

COUNSELING CORNER SPECIAL EDITION MARCH 2020



HOW TO SUPPORT OUR GATES CHILI CHILDREN

As school counselors, we understand that your child and family may have many questions about COVID-19 and have various emotions as a result. As a district, Gates Chili is working to support children and family during this challenging time. Below are a few resources that you can use to support your children.



Links to these resources are available on the Elementary Counseling page of the District Website.

TALKING TO YOUR KIDS

- [Video for Kids](#)
- [Talking to Kids Who are Worried](#)

SEL AT HOME

Please see website for a COUNSELOR FUN activity guide to continue the SOCIAL EMOTIONAL LEARNING

CALMING TECHNIQUES

Encourage Mindful Minutes

- [Mindful.org](#)
- [Cosmickids.com](#)
- [Mindfulschools.org](#)



FREE MEALS AT GATES CHILI FOR ALL CHILDREN

The Gates Chili School Nutrition Program is participating in the U.S. Department of Agriculture's School Closure Meal Program, which provides free meals to students during school closure. Any child in the community, 18 years and younger, may get a free meal.

- WHAT:** Free meals to go
- WHEN:** Weekday lunch 11 a.m. to 1 p.m. beginning March 17
Weekday breakfast 8-10 a.m. beginning March 18
Until schools re-open
- WHERE:** Gates Chili Middle School, 2 Spartan Way
Walt Disney Elementary School, 175 Coldwater Road
Paul Road Elementary School, 571 Paul Road

THE BEST WAY TO REACH US DURING THIS TIME IS VIA EMAIL:

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There are no income requirements or registration