



APRIL 2020 | VOL. 1

RISE AND SHINE



Ferryway's Weekly Counseling Newsletter

Self-Help Activity

By Mr. Hursh

Finding a moment of your day to just take five minutes for calm relaxation can be extremely helpful. This can be soon after you wake to help start your day in a calm mindset. It can be in the middle of your day if you are noticing yourself getting stressed, overwhelmed, or distracted. You can try this at night before bedtime to help relax before you sleep. If you are not used to doing this, it may not feel comfortable at first, and you may even think it does not help. However, the more you practice, the more calm your body and mind become so you can handle those tougher moments.

For elementary students, please try following along with the following video:
https://www.youtube.com/watch?v=56_8aK3cLEA

For middle school students, please try following along with the following video:

<https://www.youtube.com/watch?v=Z0Og50KyZWc>



Inspiration and Fun

By Ms. Kennedy

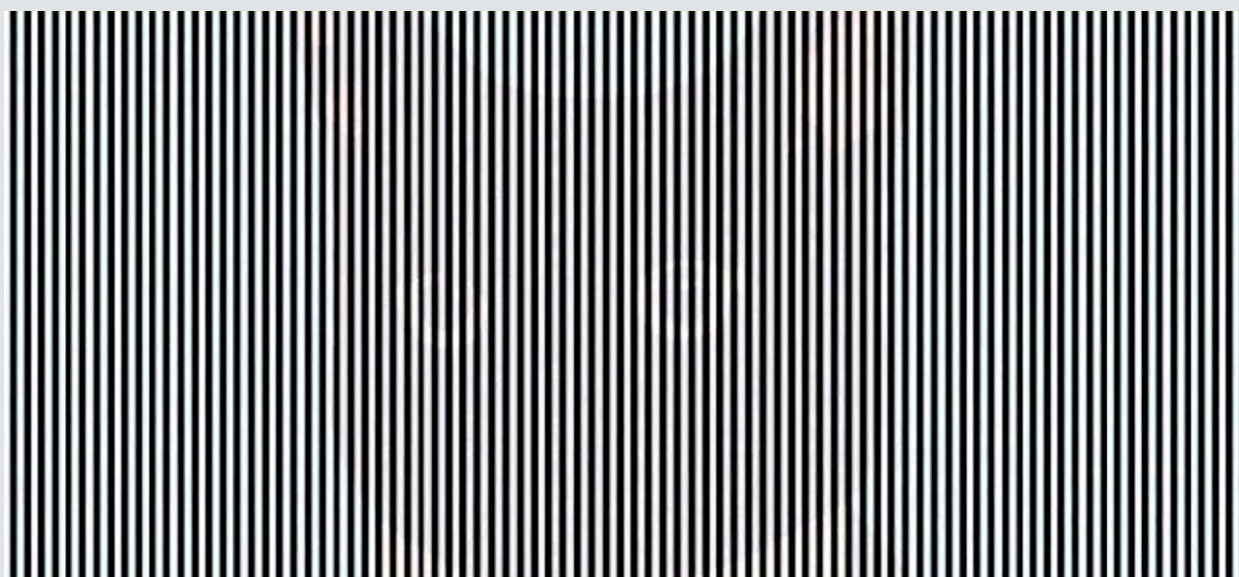
"Hair Love" is a sweet story about an African American father struggling to style his daughter's beautiful hair. He discovers that it is not an easy task, but with determination and love, he succeeds. We all have natural beauty!

Go and look in the mirror to see yours right now!

https://youtu.be/kNw8V_Fkw28



Hey! Can you see the animal below?





Staying connected to your friends!

THIS WEEKS CHALLENGE IS....

By Ms. Kewley



QUARANTINE PLAYLIST



Create a new playlist on
your favorite app and
invite your friends! Pick
songs that you have
been jamming to during
your quarantine and
don't forget to hit



Play!



Staff Happenings:

By Ms. Ganesan

CARPe
Diem
(Look up the meaning)

Mr. Hursh has been staying busy with his son by playing a giant Chutes and Ladders game in his driveway!!



Helpful Resources

You made it through your 1st week of remote learning!

Click on this link for more information on remote learning:



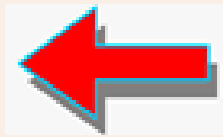
MPS Remote Learning Plan

Information about the Malden Public Schools Remote Learning Plan is provided below: Related

Malden Public Schools / sdorai / Apr 4



<https://www.adolescenthealth.org/COVID-19/COVID-19-Resources-for-Parents-and-Teens.aspx>



Adolescencehealth.com features several articles and places to reach out for parents on helping their teenagers cope with the new lifestyle of "quarantining."

This includes informative links about coping as well as advice on working through mental health disparities through COVID-19 protocols. Additionally, there are links specifically designed for teens in helping them understand the importance of social isolation and staying mentally healthy while being at home.

By Mr. Offit

Remember to stay safe everyone:

- wash your hands for 20 seconds
- keep your social distance - stay 6 feet away from those not in your home unit

Catch you all next week!

