

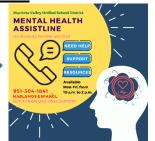
Inspiring every student to think, learn, to achieve & to care with PRIDE

Panther Families,

Happy Week 9, Panthers! The school year is almost done, and we are so proud of the hard work each student, parent, and teacher has put into distance learning and their mental health. As we are nearing the close of the school year, it is important to not give up, and to finish well. Keep up the great work, Panthers! Can't wait to see everyone at the drive-thru check out!

Important information for this week:

- MVUSD has added an Assist Line to provide support for families, students, and staff. Click the picture for more details.
- We have added a COVID-19
 Counseling Resources Page to the Counseling section of the <u>Shivela Website</u>. You will find community



resources, crisis support, archive of our newsletters, and the weekly mental health themes!

Weekly Theme: Self-Care

During this time of uncertainty and fear many of you are stepping up to help others such as your family, students and friends. Helping others feels good, but it can be easy to forget to take care of yourself.

Make time to do things you enjoy that are fun and relaxing. Even if it's just for 15 minutes a day. Doing so will release chemical messengers in your body that are good for your physical and mental health. Prioritizing self-care is not just a good idea, it's must during times of crisis.

Video:

A Guide to Self-Care while Social Distancing

Worksheets:

My Self-Care in Emojis

Self-Care for Student Support Professionals

APPS/Websites:

<u>Headspace</u>

Meditation Minis Podcas

WEEK 9: May 25-29

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
- 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

SELF CARE IS
GIVING THE WORLD
THE BEST OF YOU
INSTEAD OF WHAT'S
LEFT OF YOU

www.theinspirationedit.com