

**Parent Note:**

Due to school closing, I will be out of the office until start of school on April 13, 2020. I will be checking email during this time. If you have an urgent mental health need please call your provider or dial 911. Mental Health Screening services are provided by the following agencies: Burrell Behavioral Health (800-395-2132); Centerpointe Hospital of Columbia (855-623-7016); University Hospital (MUHC) (573-884-1300).

Community resource information is available on the CPS website by following this link:

<https://www.cpsk12.org/COVID19>. The United Way also provides free resource information by dialing 211. I will be happy to provide you with any information about resources or family needs during this time and will return emails within 24-48 hours. Please check out my webpage at <https://rbecounseling.weebly.com/> to find additional family resources. I've attached a learning packet that supports social emotional learning.

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**Student Note:**

This is Mr. Smith, your school counselor. As you know we are taking a break from school for a few weeks just so that we can be sure everyone can stay healthy. I know some of you have questions and may even be a little unsure of what is happening. I want you to know that this will pass, and we will be back at school soon. In the meantime, here are a few things you can do for yourself. (positive self-care)

1. Stay Healthy. Practice good hygiene. Cover your mouth when you cough or sneeze and wash your hands with soap and water.
2. If it is pretty and warm outside, go out and play. Ride your bikes, play ball, anything to get some exercise 😊
3. Work off some energy. Breathe in some fresh air. Take some deep breaths.
4. Keep up with your schoolwork every day. This is so important.
5. Help around the house, do your chores. Remember how we talked about helping out without having to be asked? Parents love that.
6. Be kind to your brothers and sisters. And, parents too! Kindness counts!
7. Talk to your parents or guardians if you are worried about **ANYTHING**.
8. Write a letter or draw a picture for someone. Great time to practice your art skills.
9. Play a board game or cards with your family. Have family time as much as possible.
10. Lastly, don't worry too much and just be a kid. Play, laugh, and be happy 😊

See you soon,
Mr. Smith