



A Note from your School Counselor!

Dear Parents/Guardians:

I wanted to touch base with you and let you know of my availability during our school closing. Although we are not officially “in school,” I wanted you to know that I am still available for your child. I am available by email or phone.

My contact information is:

Email: akrol@bloomingdaleschools.org

Phone: by appointment - please email me first and we can set up a time to chat.

Hours - Monday, Thursday and Friday 8:00am- 3:00pm

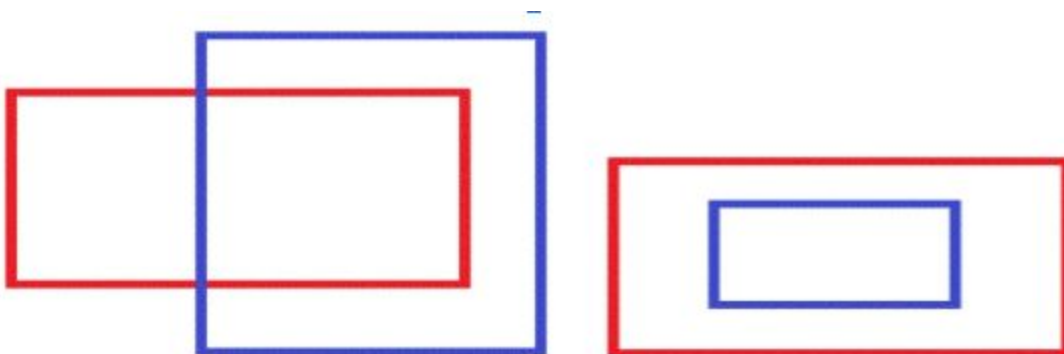
If your student is having some anxiety about what is going on, here are some coping skills and ways you can work through it together:

Circle of support:

1. Encourage your child to talk about how they are feeling with the people they trust.
2. If they have questions, simply listen and answer at an age appropriate level and be as truthful as possible.
3. Keep in touch with friends and family through video chats or phone calls.

Breathe it out:

If your body is feeling restless or tense, take some time to sit and slow your breathing. Try tracing your finger over the lines and breathing along. Repeat at least 5 times.



Finally, set small daily goals. Help students focus on things they CAN do! Also, do not forget to look for the fun! Help your child shift their thoughts away from the worries and do something fun! Remember, it's okay to have worries, it's just how you work through them that matters.

Stay Safe! Mrs. Krol