
The Counselor's Corner

ST. PIUS X REGIONAL SCHOOL

May 2020



Counselor Role during COVID-19 School Closure

During this trying time, you may be finding that new issues are coming up in your home. With the many changes that we are experiencing, it is not unusual for children to exhibit new behaviors such as lack of motivation to complete school work, increases in emotional issues, arguments between siblings, difficulties with focus, increases in stress/anxiety levels, feelings of loneliness or boredom, and many others. Although these behaviors can be alarming, it is important to remember that children are adjusting to their new routine and coping with the additional stressors that this virus brings. In addition, many parents are balancing working from home while also helping their children with school work.

Please know that I am available to provide support in navigating this new “normal” and discussing any academic, social, or emotional issues that your child may be experiencing. As the school guidance counselor, I am available to meet with students individually via Zoom, meet with families as a group via Zoom, and consult with parents via email or phone. If you would like to set up a Zoom meeting or conference call, please email me at mjenkins@stpiusbowie.org

Resources for parents and families during distance learning

Use the following links to check out some free resources!

Parenting Support

- **National Parent Helpline:** Trained specialists provide emotional and problem-solving assistance via phone, or website.
 - **Parenting in a Pandemic:** 10 Percent Happier Podcast Episode with Dan Harris of ABC News, and Susan Kaiser Greenland, American mindfulness teacher who specializes in work with children.
 - **How to Reduce the Stress of Homeschooling on Everyone**
 - **Crisis Management Institute- Parent Resources:** 6 Weeks of Resources Specifically for Parents Helping their Children Navigate COVID-19 Concerns
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- **Supporting Children During the Coronavirus:** PDF from the National Child Traumatic Stress Network
 - **How to Talk to Your Children About COVID-19:** Resource put out by the National Association of School Psychologists

Resources for Students

- **Time to Come in Bear: a Childrens Story about Social Distancing:** by Kim St. Lawrence
- **NPR Cartoon to Help Explain COVID-19 to Your Youth:** Cartoon to help you explain it with visual content
- **Headspace:** Guided meditation
- **Calm App:** Great for meditation and sleep
- **Howard B. Wigglebottom Animated Books:** Access free books all about friendship, sharing, self-esteem, bullying, lying, and many more
- **Gratitude Journal:** Provides 7 days of journaling prompts focused on gratitude
- **GoNoodle:** Active screen time resource, mindfulness, activities, brain breaks, movement games and more!

Welcome to the
School Counselor's Corner

