

Meade Middle School Counseling Newsletter

WELCOME

Hello Bulldogs, Meade Middle School Counselors wanted to reach out to our families to share some information during this unique time. In this newsletter, you will find tips for helping students maintain a healthy mindset while we are out of the building. We have also included information on battling boredom, a PowerPoint on what social distancing should look like to help keep your family safe, and resources for growth mindset. 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.



BATTLING BOREDOM

Many of you may be finding boredom creeping in during this extended time at home. It is important to try to keep our minds and bodies active while we are social distancing.

One way to do this is to keep a routine. Make sure to include time for school work, exercise and physical activity, creative time, and social time. Here is a sample schedule to keep some structure while you are home. Come up with a schedule that works for you and your family. A consistent schedule will help fend off boredom and create a sense of normalcy for your student.

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|---------------|---------------------|--|
| Before 9:00am | Wake up | Eat breakfast, make your bed, get dressed, put PJ's in laundry |
| 9:00-10:00 | Morning walk | Family walk with the dog Yoga if it's raining |
| 10:00-11:00 | Academic time | NO ELECTRONICS Sudoku books, flash cards, study guide, Journal |
| 11:00-12:00 | Creative time | Legos, magnatiles, drawing, crafting, play music, cook or bake, etc |
| 12:00 | Lunch | |
| 12:30PM | Chore time | A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets |
| 1:00-2:30 | Quiet time | Reading, puzzles, nap |
| 2:30-4:00 | Academic time | ELECTRONICS OK Ipad games, Prodigy, Educational show |
| 4:00-5:00 | Afternoon fresh air | Bikes, Walk the dog, play outside |
| 5:00-6:00 | Dinner | |
| 6:00-8:00 | Free TV time | Kid showers x3 |
| 8:00 | Bedtime | All kids |
| 9:00PM | Bedtime | All kids who follow the daily schedule & don't fight |

*“Be patient with yourself.
Your journey is unfolding how it should.
You will end up where you need to be, not necessarily where you think you should be.
The best thing you can do right now is to be present and patient.
Trust. All is well.”*

- Author Unknown



Check the [AACPS](#) website for updates on distance learning activities.

Maintaining Healthy Relationships

SOCIAL DISTANCING

Social distancing is having appropriate separation from others to prevent the spread of disease. Practicing social distancing can be very difficult because it is a big change!

While it is important to keep a safe physical distance from our friends and family, we still need to stay connected. It is important to maintain relationships while we are apart from one another. We do NOT want your student to be isolated while we are away from each other.

Click on this [link](#) to a PowerPoint that can give some ideas on how to stay connected with others and keep yourself safe and healthy.

DID YOU KNOW?

"You can "rewire" your brain to be happy by simply recalling 3 things you're grateful for every day for 21 days."

TIPS TO HELP KEEP YOU BUSY!

1. Be kind to others. Write motivating words on your neighborhood sidewalk in chalk for other people to see. Take your dog out for an extra walk. Spend time with your family members within your household. Write letters to mail to family members or residents in a retirement community.
2. Learn a life-skill - like cooking or laundry.
3. Get caught-up on some work. If you were falling behind this marking period, treat this extra time to get caught-up on your missing assignments.
4. Be active. Find new workout videos to complete at home or go for a jog around your neighborhood.
5. Start a new hobby. Start drawing, singing, writing, etc. Explore your options!

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

Self-Care Strategies for Resilience

- Start a gratitude journal 
- Prepare your favorite food 
- Make your space comfy and cozy 
- Video chat with your best friends 
- Set boundaries with your media consumption 
- Make a playlist of your favorite songs (and share with your friends) 



RESOURCES

There are many resources available online that have ideas of what to do to keep kids active, spread kindness, and maintain a growth mindset and positive outlook during what may otherwise be a time of stress and anxiety. Here are a few links to some resources.

[Big Life Journal Stay at Home Care Package](#)

[25 Ways to Spread Kindness while Social Distancing](#)

[Growth Mindset for Parents/Guardians](#)

