

# The Scorpion Scoop

Ms. Godinez, Ms. Wuflestad, & Mrs. Torres



## Upcoming Events This Month



Ethan A Chase Middle School  
Counseling Department's

# OCTOBER ACTIVITIES

**10.5.20 WEAR BLUE**  
WORLD DAY OF BULLYING PREVENTION™

National Bullying Prevention Week, October 5-9

**Stomp Out Bullying Day!**

October 5

**Unity Day!**  
(Day of Kindness)

October 21

**UNITY DAY - 10.21.20**

Wear and share ORANGE to show that we are together against bullying and UNITED for kindness, acceptance, and inclusion!

**COMMIT TO THE KICKOFF**

**College Kick Off!**

October 23

Wear a College Shirt or School Colors

**Red Ribbon Week**

Drug-Free America

**Red Ribbon Week!**

October 26-30

**Monday:** Wake Up Drug Free: **Pajama Day**  
**Tuesday:** We are RED-y to be Drug Free: **Wear Red**  
**Wednesday:** My Future is Bright, No Drugs in Sight: **Wear Neon and/or Sunglasses**  
**Thursday:** Team Up Against Drugs: **Sports Day**  
**Friday:** **Character Dress Up Day**

**Counselor Google Classrooms**

Ms. Godinez: zfltu7r  
Ms. Wuflestad: qmliecd

**SPIRIT GEAR DAYS!**

Wear your EAC spirit wear on these days:

**10/2, 10/23**

## Message from your School Counselors

Hey Scorpions! We hope that you are doing well. Make sure that you are keeping up with your studies, homework and classroom work. It's also important to ensure self care, such as reading a book, coloring, listening to calm music, and spending time doing things that bring you joy! Your School Counselors are here for you, all you need to do is complete the student's self referral and we can make an appointment to meet with you virtually. Look out for clubs and get involved in school as much as you can. We miss you and hope to see you soon. Stay safe Scorpions! Remember we are Chase, Home of the Champions!

- Your Scorpion Counseling Team

*Ms. Godinez*

mgodinez@romoland.net  
School Counselor  
Last Names A-K  
Google Classroom Code: zfltu7r

*Ms. Wuflestad*

kwulfestad@romoland.net  
School Counselor  
Last Names L-Z  
Google Classroom Code: qmliecd

*Mrs. Torres*

ytorresS@romoland.net  
School Mental Health Therapist  
Serving All Students!

# Meet your Counselors

For our newest scorpions who have not had a chance to meet your counselors, read about us below! You can also check out our video on our Google Classrooms!



**Ms. Godinez** has been a counselor for over nine years! Ms. Godinez runs the Gay Straight Alliance Club and enjoys collecting Mexican Culture Art. She serves students with the last names A-K and is here to help you in any way she can!

*Ms. Godinez*

*Ms. Wuflestad*



**Ms. Wuflestad** has been with Romoland School District for many years! Ms. Wuflestad loves all things sparkly! She also loves to spread **kindness** everywhere she goes and hopes that you do too! She serves students with the last names L-Z.

**Mrs. Torres** is a licensed therapist and is here to help you manage the difficulties that may impact your emotional well being and help you overcome them. Caring for your mental health is her most important goal!



*Mrs. Torres*

## HOW TO EMAIL A COUNSELOR/TEACHER

**SELF RELIANCE**  
DID YOU ATTEMPT TO LOOK IT UP/GOOGLE/SEARCH FIRST? DID YOU LOOK AT THE SCHOOL/CLASSROOM WEBSITE/SYLLABUS?

**SUBJECT LINE**  
2-5 WORD SUMMARY OF EMAIL  
"CLASS SCHEDULE QUESTION"  
"HOMEWORK QUESTION"  
"RESUME HELP"

**START WITH HELLO**  
BEGIN YOUR ACTUAL EMAIL, IN THE MESSAGE BODY, WITH "GOOD MORNING/AFTERNOON MS. AN"

**CONCISE & DETAILS**  
DON'T ASSUME THE RECIPIENT KNOWS WHAT YOU ARE TALKING ABOUT. GIVE DETAILS AND WHAT STEPS YOU ALREADY TRIED.

**CLOSING**  
"THANKS FOR YOUR HELP"  
"HAVE A GOOD REST OF YOUR DAY"

**DON'T FORGET YOUR NAME!**  
MAKE SURE YOU INCLUDE YOUR FULL NAME AND STUDENT ID NUMBER

P.S. PLEASE BE PATIENT IF IT IS AFTERSCHOOL OR THE WEEKEND OR HOLIDAYS



**MKHS COLLEGE CAREER CENTER**



## Important Links

Copy and paste these links into your web browser for access!

