

# Ms. Andrade Counselor

Woodland Acres Middle School



Digital Newsletter

April 6- April 10

CHARACTER  
EDUCATION  
Curriculum



April

Self-Discipline  
Autodisciplina

## Message from Ms. Andrade

Hello and welcome to week 4. I hope everyone is doing well and staying healthy. I'm missing you and thinking of each of you so I'm looking forward to seeing you via [ZOOM](#). In this newsletter you will find activities and resources to help you get through the week. I hope you are practicing your breathing, being helpful with your parents and staying caught up with your work. Remember, you can click on any link, in this newsletter, to access those resources. You can also contact me by visiting the Counselor's page on our school page. This week, I will be helping 6th and 7th grade register for next year's elective classes. This will be done via [ZOOM](#). Please try some of the activities in this newsletter and stay safe! Thank you and we'll be visiting soon.

Counseling Corner [ZOOM](#) hours will be held on Fridays by grade level. Parents are welcome to join our meetings. 6<sup>th</sup> @ 9:00 am, 7<sup>th</sup> @ 11:00 am & 8<sup>th</sup> @ 1:00 pm

## Mensaje de la Sra. Andrade

Hola y bienvenidos a la semana 4. Espero que todos estén bien y se mantengan saludables. Los extraños y pienso en cada uno de ustedes, así que espero verlos a través de [ZOOM](#). En este boletín encontrará actividades y recursos para ayudarlos a pasar la semana. Espero que estés practicando tu respiración, les ayudes a tus padres en casa y te sigas trabajo en tus tareas. Recuerde, puede hacer clic en cualquier enlace, en este boletín, para tener acceso a estos recursos. También puede contactarme visitando la página de la consejera en la página de nuestra escuela. Esta semana, ayudaré a los alumnos de sexto y séptimo grado a inscribirse en las clases electivas del próximo año. Esto se hará a través de ZOOM. ¡Prueba algunas de las actividades en este boletín y espero se mantengan saludables! Gracias y lo visitaremos pronto.

Las horas de la Consejería en [ZOOM](#) se llevarán a cabo por grado todos los viernes. Los padres son bienvenidos a unirse a nuestras juntas. 9:00 am – 6<sup>th</sup> grade, 11:00 am – 7<sup>th</sup> grade, 1:00 – 8<sup>th</sup>

ZOOM Meetings on Fridays:

6<sup>th</sup> @ 9 am ID: 866-568-860 Password: 365068  
7<sup>th</sup> @ 11am ID: 796-717-393 Password: 297315  
8<sup>th</sup> @ 1 pm ID: 364-105-526 Password: 783716

## Coping Skills- Anger Management (VIDEO) Habilidades de afrontamiento- Control de ira

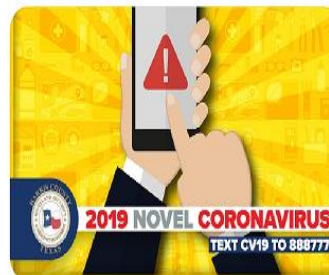
- A- Awareness  
(being aware you are angry)
- B- Breathing  
(deep breathing, as many as needed)
- C- Counting to 10
- D- Distance  
(distance between yourself and the person that made you mad)
- E- Expressing Yourself  
(talking things through)



Texas Health and Human Services  
**COVID-19 Mental Health Support Line**  
Call the toll-free COVID-19 Mental Health Support Line  
**833-986-1919**  
TEXAS Health and Human Services

¿Sufre contratiempos ahora que los niños no van a la escuela? No se pierda las actualizaciones con ReadyHarris Alerts. ¡Solo envíe un mensaje de texto con CV19 al 888777 para recibir actualizaciones cada día directamente en su teléfono!

#COVID19 #Coronavirus  
#HouNews



IT'S NORMAL TO FEEL SAD, STRESSED, CONFUSED, SCARED OR ANGRY DURING A CRISIS. (LINK)  
TALK TO PEOPLE YOU TRUST, SUCH AS FRIENDS AND FAMILY OR YOUR FELLOW COMMUNITY MEMBERS.  
HOUSTON HEALTH DEPARTMENT

The quickest way to receive food assistance is by visiting one of our network food pantry partners. Find one near you at [houstonfoodbank.org/covid19](https://houstonfoodbank.org/covid19)

Si necesita asistencia en su área por favor visite [houstonfoodbank.org/covid19](https://houstonfoodbank.org/covid19) (LINK)

COVID-19 Resource  
**Find Food Assistance**  
Locate a partner food pantry in your area with our online map.