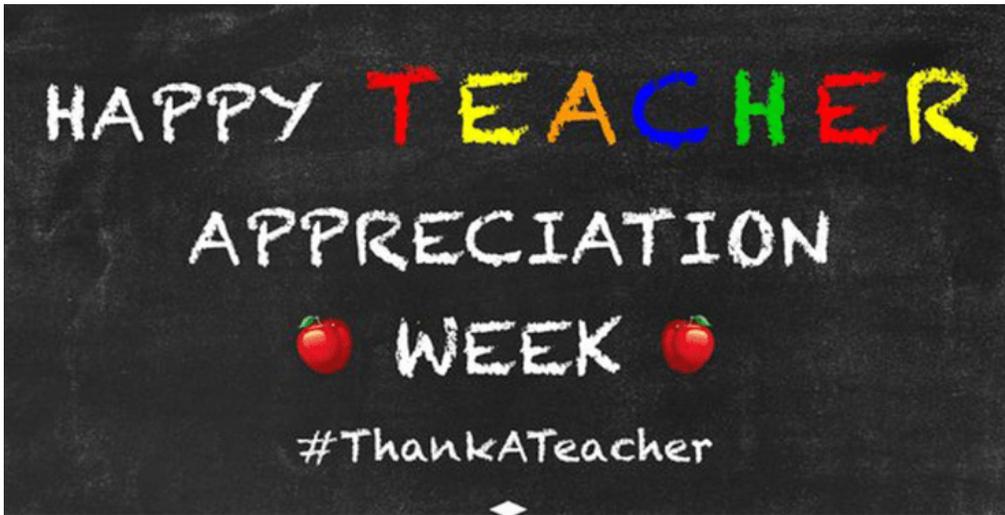


The Scorpion Scoop

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



Thank you to all of our hardworking and wonderful teachers here at EACMS!



Message from your School Counselors

We would like to thank all of our students and parents who have persevered and put forth the efforts to participate in distance learning during these times.

We know that it may be difficult or challenging, but we greatly appreciate your diligence and we acknowledge your resiliency!

There are only 5 weeks left so let's make the best of them!

- Your Scorpion Counseling Team

End of year announcements:

Stay tuned for 8th the grade virtual promotion!

Teacher Appreciation Week - May 4-8

Last day of school - June 5

If you already selected your elective classes for next year there is still time!

Be sure to log into your gmail everyday to stay on top of all your class assignments!

Mrs. Godinez

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school counselor
8th grade & 6th grade a-k

Mrs. Wuflestad

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school counselor
7th grade & 6th grade l-z

Mrs. Torres

ytorresS@romoland.net
school therapist

Check out some of these cool museum virtual tours from around the world:

Copy and paste the links into your web browser

national gallery of art

Washington, D.C.

<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

van gogh museum

Amsterdam, Netherlands

<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

british museum

London, England

<https://britishmuseum.withgoogle.com/>

summer bucket list

B I N G O

sleep in a tent DATE	make ice cream DATE	read a book DATE	random acts of kindness DATE	have a pajama day DATE
nature scavenger hunt DATE	eat s'mores DATE	make a new recipe DATE	write summer letters DATE	go to a barbecue DATE
watch fireworks DATE	go to the library DATE	 free space	build something DATE	make a new friend DATE
go to the movies DATE	explore your city DATE	make flocam DATE	watch the sunset DATE	do a summer craft DATE
make slime DATE	try a new restaurant DATE	watch fireworks DATE	go swimming DATE	unplug for 1 day DATE



MAY IS

MENTAL HEALTH AWARENESS MONTH



HERE ARE 7 WAYS YOU CAN PROMOTE MENTAL HEALTH AWARENESS IN YOUR COMMUNITY

- TALK ABOUT IT**
Ask people how they're doing and mean it! Always be ready to listen and encourage. Ask questions and never judge.
- SHARE YOUR STORY**
Have you personally struggled or currently struggle with mental illness? Don't hesitate to tell friends and family about it. Your story can encourage others to ask for help.
- READ ABOUT IT**
Educate yourself about mental illness and suicide. Learn about the signs and symptoms and where to receive help in your area.

