

WELCOME BACK JA FAMILIES!

COUNSELOR'S CORNER SEPTEMBER

Marianne Hyatt
(503) 554-4556 Office
(971) 228-0263 Cell

hyattm@newberg.k12.or.us

Welcome Back! Although the school year is starting in a much different way than we are used to, I am excited to have the opportunity to connect with students, families and colleagues here at Joan Austin. If 2020 has taught me anything, it's to take life one day at a time and make the most of each day. This approach has helped me a great deal since so many things are out of my control and constantly changing.



As we enter this first week back, I want to encourage you to take it one day at a time rather than try and figure it all out this first week. We are all doing this together and I am here to support you any way that I can.

RESOURCES

Please fill out [this form](#) so I know how to help.



COUNSELING SERVICES

Small Groups
Individual counseling
504 Case Management
Behavior Plans
Classroom Guidance
Mental Health Referrals
Community Resources

HOME CONNECTION



Tips for working from home. Comprehensive Distance Learning (CDL) is going to look different from online learning last spring. It is important that students have a quiet designated area to work

on their school work and participate in live class meetings. Below are a few tips to help make learning from home successful.

1. Keep items and workspace organized
2. Give students frequent breaks
3. Break assignments up into chunks (more manageable)
4. COMMUNICATE! Ask questions if you or your student needs help.
5. Stick to a routine
6. Do your best, this is temporary!



Star [Breathing](#) Guide

when little people
are overwhelmed by
big emotions, it's our job
to share our calm,
not to join their chaos.
-L. Knost