



Weekly News



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

Panther Families,

WEEK 9: May 25-29

Connect with Your Counselors!

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!

- Mrs. Edmisten (6th grade and ELL)
Office Hours M/W/F 9-12 T/TH 12-3
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- Mr. English (7th Grade)
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- Mrs. Tucker (8th Grade and AVID)
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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 [Shivela Website](#). 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:

[Headspace](#)

[Meditation Minis Podcast](#)

Quote of the Week