**Ethan A Chase - Counseling Website:**  
<https://www.romoland.net/domain/371>

**Student Self Referral Form:**  
<https://docs.google.com/forms/d/e/1FAIpQLSfJfHazsW eZeOnxgeDiiXROjwHRrd4iDc39CHfDZD62zlVbA/viewform>

**"Meet Your Counselors" Video:**  
<https://drive.google.com/file/d/11nXMj Q0ePHkhG9KdJkFCaAPFFLdKy5y1/view?usp=sharing>

# The Importance of Self Care!

There's never a bad time for self care! We all need to take care of ourselves so that we can give the best that we can in everything we do. Always keep in mind that your counseling team is here to support you by giving you tools, resources, tips on how to de-stress, and to provide you with a safe space to talk. If you'd like to do some self care on your own time here are some helpful links you can easily access to give yourself some love and relaxation!

(copy and paste these links into your web browser!)

**Practicing Self-Care During the Pandemic:** <https://www.youtube.com/watch?v=yblukokYksA&feature=youtu.be>

**Staying Active:** <https://www.youtube.com/watch?v=nBYXtCLlIdE>

**Mindfulness:** <https://www.youtube.com/watch?v=SN-4lz2oyNc>

**Teen Affirmations:** <https://www.youtube.com/watch?v=XGNCv0kUQuQ>

## Tips for Virtual Learning

### Student tips for successful **VIDEO CALLS**



Check in with your teacher. Gather your materials.



Be on time. Check in thru the chat when you arrive.



Stay engaged (nod or thumbs up) if others are talking.



Mute your mic if you're not speaking.



Use the chat or raise hand to share ?s/ideas.



Wait for teacher to call on you or unmute your mic.



Take notes in a doc or on paper for reference.



If using video, look at the camera, not the screen.

Text by Karly Moura @KarlyMoura. Infographic by Matt Miller @jmmattmiller. Icons by The Noun Project.



**CREATE A CHECKLIST**  
to accomplish each day.

**COMMUNICATE**  
with your parents & teachers so they know your schedule & what to expect.

**TEACHERS ARE AVAILABLE**  
8 AM-8 PM Monday-Friday  
by phone, text, and email.

**BE TIMELY**  
on Discussion-based Assessments  
(DBAs) and monthly calls. Plan ahead!



**COMMIT TO ASKING FOR HELP**  
and contact your teachers  
if you have questions.



# The Scorpion Scoop

## (Español)

Ms. Godinez, Ms. Wuflestad, & Mrs. Torres



## Próximos Eventos Este Mes



### Mensaje De Sus

### Consejeros

¡Hola Escorpiones! Esperamos que estén bien. Asegúrense de estar al día con sus estudios, tareas, y trabajo de clase. También es importante garantizar el cuidado personal, como leer un libro, colorear, escuchar música tranquila, y dedicarle tiempo a cosas que les den alegría. Sus consejeros escolares están aquí para ustedes, lo único que necesitan hacer para conectarnos es completar la autorreferencia del estudiante y podemos programar una cita para reunirnos con ustedes virtualmente.

Busquen clubs e involúcrense en la escuela tanto como puedan. Los extrañamos y esperamos verlos pronto.

¡Manténgase a salvo, escorpiones! ¡Recuerden que somos

Chase, el hogar de los campeones!

- Su equipo de consejería de Scorpion

Ethan A Chase Middle School  
Departamento de Consejería

# ACTIVIDADES DE OCTUBRE

**10.5.20 WEAR BLUE**  
WORLD DAY OF BULLYING PREVENTION™

Semana nacional de prevención del acoso escolar  
Octubre 5-9

**Poniendo Alto al Bullying!**

Octubre 5

**Día de la Unidad!**  
(Día de Bondad)

Octubre 21

**UNITY DAY - 10.21.20**

Wear and share ORANGE to show that we are together against bullying and UNITED for kindness, acceptance, and inclusion!

**COMMIT TO THE KICKOFF**

**Inicio de la Universidad!**

Octubre 23

Usar una camiseta universitaria o colores escolares

**Red Ribbon Week**  
Drug-Free America

**Semana del Listón Rojo!**

Octubre 26-30

**Lunes:** Despertar libres de drogas: **Vístete de Pijama**  
**Martes:** Estamos listos para estar libres de drogas: **Vístete de Rojo**  
**Miércoles:** Mi futuro es brillante: **Use Neón y / o gafas de sol**  
**Jueves:** Únete a estar contra drogas: **Día de Deportes**  
**Viernes:** **Día de disfraces de personajes**

**ENSEÑA TU ESPÍRITU ESCOLAR!**

Use su ropa de espíritu EAC en estos días:

**10/2, 10/23**

**Google Classrooms de Consejería**  
Ms. Godinez: zfltu7r  
Ms. Wuflestad: qmliecd

**Ms. Godinez**

mgodinez@romoland.net

Consejera

Apellidos A-K

Código de Google Classroom: zfltu7r

**Ms. Wuflestad**

kwulfestad@romoland.net

Consejera

Apellidos L-Z

Código de Google Classroom: qmliecd

**Mrs. Torres**

ytorresS@romoland.net

Terapeuta de Salud Mental

Sirviendo a todos los estudiantes!

