



Thomas P. Hughes School

News for Families

November 13, 2020

- An important note from our counselor, Mrs. Bartlett:
 - Dear Families,

Upon return to school, students were surveyed to gauge their current social and emotional needs. Results show students are looking for coping skills to help them navigate the many changes, challenges, and feelings we are all experiencing. To help address this need, during the month of November, we will be supporting students in learning about and practicing coping tools through the Elementary Counseling google classroom. If your student has not yet joined the classroom, please have them ask their teacher for the code to join. You can also find resources and helpful information for families about coping tools on our [Elementary Counseling Gogglesite](#). Lastly, I will be hosting Virtual Wellness Room groups once a week during the pm sessions for any students who are interested, more information can be found [here](#).
- Today is WORLD KINDNESS DAY! Check out the Random Acts of Kindness [website](#) or the [Kindness Rocks Project](#) with your children.
- Flyers for community based events can be found on the district website. [This](#) is the link.



