



STUDENTS..WE MISS YOU!

BE STRONG NOW,
BECAUSE THINGS
WILL GET BETTER. IT
MIGHT BE STORMY
NOW, BUT IT CAN'T
RAIN FOREVER.

THE LLA STUDENT SUPPORT TEAM IS HERE FOR YOU!

SELF-CARE TIPS from the LLA SUPPORT TEAM

Everyone reacts differently to stressful situations...

TAKE BREAKS ~ from the news, social media, and talking about the Coronavirus Pandemic

TAKE CARE OF YOUR BODY ~ practice deep breathing, relax, exercise, try to eat healthy, get plenty of sleep

- <https://www.headspace.com/meditation/kids>
- <https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>
- <https://www.calm.com/breathe>

MAKE TIME TO UNWIND ~ do things you enjoy, play games, draw, read

- <https://www.funbrain.com/>

CONNECT WITH OTHERS ~ while we are practicing Social Distancing, talk to family and friends about your thoughts and feelings

- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html#parents>

LLA Student Support Team Contact Information

<u>Support Team Member</u>	<u>6th Grade</u>	<u>7th Grade</u>	<u>8th Grade</u>
<u>Guidance Counselor</u>	Mrs. Custer jcuster@gasd.org	Mrs. Bach jbach@gasd.org	Mrs. Mendelsohn cmendelsohn@gasd.org
<u>Social Worker</u>	Ms. Pawlik apawlik@gasd.org	Ms. Tommasone vtommasone@gasd.org	Ms. Clizbe eclizbe@gasd.org

<u>Behavior Specialist</u>	<u>School Psychologist</u>
Mrs. Schnakenberg sschnakenberg@gasd.org	Ms. Pendt jpendt@gasd.org

****For immediate assistance, please call your appropriate local provider/resource****
For other urgent matters please contact LLA at 518-843-3716 or email Mr. Gennet, Mr. Myers, or Mrs. Hanan