



# Weekly News



Inspiring students to Think, Learn, Create and Care on a Global Level

## Timberwolf Families,

We hope you and your families continue doing well. There are only 4 more weeks left of the school year. How are you all doing? Crushing it or feeling burnt out? Make sure to reach out to your counselor for support if you are feeling overwhelmed. Together we will get through this!

### Important information for this week:

- May is Mental Health Awareness month and overall wellness is crucial at this time. Join this webinar on May 13 at 1pm to learn [Tools to Thrive during the COVID-19 Pandemic](#).
- Mayo es el mes de concientización sobre la salud mental y el bienestar es crucial en estos momentos. Únase a este seminario web el 13 de mayo a las 3 pm para aprender [Herramientas para Prosperar durante la pandemia COVID-19](#).
- The Counselors at TMS have new phone numbers parents can call while students are distance learning. They are updated here on this newsletter and on the Counselor's Corner Website.
- Visit the [COVID-19 Counseling Resource Page](#) for helpful information and resources.

## Stay Healthy,

Thompson Administration Team

## Week of May 11<sup>th</sup> – 15<sup>th</sup>

### • Connect with your counselor:

**Mr. Anderson, 6<sup>th</sup> Grade**  
[eaanderson@murrieta.k12.ca.us](mailto:eaanderson@murrieta.k12.ca.us)

(951) 304-1368

**Mrs. Zanartu, 7<sup>th</sup> Grade**  
[izanartu@murrieta.k12.ca.us](mailto:izanartu@murrieta.k12.ca.us)

(951) 304-1617

**Mr. Fravel, 8<sup>th</sup> Grade**  
[ffravel@murrieta.k12.ca.us](mailto:ffravel@murrieta.k12.ca.us)

(951) 304-1604

**Mrs. Cortez, Mental Health Specialist**  
[icortez@murrieta.k12.ca.us](mailto:icortez@murrieta.k12.ca.us)

(951) 304-1606

### • Resources:

**care solace**  
Calming the Chaos of Mental Health Care  
Visit [Care Solace](#) to get referrals to trusted, local mental health resources



Call 2-1-1 or go [online](#) for resources such as housing/utility assistance, transportation, etc.

1e (24/7)

SafeHouse App

1-800-843-5200

BoysTown National Hotline  
(for girls as well)  
1-800-448-3000

Trevor Project Lifeline  
(LGBTQ support)  
1-866-488-7386

National Suicide Prevention  
Hotline 800-273-8255



Or text 844-204-0880 to speak to a trained counselor

Text HELLO 741741 to talk to a Crisis Text Line counselor

## Mental & Emotional Health Support

We continue living through challenging times filled with worries, fears, anxiety, and uncertainty. During times like these it can be hard for us to maintain a positive mindset, however staying positive can increase our overall wellbeing, health, and grit.



Some of the benefits of maintaining a positive mindset include increased self-esteem and confidence, lower stress levels, as well as improved psychological and physiological well-being.



Below are some links to a video and worksheets to help you practice positivity and gratitude and adopt a growth mindset.

**Video:**  
[The Science of Gratitude](#)

**Worksheets:**  
[Gratitude Journal](#)  
[Growth Mindset Plan](#)  
[Self-Awareness](#)

**Positivity Apps:**  
[Happify](#)  
[Pozify](#)  
[Smiling Mind](#)

