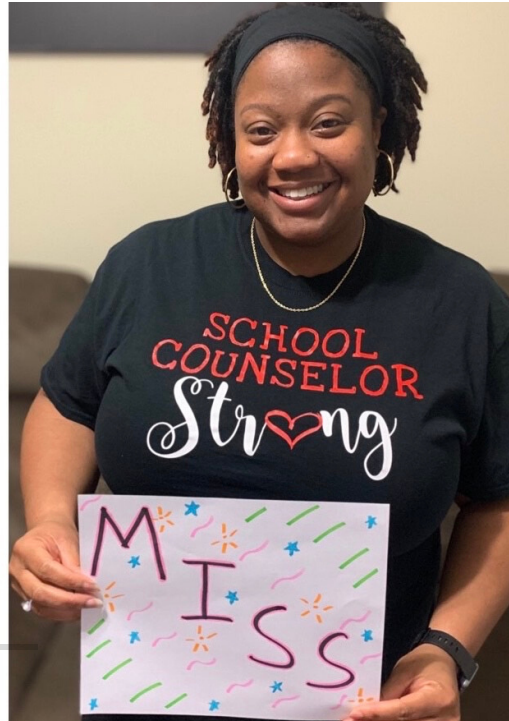


COUNSELOR'S CORNER



IMPORTANT UPCOMING INFO:

**CATCH OUR SMS
VIRTUAL COUNSELING
GOOGLE CLASSROOM
@ PZO62VG**

**STAY TUNED FOR MORE
INFORMATION ON HOW
WE WILL BE VIRTUALLY
SELECTING YOUR
CLASSES FOR NEXT YEAR!**

HOW TO CONTACT YOUR CHILD'S SCHOOL COUNSELOR

Jamie Stafford - Counseling Director &
8th Grade Counselor
staffordjl@staffordschools.net

Shanelle Williams - 7th Grade Counselor
williamsse@staffordschools.net

Rina Goldstein - 6th Grade Counselor
goldsteinrn@staffordschools.net

What we've been up to!

WOW! What a whirlwind this last month has been. We miss our Spartan family like crazy. So much has happened in the last few weeks and we hope you are taking this time to focus on your health and well-being. We understand this period of time can bring about stress and anxiety for students and their families. As your School Counselors, we are still here to support you through email and by phone, through appointment only.

While online learning is not the same as face to face learning, we want to make sure you have access to all the resources that are available to your family. All students have been invited by email to our very own SMS Virtual Google Classroom. This month in our Google Classroom, we are continuing to focus on our weekly Character Education lessons, including short videos and discussion questions on relevant topics such as connecting with others, using positive self-talk, health and wellness, and more. While we appreciate our Spartans posting responses in our discussion boards, we also love the idea of this being a family activity to foster positive communication and learning together. In addition to our Character Education lessons, we also continue to post ideas for fun indoor activities, things to do when feeling stressed or anxious, mindfulness activities, and various community resources for students and families.

There are many opportunities to stay up to date on everything going on virtually in the Counseling Center. We hope to see you on our many platforms as we continue to virtually learn and grow together!

Twitter: [@WeCounselSMS](https://twitter.com/WeCounselSMS)
SMS Counseling Webpage: [HERE](#)
Google Classroom Code: pzo62vg