



Weekly News



Inspiring every student to think, learn, to achieve & to care with PRIDE

Panther Families,

WEEK 3: April 13th – April 17th

Happy Week 3, Panthers! Keep a lookout for this newsletter as we plan on release a new one every Wednesday. In this newsletter you will find important news from the counseling team, activities for students to boost emotional wellbeing, and ways to stay connected with us as we all experience what virtual counseling looks like. Please know we are still very much available for you and are here to support! You will find that we have office hours. These are dedicated times throughout the week to schedule phone calls or video calls with parents and/or students. Please email to schedule appointments.

Important information for this week:

- Last week the Counseling Team sent out the **course selection links** for students to sign up for classes. If you have not done so, please fill out the Form on the [Shivela Website](#) to get your requests in.
- Video chat with your counselor! If you are interested in connecting face-to-face, please send an email to schedule appointment and receive safety guidelines. See you soon!!

Weekly Theme: Stress – Part 2

Connect with Your Counselors!

- **Mrs. Edmisten (6th grade and ELL)**
Office Hours M/W/F 9-12 T/TH 12-3
Office Phone number 951-304-1614 (Temporary number for COVID 19)
Pedmisten@murrieta.k12.ca.us
- **Mr. English (7th Grade)**
Office Hours M/W/F 9-12 T/TH 12-3
Office Phone number 951-304-1637 (Temporary number for COVID 19)
Lenglish@murrieta.k12.ca.us
- **Mrs. Tucker (8th Grade and AVID)**
Office Hours M/W/F 9-12 T/TH 12-3
Office Phone number 951-304-1605 (Temporary number for COVID 19)
Stucker@murrieta.k12.ca.us

Quote of the Week

“Don’t let what you can’t do stop you from doing what you can do.” John Wooden

Perceptions of Stress

[Video](#)
[Activity/Worksheet](#)

Stress Management Strategies

[Video](#)
[Activity/Worksheet](#)

Awareness and Application

[Video](#)
[Activity/Worksheet](#)

Click me →

COVID-19 (coronavirus)
6 Tips for Coping with the Stress

*Created for Mission Health by James Phillip Cary of Mission, Inc.
*Adapted from the International Federation of Red Cross and Red Crescent Societies