



Cougar Cub Counselors

*Laura Boon & Linda Reed
Fort Sam Houston Elementary School*

A MESSAGE FROM YOUR SCHOOL COUNSELORS

Dear Parents,

We hope this letter finds you all doing well and in good spirits. WE miss your kids very much. Thank you for allowing us the pleasure of working with such a phenomenal group of students. We are hopeful that these unfortunate circumstances will subside in the next month or so, but until then, we want to reassure everyone that we are committed to the emotional health and well-being of your children. Below is our contact information. We will be primarily connected via email, however, we can also connect in other modes if the need arises.

Sincerely,

Laura Boon (lboon@fshisd.net)

Linda Reed (lreed@fshisd.net)

Please be reminded that we have a BAMC Clinical Social Worker, Janet Lantry, on our campus and two Military and Family Life Counselors (MFLC), Ms. Shae and Ms. Stephanie. They can provide additional assistance if needed.

GENERAL SUGGESTIONS

1. Create a daily schedule. Everyone likes to stay up late, but it's important to stay in a routine as much as possible.
2. Limit TV access, especially news. It's important to be honest with your child of what is happening in the world, but even adults can be overloaded with "too" much information.
3. Maintain regular health habits. Exercise and practice some yoga they learned from Ms. Christy:)

WEB RESOURCES

<https://www.cdc.gov/parents/essentials/activities/activities-structure.html>

<https://militarykidsconnect.health.mil/>

<https://sesamestreetformilitaryfamilies.org/>

<https://www.gonoodle.com/>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://youtu.be/WhVad8ToCiU>