

KEEP CALM AND RES ON

Information to support you and bring a smile to your face during this time away from school

A note from the counselors...

As we work through another week of e-learning and the shelter-in-place, it is more important now than ever to remind ourselves of the positive things in our lives. It is very easy to focus on what we are missing right now: time with friends & family, spring sports, school events, vacations & more. To keep a healthy mindset during these challenging times, it can be helpful to practice gratitude. **Practicing gratitude means being thankful for the things in our lives and being ready to appreciate and show kindness.** This week, try to notice the things in your life that you are thankful for, rather than focusing on what we are missing out on right now.

Remember, what we focus on, grows. Choose gratitude!

Counselor Virtual Check-in Day

This Friday, April 17th counselors are hosting a virtual check in day! Sign up for a 10 minute time slot to catch up with your counselor over Google Hangouts. We can't wait to see your faces!! 😊

Ms. Manso's sign up: <https://www.signupgenius.com/go/9040B49AAAC2EA2F49-checkin>

Ms. Lamick's sign up: <https://www.signupgenius.com/go/9040B49AAAF2CABFA7-counselor>

LITTLE THINGS TO DO

EVERY DAY:

- OPEN YOUR WINDOW AND FEEL THE AIR
- MAKE LISTS
- SPLASH SOME WATER ON YOUR FACE
- GET OFF YOUR PHONE FOR SOME TIME
- ALWAYS HAVE WATER WITH YOU
- DOODLE
- CLEAN ONE THING THAT'S MESSY/DIRTY
- COMPLIMENT SOMEONE
- BE KIND TO YOURSELF

Virtual College Exploration Week: April 20th-23rd

Join over 300+ college admission representatives as they present important topics via Zoom between April 20-April 23rd! Click the link below to choose from 96 different presentations over four days:

<https://www.strivescan.com/virtual/>

Above all else, remember to:

Take care of yourself.

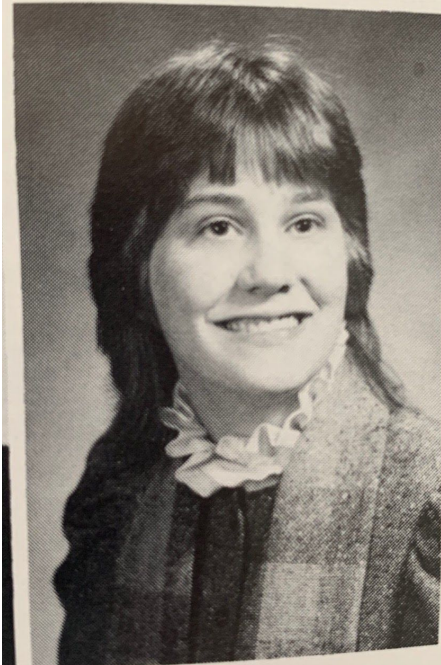
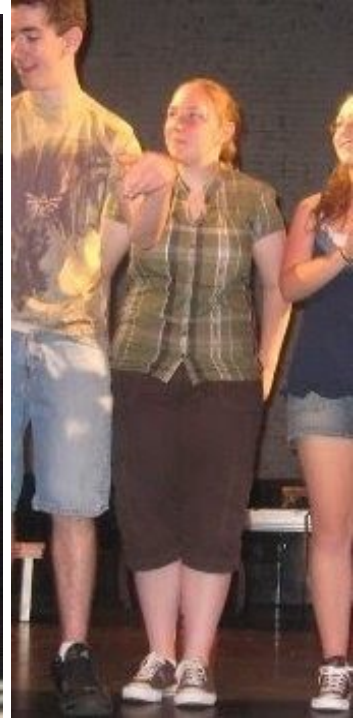
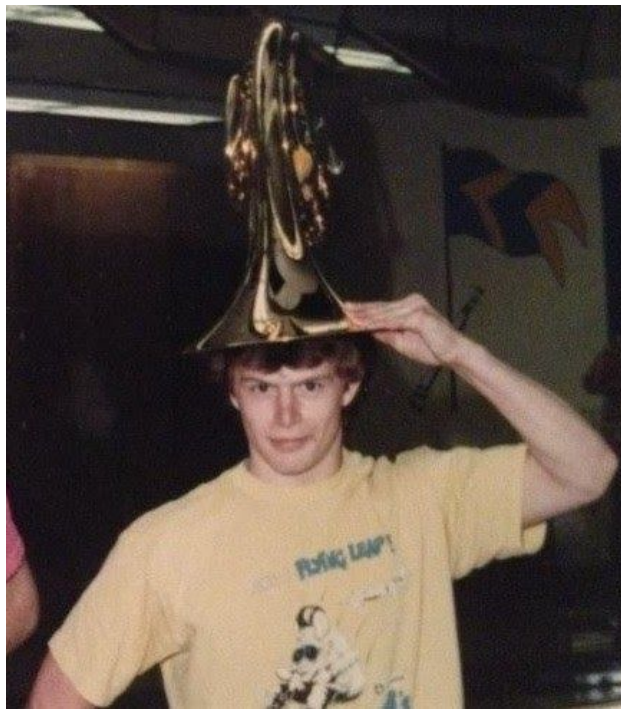
Take care of your family.

