

Meade Middle School Counseling Newsletter

WELCOME

Hello Bulldogs,
In this newsletter you will find resources for needs related to COVID-19, such as how to get meals, technology access, and emotional health. If you have additional questions or concerns or would like to reach out to your students' counselor, each school counselor has their email listed on [Meade Middle School](#) website.

**SOMETIMES THE MOST
IMPORTANT THING IN A
WHOLE DAY IS THE REST
WE TAKE BETWEEN TWO
DEEP BREATHS.**

Mobile SHOWER



The Anne Arundel County Health Department is offering mobile showers for those in need. Locations below.

At:
7409 Baltimore Annapolis Blvd
Glen Burnie, MD

10 AM–2 PM Monday-Friday

***Towels and soap provided**

At Brooklyn Park Library
1 E 11th Ave
Baltimore, MD

10 AM–2 PM Monday-Friday

***Towels and soap provided**



FOOD ASSISTANCE



Meals can be picked up Monday through Friday for any child in the county from ages 2-18. Click [here](#) for details on locations and times. Remember, children must be present and accompanied by an adult to pick up the meals.

Click [here](#) for an interactive map with locations for additional food services around the county

TECHNOLOGY

Comcast is offering temporary free internet for those who qualify. You can get more information on how to apply [here](#).



Any smart device, including Xbox gaming consoles, can be used to access AACPS eLearning materials and resources. For more information on internet and technology needs click [here](#).



Google Classroom

**Student Services
Classroom Code:
rdrvvq4**

MANAGING EMOTIONS



STRESS AND ANXIETY

There is nothing like a global pandemic to induce stress and anxiety. This can be felt even more so in children and teenagers, who often have not developed the coping strategies we have as adults. It is important for us to help our students build these skills that will have lifelong benefits.

Here is a [link](#) to an article by Holly Poppell on tips to manage stress and anxiety. In the article you will find information on starting a gratitude journal, mindfulness, and getting outside to help kids (and adults too) cope.

The Centers for Disease Control and Prevention (CDC) is another good source for factual information on COVID-19, as well as information on stress and coping during the pandemic. You can find information from the CDC [here](#).

TALKING TO KIDS ABOUT COVID19

Parents/guardians are faced with the challenge of discussing the evolving coronavirus outbreak with children. Although these may be difficult conversations, they are also important. Some suggestions include:

1. Create an open and supportive environment where children know they can ask questions. Don't force children to talk about things unless they're ready.
2. Answer questions honestly. Children will usually know, or eventually find out, if you're "making things up". It may affect their ability to trust you or your reassurances in the future.
3. Use words and concepts children can understand. Gear your explanations to the child's age, language, and developmental level.

More tips are located [here](#).



This **coronavirus** is a newly discovered virus. It causes a disease called COVID-19.

In some parts of the world it has made lots of people **sick**.

Check out the full comic here
["A Comic Exploring The New Coronavirus"](#)

Stay home, Stay healthy, Stay connected

Meade Middle School Counseling Team
 Ms. Canterbury, Ms. Kreft, Mr. Bauer
 Ms. Blaylock & Mr. Van Such (Interns)