Learn the signs and symptoms of depression. Know what to watch for in yourself and those around you. Symptoms can be different in men and women.
- WATCH YOUR LANGUAGE**
Encourage non-judgemental speak. Try to educate those around you on how to talk about mental illness. Never use words like "crazy" or "insane" as insults.
- CALL FOR POLITICAL ACTION**
Write to your local government leaders to support mental health legislation. Educate yourself on the issues and get involved.
- VOLUNTEER YOUR TIME OR DONATE**
Mental Health Organizations, like Teen Line, help people every day not just in the month of May. They also promote education, advocacy, and provide support for people who experience mental illness or just need someone to talk to.

To support Teen Line, visit www.TeenLineOnline.org
- SHARE THE RESOURCES**
Memorize the suicide prevention hotline: 1-800-273-TALK (8255). This hotline is available 24/7.

For Teens, call 800-TLC-TEEN or 800-852-8336
6:00 pm - 10:00 PST
or
Text "TEEN" to 839863
6:00 pm to 9:00 PST

THE SCORPION SCOOP

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



Muchas gracias a todos los maestros de EACMS y a los papas que tambien han sido maestros durante este cambio escolar.



Mensaje de sus Consejeros

Queremos darles las gracias a todos los estudiantes y padres que han preservado durante estos momentos.

Sabemos que han puesto tanto esfuerzo para participar en aprendizaje de la educación de distancia y se lo agradecemos muchísimo. Entendemos que estos momentos pueden ser difíciles. Queremos que sepan que apreciamos toda su diligencia y apoyo.

-Su Equipo de Consejeria de EACMS

Mrs. Godinez

mgodinez@romoland.net
school counselor
8th grade & 6th grade a-k

Mrs. Wuflestad

kwulfestad@romoland.net
school counselor
7th grade & 6th grade l-z

Mrs. Torres

ytorres@romoland.net
School Therapist

Anuncios de fin de AÑO:

MANTÉGANSE al tanto de anuncios sobre la PROMOCIÓN virtual Y otros anuncios!

Semana de los Maestros - May 4-8

Ultimo dia de clases - June 5

Si no has seleccionado tus clases para el proximo ano escolar, todavía hay tiempo!

Asegurate de revisar tu correo electrónico de gmail para mantenerte al tanto de anuncios escolares.

Tienen la oportunidad de ver museos virtualmente de todos los lugares del Mundo:

Copea y pega el texto el link en la pagina de internet

GALERIA NACIONAL DEL ARTE

Washington, D.C.

<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

MUSEO DE VAN GOGH

Amsterdam, Netherlands

<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

MUSEO DE BRITANICA

London, England

<https://britishmuseum.withgoogle.com/>

BINGO

EL VERANO



SEGUIRIDAD DE VERANO

- USA UN CASCO**
cada paseo en bicicleta, cada vez
- USAR PROTECTOR SOLAR**
al menos SPF 15 - 30 minutos antes de salir
- USAR PROTECCION PARA LOS OJOS**
al ayudar con trabajos de jardineria o corta la yarda
- CHALECOS SALVAVIDAS EN BARCOS**
incluso para nadadores muy fuertes
- CAMINATA, BICICLETA, NADAR, EXPLORAR**
SIEMPRE con un amigo, NUNCA solo
- COMBATIR EL CALOR!**
Traer y beber agua usar sombreros, buscar sombra, checar si hay garrapatas en el bosque

MAYO ES EL MES DE CONOCIMIENTO SOBRE LA SALUD MENTAL

Tips para la buena salud mental

- Ejercítate!**
- Disfruta de paseos con tu familia y amigos**
- Duerme 8 horas al día**
- Habla de tus sentimientos con alguien de confianza**
- Busca ayuda profesional si lo necesitas**
- Come sano**

Organización Panamericana de la Salud | Organización Mundial de la Salud | www.paho.org | #Hablemos