



# Weekly News



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

## Panther Families,

WEEK 5: April 27<sup>th</sup> – May 1<sup>st</sup>

Happy Week 5, 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.

### 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)

### 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: Mindfulness

We are living through challenging times filled with worries, fears, anxiety and uncertainty. Incorporating mindfulness into your daily routine can help calm feelings of anxiety as well as build healthy coping skills. Mindfulness is about paying attention to the present moment since focusing on the future can heighten feelings of uncertainty, fear and anxiety.

[Video](#)  
[Worksheet](#)

[Mindfulness Apps](#)  
[Calm](#)  
[Head Space](#)  
[Stop, Breath, & Think](#)

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### Quote of the Week