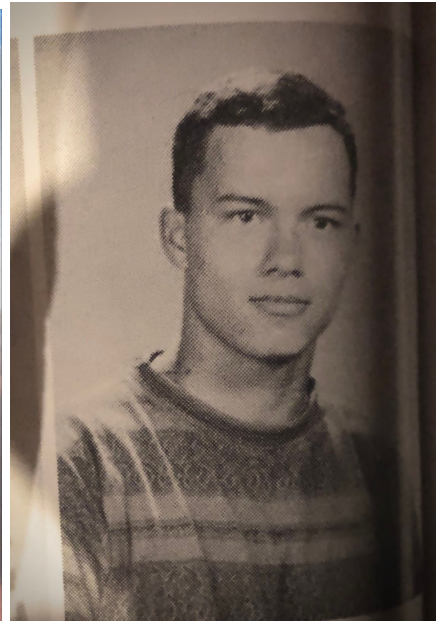
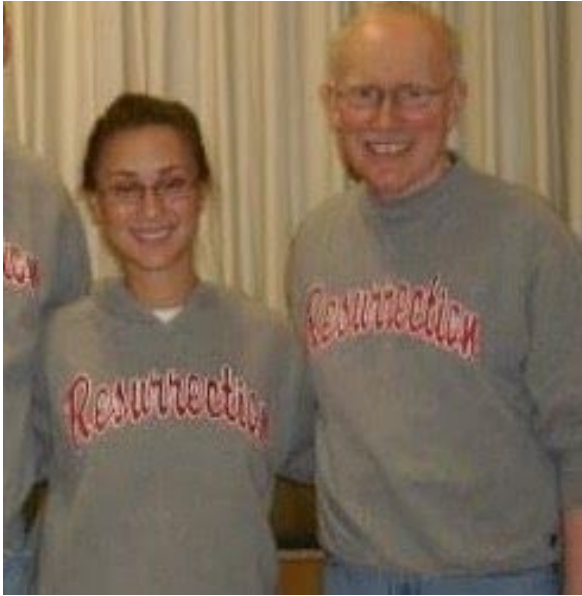
Reach out for help when you need it.

We are all in this together.

Blast from the Past

Need a good laugh? Check out high school pictures from some of your favorite teachers and staff members! Who would win “Most Changed”? Try to guess who is who. Answers are at the end!







Answers: from top left to top right

1. Ms. Corcoran 2. Mr. Wold 3. Ms. Bohlander 4. Ms. Coakley 5. Ms. Zajack 6. Dr. Leider
7. Ms. O'Donnell & Mr. Longo 8. Ms. McGrath 9. Mr. Wiechert 10. Ms. Walaszek 11. Ms. Oberschmied 12. Ms. Bernardin
13. Ms. Toomey 14. Ms. Scianna 15. Sr. Mary Ann 16. Ms. Ortiz 17. Ms. Connelly & Ms. Malone 18. Ms. Groszek