

SMMS COUNSELORS' CORNER

Inside this issue:

**Weekly
Counseling
Activity**

**MCPSS Televised
Counseling
Lesson**

Let's Stay In Touch!

Scarborough MS Website:

www.scarboroughknights.com

Facebook:

Scarborough Model
Middle School

Twitter:

@ScarboroughMS1

MCPSS Coronavirus website:

<https://acp.mcpss.com/>

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How Might Social Media Effect Your Mental & Emotional Health?

Facebook, Instagram, Snapchat, TikTok, Twitter are forms of social media. Can social media have positive and negative influences? Can you get addicted to social media?

Social media isn't going anywhere. We must be mindful of our usage and its affects on our mental and emotional health. It's okay to step away :) Watch the following video

to learn more: https://youtu.be/Czg_9C7gw0o



MCPSS Televised Counseling Lessons

Each week our school system provides middle school counseling lessons that are televised on Tuesdays at 2:30 p.m. on FOX10 TV - Channel 10.6. You can also view the lesson on MCPSS Facebook Page, Comcast - Channel 15, AT&T U-Verse - On Demand Channel 99, and Roku boxes.

The topic for this week is Internet Safety.

Everyone is encouraged to tune in !