

Oriole Park School

School Counselor Newsletter



April 19, 2020

Hi Oriole Park Families! I hope everyone continues to stay safe and healthy during these uncertain times. This is my second newsletter and I hope you are finding these resources and activities helpful! I know that E-Learning can be a challenge for all of us and we are all learning how to navigate our “new normal.” As a reminder, to help support you and your children’s social and emotional health, I will be sending out weekly newsletters that will include links for parent resources and SEL activities for students.

Additionally, I came across a really fun way to document your time at home during this time - a 2020 COVID 19 Time-Capsule! Please take a look and complete this together as a family! It can be used for PreK - 8th grade. The little ones will need more assistance and will need parents to write their responses down. I know I’ll be doing this Time-Capsule with both of my girls! [2020 - COVID-19 Time-Capsule](#)

As your child’s school counselor, I am available to support you and your children via email, google chat, google meet or Zoom and I’m holding office hours M-F from 9:00 am - 4:00 pm. If you would like to schedule an appointment or have any questions or concerns, please do not hesitate to contact me at: cmdowding@cps.edu

Warmest Regards,

Cara Howerter

School Counselor

Grade Bands:	Prek-2nd	3rd-5th	6th-8th
Meditation Activities for Students	Smiling Mind Stop Breathe & Think	Smiling Mind Stop Breathe & Think	Smiling Mind Meditations for Teens
SEL Videos/ Activities for Students (week 2)	Exploring Emotions and how we look when we feel them	Knowing & Understanding Emotions - How can we measure emotions?	Thoughts, Feelings & Behaviors
Mental Wellness Workbook	Thriving at Home Resource Guide	Thriving at Home Resource Guide	Thriving at Home Resource Guide