

Counseling Connections

El Cerrito Counseling Newsletter



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Office Hours: M-F 11:00-12:00
Office Hours: M-F 1:00-3:00

Focus of the Week: Celebrations

You did it 7th and 8th graders! Give yourselves a pat on the back. You were challenged in a way that no other group of middle schoolers in CNUSD's history has ever been challenged. You have learned how to communicate via Zoom, Google Classroom, Kahoot, and various other learning platforms that were new to many of you and your teachers. You had to adapt to communicate with your teachers, your family, and your peers. You should be proud of your achievements this year. Just in case you didn't know, your counselors are extremely proud of you for your grit, your determination, and your resilience.



You persisted in learning a whole new way!



Celebrations Ideas!

1. Host a virtual promotion ceremony at home through Facebook Live, Zoom or other platforms where a small group of friends and family can observe.
2. Send out fun virtual invites with the promotion date. Then have a Virtual celebration with family and friends/ play games.
4. Record a video tribute from family and friends with congratulations messages.
5. Ask your student to prepare a speech and then have him/her give it during the virtual celebration
6. Gift scavenger hunt- parents place gifts around the house and write clues and have the student can find them.
7. Buy a virtual photo-booth frame and take pictures.
8. Make amazing (and even silly) awards to present to your student.
9. Have your student dress up & take pictures around your house, with pets, or even outside.
10. Decorate your front door or window with a banner and things about your student.
11. Make signs for your yard or window about your student
12. Drive by car parade. Ask friends and family, that are local, to do a drive-by parade for your student.



Special shout out
to our
8th graders!

Visit [Social and Emotional Learning at Home](#) to sign up
For weekly developmentally appropriate strategies for all children from infancy through high school.

IN CRISIS?

TEXT
CNUSD
TO
741741



Free, 24/7,
confidential
crisis support
by text.

CRISIS TEXT LINE

Care Solace is an online resource with a live 24x7 concierge line meant to assist individuals in finding local mental health-related programs and counseling services (available for CNUSD families).

[Care Solace](#)

Phone: (888) 515-0595

Email:

weserve@caresolace.org

To calm and support a positive mental health visit CNUSD's Virtual Calming Room, <http://bit.ly/CNUSDvirtualcalmingroom>
For additional grade-specific social emotional enrichment tools, visit [CNUSD Always Learning](#)