



# Weekly News



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

## Panther Families,

WEEK 4: April 20<sup>th</sup> – April 24<sup>th</sup>

### Connect with Your Counselors!

- **Mrs. Edmisten (6<sup>th</sup> 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](mailto:Pedmisten@murrieta.k12.ca.us)
- **Mr. English (7<sup>th</sup> 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](mailto:Lenglish@murrieta.k12.ca.us)
- **Mrs. Tucker (8<sup>th</sup> 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](mailto:Stucker@murrieta.k12.ca.us)

Happy Week 4, 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:

- We have added a COVID-19 Counseling Resources Page to the Counseling section of the [Shivela Website](#). You will find community resources, crisis support, archive of our newsletters, and the weekly mental health themes!
- 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: Anxiety

Video - [Fight Flight or Freeze-Anxiety Explained for Teens](#)

Video - [Automatic Thoughts](#)

Activity/Worksheet - [Introduction to Anxiety](#)



### Quote of the Week

"Look closely  
at the present  
you are constructing.  
It should look like  
the future  
you are dreaming."

Alice Walker