

Meade Middle School Counseling Newsletter

WELCOME

With the recent announcement regarding school buildings being closed for the remainder of the school year, your school counselors want to remind you of the support you have from your Meade Middle School whether you are near or far. Check out this [video](#) from our staff to all of our students at home. Reach out to your counselors via email if you need extra support during this time.

Counselors:

6th – Ms. Canterbury (acanterbury@aacps.org)

7th – Ms. Kreft (kkreft@aacps.org)

8th – Mr. Bauer (bbauer@aacps.org)



Technology Help

If you are having difficulty with Google Classroom, please refer to this [link](#), it is a guide for parents and offers useful tips. Here is the [link](#) to the Spanish version. You will find useful information on getting started in Google Classroom and how to navigate the site.

If you need further assistance, AACPS has launched the AACPS Family Information Line, a phone line where families can leave messages to get answers to questions during the school shutdown. Families can call 410-222-5001 at any time and leave a message in either English or Spanish. This will be particularly helpful for those without internet access.



If you didn't get a chance to celebrate Teacher Appreciate Week last week (May 4-8), it's not too late. Reach out to your teachers to let them know how much you appreciate them!



Armed Forces week is celebrated the week leading up to Armed Forces Day, the third Saturday in May each year. This week is to celebrate the men and women, past and present, who have served in all branches of service. Thank you to those that have answered the call to serve in the Air Force, Army, Coast Guard, Marine Corps, and Navy. Please take a moment to thank the military members you know for their service. We appreciate the sacrifices made by our service members and their families to ensure our nation's safety and protection.

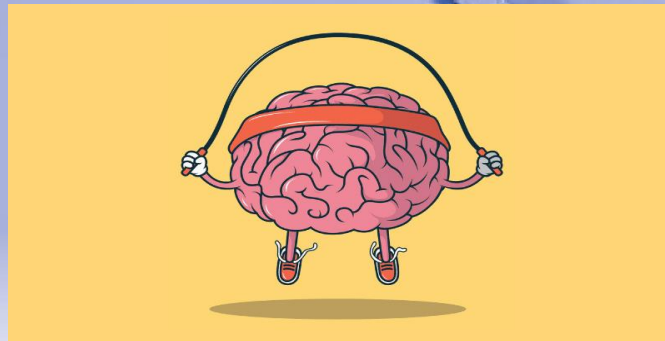
Managing Emotions

STRESS AND ANXIETY

The school counseling team has created themed daily mini-lessons. While these lessons are not graded, we hope these lessons will help students manage their emotions while away from the school building. Each day covers a different theme. Daily themes are listed below with links to one of the lessons available in Google Classroom.

- [Mindful Monday](#)
- [Tidbit Tuesday](#)
- [Wellness Wednesday](#)
- [Thankful Thursday](#)
- [Fun Friday](#)

Find these lessons and more in the Meade Middle School Student Services Google Classroom, listed as [Daily Activities](#) under the Classwork tab. New lessons will be posted each week.



BRAIN BREAKS

Google Meets, Zoom calls and online learning has become the new “norm.” However, constant use of electronic devices can be exhausting and overstimulating. Make sure your children (and you) are taking brain breaks. Here are some ideas on how to get some relief and a quick brainpower boost.

- Go Noodle – Take a movement break with videos from GoNoodle. <https://family.gonoodle.com/>
- Silly faces – Set the time for 30 seconds and make silly faces. See who can make the silliest face.
- Doodle break – Set a timer for 3-5 minutes. Allow your child to doodle on a white board with a dry erase marker or on with a pencil and paper.
- Funny videos – watch funny videos. Check out the America’s Funniest Home Video channel on YouTube.
- Sensory Pathway – Create a sensory pathway to use for brain breaks. Create your own outside with chalk or inside with paper and tape. Check out this free printable one here: <https://fit.sanfordhealth.org/resources/wellness-way-printable>

Stay home, Stay healthy, Stay connected

Meade Middle School Counseling Team

Ms. Canterbury, Ms. Kreft, Mr. Bauer
Ms. Blaylock & Mr. Van Such (Interns)