# Conoce a Tus Consejeros

Para nuestros escorpiones más nuevos que no han tenido la oportunidad de conocer a sus consejeros, lee sobre nosotros a continuación! ¡También puedes ver nuestro video en Google Classrooms!



**Ms. Godinez** ha sido consejera por más de nueve años! Ms. Godinez dirige el Gay Straight Alliance Club y disfruta coleccionar arte de la cultura mexicana. ¡Ella sirve a estudiantes con los apellidos A-K y está aquí para ayudarte en todo lo que pueda!

*Ms. Godinez*

## Ms. Wuflestad



**Ms. Wuflestad** ha estado con el Distrito Escolar de Romoland durante muchos años. ¡A Ms. Wuflestad le encantan todas las cosas brillantes! A ella también le encanta difundir amabilidad donde quiera que vaya y espera que tú también lo hagas. Ella atiende a estudiantes con los apellidos L-Z.

**Mrs. Torres** es una terapeuta licenciada y está aquí para ayudarte a manejar las dificultades que pueden afectar su bienestar emocional y ayudarte a superarlas. ¡Cuidar tu salud mental es su objetivo más importante!



*Mrs. Torres*

## HOW TO EMAIL A COUNSELOR/TEACHER

### SELF RELIANCE

DID YOU ATTEMPT TO LOOK IT UP/GOOGLE/SEARCH FIRST?  
DID YOU LOOK AT THE SCHOOL/CLASSROOM WEBSITE/SYLLABUS?

### SUBJECT LINE

2-5 WORD SUMMARY OF EMAIL  
"CLASS SCHEDULE QUESTION"  
"HOMEWORK QUESTION"  
"RESUME HELP"

### START WITH HELLO

BEGIN YOUR ACTUAL EMAIL, IN THE MESSAGE BODY, WITH "GOOD MORNING/AFTERNOON MS. AN"

EVEN A SIMPLE "HELLO" IS AMAZING!

### CONCISE & DETAILS

DON'T ASSUME THE RECIPIENT KNOWS WHAT YOU ARE TALKING ABOUT. GIVE DETAILS AND WHAT STEPS YOU ALREADY TRIED.

### CLOSING

"THANKS FOR YOUR HELP"  
"HAVE A GOOD REST OF YOUR DAY"

### DON'T FORGET YOUR NAME!

MAKE SURE YOU INCLUDE YOUR FULL NAME AND STUDENT ID NUMBER

P.S. PLEASE BE PATIENT IF IT IS AFTERSCHOOL OR THE WEEKEND OR HOLIDAYS



MKHS COLLEGE CAREER CENTER



## Enlaces Importantes

Copie y pegue estos enlaces en su navegador web para acceder!

### Ethan A Chase - Sitio Web de Asesoramiento:

<https://www.romoland.net/domain/371>

### Formulario de Autorreferencia del Estudiante:

<https://docs.google.com/forms/d/e/1FAIpQLSfJfHazzW eZeOnxgeDiiXROjwHRrd4iDc39CHfDZD62zIVbA/viewform>

### "Conoce a tus Consejeros" Video:

<https://drive.google.com/file/d/11nXMjQ0ePHkhG9KdJkFCaAPFFLdKy5y1/view?usp=sharing>

# La Importancia del Cuidado Personal!

¡Nunca es un mal momento para el cuidado personal! Todos necesitamos cuidarnos a nosotros mismos para poder dar lo mejor que podamos en todo lo que hacemos. Siempre ten en cuenta que tu equipo de consejería está aquí para apoyarte con herramientas, recursos, consejos sobre cómo desestresarte, y para brindarte un espacio seguro para hablar. Si deseas cuidarte a tí mismo en tu tiempo libre, aquí hay algunos enlaces útiles a los que puedes acceder fácilmente para darte un poco de amor y relajación!

**(copie y pegue estos enlaces en su navegador web!)**

**Practicar el cuidado personal durante la pandemia:**

<https://www.youtube.com/watch?v=yblukokYksA&feature=youtu.be>

**Mantenerse activo:** <https://www.youtube.com/watch?v=nBYXtCLldE>

**Atención Plena:** <https://www.youtube.com/watch?v=SN-4lz2oyNc>

**Afirmaciones de Adolescentes:** <https://www.youtube.com/watch?v=XGI>

## Consejos para el Aprendizaje Virtual

### Student tips for successful VIDEO CALLS



**1**  
Check in with your teacher. Gather your materials.



**2**  
Be on time. Check in thru the chat when you arrive.



**3**  
Stay engaged (nod or thumbs up) if others are talking.



**4**  
Mute your mic if you're not speaking.



**5**  
Use the chat or raise hand to share ?s/ideas.



**6**  
Wait for teacher to call on you or unmute your mic.



**7**  
Take notes in a doc or on paper for reference.



**8**  
If using video, look at the camera, not the screen.

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