments from your teachers via Google Classroom, Nearpod, Flocabulary and other technology platforms. Reach out to your teachers for help. Ms. Lewis and I are also here to support, encourage and inspire you to be the best person you can be. We will be checking on you too

Stay tuned for updates during our time away from Scarborough Model Middle School:

• Facebook: Scarborough Model Middle School

• Twitter: @ScarboroughMS1

• MCPSS Coronavirus website: <u>www.mcpss.com</u>

Google Voice

Ms. Lewis: 251-289-1184 Mrs. Coats: 251-289-0302

Until we are reunited again, "Knights will continue to exhibit Respect and Responsibility!"

Mrs. Coats and Ms. Lewis SMMS Counselors



Activity for the Week of April 13-17, 2020 "Write it Out"

Homeschool and virtual learning-our new normal. School ending early, no more field trips, no end of year celebrations, seeing your teachers and friends are just a few things we will miss this school year. We know it has been a transition for everyone. School as we know it has changed. It's not easy with other siblings, parents working and trying to complete your schoolwork at home. How are you feeling? What thoughts are going through your mind?

This week, think about the changes that have taken place for you over the last few weeks. In a journal or on your phone, write about your emotions and how you are feeling. It's ok to feel confused, sad, uncertain, happy or even anxious. During this virtual learning and homeschool experience, each day write a sentence or two processing your emotions. You will be able to reflect about this experience for the remainder of the year and times to come. Write it out!



