

Hello Students and Parents,

We hope you are doing well. We just wanted to check in with everyone and see how we are all doing now that it has been over a week since we have been in school. This is just a friendly reminder, we are available via email or phone. Below are some ideas and suggestions to help you take care of yourself while you are away from Tully Junior-Senior High School:

- **Creating routines**, both school and personal, is very important. This includes trying to keep yourself on a healthy schedule of sleep, healthy eating and healthy activity. Maintain a balance with school work, social exchange with friends, time for family and for yourself.
- **Get outside**, go for a walk and enjoy the sunshine when it is out. Getting outside and committing to some daily exercise is good for you mentally, physically and emotionally. Please maintain the social distancing rules.
- It can be difficult to **stay motivated to complete schoolwork** when we are away from teachers and peers. It can help to create a system to organize what you need to do. You can put a to-do list together and highlight what you need to complete. You can do this in an order that works for you, while also keeping on task with your assignments. You may want to write all of your emailed and Google Classroom Assignments into your agenda to help stay organized.
- Do not think you have to do all of your work at once. It is important to **take breaks** as needed. This gives your brain time to refresh and rest. However, to make school work time more efficient, make sure you have everything you need. Create a space at home with your school supplies, ChromeBook and whatever else you may need.
- **Stay connected with your friends.** You can also take this time to reach out to friends you haven't been able to speak with in awhile. Call your grandparents or check in on an elderly neighbor. Send letters in the mail to friends and family. This will not only help you stay connected but this will also make someone feel better when they receive it. Again make sure you are following the social distancing rules with this.
- **Take time for self care.** Listen to comforting music, try yoga, write in a journal or relax with your favorite pet. If you want to try some breathing exercises or mindfulness practice, there are great free apps for this: Headspace, Stop, Breath and Think, Happy Not Perfect or Mellow Me.

We have a **Mindfulness Tip of the Day** on the Counseling and Wellness tab of our website. If you need to talk or are concerned about a friend you can reach out to your counselor. However, if you or your friend is in danger you need to let an adult know this right away or call 911.

- **Stay in touch with your counselor** by phone or email, and check out our website which we are updating with information and helpful resources: [Counseling Career Center website](#)
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Hope you are staying healthy and well!!

Mrs. Newton and Mrs. Davin