



Counselor's Corner

Dear **Normandy Crossing** Families,

I know this is a challenging time for many of you and there is a lot of stress and uncertainty as to how the coming weeks will look. Please know that I am here for you and your children during this unprecedented time. You can email me at jsanchez@galenaparkisd.com or use the link provided if you need assistance or would like to schedule a time to talk (<http://bit.ly/ncecounselor>).

Please remember that Galena Park ISD is offering free breakfast and lunch meal pick-up for children ages 1-18 years old beginning Tuesday, March 17th.

Also, if you are not already following NCE on Facebook feel free to do so. Our Facebook page is updated daily with the latest information from our district.

Below are links to some helpful resources that you may find useful during this time.

Again, please reach out to me if you have any questions or concerns. The situation is rapidly evolving and I may not have all the answers that you are seeking, but I will do my best to assist you in any way that I can.

Sincerely,

Mrs. Sanchez

School Counselor

Normandy Crossing Elementary

Counseling Activities for March 17-20, 2020

Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
<p>Social Emotional Health Activity</p> <p>Practice a breathing technique.</p> <p>https://youtu.be/_mZbzDOpylA</p>	<p>Social Emotional Health Activity</p> <p>Make a list of the feelings you can think of.</p> <p>https://youtu.be/puXSw8yrVnI</p>	<p>Social Emotional Health Activity</p> <p>Play emotion charades. Can your family guess your feelings?</p> <p>https://youtu.be/7uY2HrQ9qQ8</p>	<p>Social Emotional Health Activity</p> <p>Write a letter to someone to let them know you appreciate them.</p> <p>https://youtu.be/yA5Qpt1JRE4</p>

Other Helpful Videos

Watch this BrainPop video about the Coronavirus

<https://bit.ly/2wSg0yc>

What causes anxiety and depression-Insideout

https://youtu.be/tNsTy-j_sQs

Talking to Kids about the Coronavirus

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Coping with Stress during an Infectious Disease Outbreak

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

FREE WIFI OPPORTUNITIES

- Free Wifi opportunity Comcast:
<https://www.wxyz.com/news/national/coronavirus/comcast-offering-internet-essentials-package-free-for-60-months-during-coronavirus-outbreak>
- Free Wifi opportunity Spectrum: 1-844-488-8398, call sales department and ask for Student Remote Education offer

Daily routines are important. Below is a sample schedule to help guide you daily.



soaring eagles

DAILY SCHEDULE

MORNING

- 7:30** WAKE UP, BREAKFAST
CURBSIDE BREAKFAST
SERVED AT SELECT
GPISD SCHOOLS
(7:30-9:00)
- 8:30** ACADEMIC TIME
SIGN IN ON THE GPISD
CLASSLINK STUDENT
PORTAL
- 10:00** MORNING ACTIVITY
PLAY OUTSIDE, GO FOR
A WALK, RIDE A BIKE,
YOGA, OR EXERCISE
- 11:30** LUNCH
CURBSIDE LUNCH
SERVED AT SELECT
GPISD SCHOOLS (10:45-
12:15)

AFTERNOON

- 12:30** CREATIVE TIME
LEGOS, PUZZLES, GAMES,
DRAW, OR COLOR
- 1:30** AFTERNOON ACTIVITY
PLAY OUTSIDE, GO FOR
A WALK, RIDE A BIKE,
YOGA, OR EXERCISE
- 2:30** ACADEMIC TIME
SIGN IN ON THE GPISD
CLASSLINK STUDENT
PORTAL
- 3:00** READING TIME
READ A BOOK OR LISTEN
TO A BOOK ON YOUTUBE

ONLINE RESOURCES

LANGUAGE ARTS

- I STATION
- READING RAZ
- EPIC

MATH

- IREADY

SCIENCE

- STEMSCOPES

PARENTS,
ONLINE RESOURCES CAN BE
ACCESSED THROUGH STUDENT'S
GPISD CLASSLINK (STUDENT
PORTAL). PLEASE CONTACT YOUR
CHILD'S TEACHER IF YOU NEED
ASSISTANCE LOGGING IN.