


APRIL 2020

# COUNSELING CORNER

LOST MOUNTAIN MIDDLE SCHOOL



SOME CHOOSE TO SEE  
WEEDS, I CHOOSE TO SEE  
WISHES

YOUR COUNSELORS ARE ONLY AN EMAIL AWAY!

## MS. FEILDS

TRACY.FEILDS@COBBK12.ORG

Ms. Fields has been driving by the Lost Mountain neighborhoods to "visit" with students. Give her a wave if you see her Star Wars Jeep!

## MS. WOMBLES IS BACK!

VALERIE.WOMBLES@COBBK12.ORG

Ms. Wombles will return from her maternity leave starting April 13th!  
"I have missed you all and can't wait to hear from you and see you through Zoom!"

Counseling Clerk –  
catherine.hobgood@cobbk12.org  
For questions about registering a new student, records, Transfer Questions etc.

Counseling Intern-  
kaley.hammonds@cobbk12.org

*If you would like to set up a Zoom counseling session please email your counselor*

### A message to our students:

We miss you so much and cannot wait to see you again. We know this is a very difficult and confusing time. Please reach out to us to talk about your worries, your fears, your questions, and most importantly, share your good news!

To our 8th graders: We are so proud of you and cannot wait for you to experience High School. We will miss you greatly!

## LAUGHTER IS THE BEST MEDICINE



Laughing:  
Adds joy and zest to life  
Eases anxiety and tension  
Relieves stress  
Improves mood  
Strengthens resilience  
Boosts immunity  
Lowers stress hormones  
Relaxes your muscles  
and even Prevents heart disease

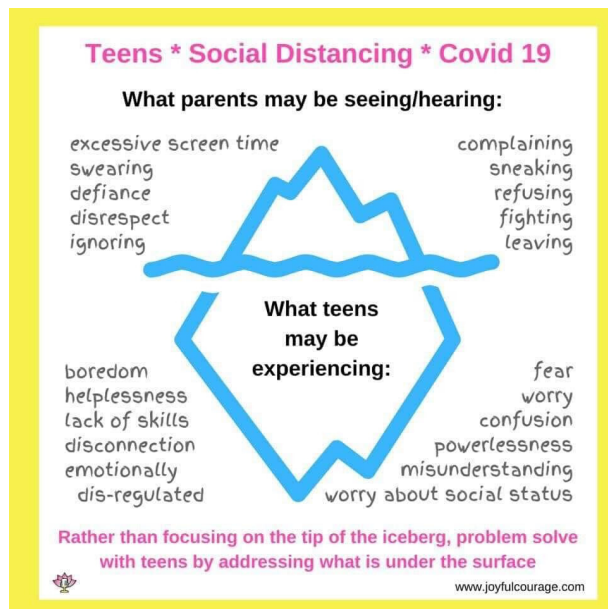


# FOR PARENTS/GUARDIANS

Need something for the kids to do? Try a scavenger hunt!

## 5 Senses Scavenger Hunt:

- Find something that makes a crunch sound
- Find something that tastes sour
- Find something that smells good
- Find something smooth
- Find 3 of the same thing
- Find something that smells bad
- Find something that tastes sweet
- Find something loud
- Find something long
- Find something soft
- Find something white
- Find something quiet
- Find something rough



### Public Service Announcement

Parents: What we are being asked to do is not humanly possible. There is a reason we are either a working parent, a stay-at-home parent, or a part-time working parent.

Working, parenting, and teaching are three different jobs that cannot be done at the same time.

It's not hard because you are doing it wrong. It's hard because it's too much. Do the best you can.

When you have to pick, because at some point you will, choose connection. Pick playing a game over arguing about an academic assignment. Pick teaching your child to do laundry rather than feeling frustrated that they aren't helping. Pick laughing, and snuggling, and reminding them that they are safe.

If you are stressed, lower your expectations where you can and virtually reach out for social connection. We are in this together to stay well. That means mentally well, too.

Emily W. King, Ph.D.

## 18 AT-HOME IDEAS TO KEEP KIDS BUSY

[https://www.buzzfeed.com/melis-saharrison/educational-resources-activities-kids-coronavirus?](https://www.buzzfeed.com/melis-saharrison/educational-resources-activities-kids-coronavirus?utm_source=dynamic&utm_campaign=bffbbuzzfeed&ref=bffbbuzzfeed&fbclid=IwAR3e_xEsVaN5JXvZCRDCMhBl7SYVo_Zzlft4yfcKfMOWEOVw5oT6Y_sRR2w)

[utm\\_source=dynamic&utm\\_campaign=bffbbuzzfeed&ref=bffbbuzzfeed&fbclid=IwAR3e\\_xEsVaN5JXvZCRDCMhBl7SYVo\\_Zzlft4yfcKfMOWEOVw5oT6Y\\_sRR2w](https://www.buzzfeed.com/melis-saharrison/educational-resources-activities-kids-coronavirus?utm_source=dynamic&utm_campaign=bffbbuzzfeed&ref=bffbbuzzfeed&fbclid=IwAR3e_xEsVaN5JXvZCRDCMhBl7SYVo_Zzlft4yfcKfMOWEOVw5oT6Y_sRR2w)

“*Be strong because things will get better. It may be stormy now, but it never rains forever.*”

## THE DISCOMFORT YOU ARE FEELING RIGHT NOW MAY BE GRIEF

[https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR3xCgE4HEM8ZCuprM0wM5RwXpbRST0K8Aqh_lgCXPt-_OQZm-kYrQVe5vE)

[fbclid=IwAR3xCgE4HEM8ZCuprM0wM5RwXpbRST0K8Aqh\\_lgCXPt-\\_OQZm-kYrQVe5vE](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR3xCgE4HEM8ZCuprM0wM5RwXpbRST0K8Aqh_lgCXPt-_OQZm-kYrQVe5vE)

# STUDENTS IN CRISIS

FOR A LIST OF COUNSELORS WHO ARE PART OF THE COBB COUNTY SCHOOLS COALITION LIST PLEASE EMAIL MS. FIELDS OR WOMBLES AT [TRACY.FIELDS@COBBK12.ORG](mailto:TRACY.FIELDS@COBBK12.ORG) / [VALERIE.WOMBLES@COBBK12.ORG](mailto:VALERIE.WOMBLES@COBBK12.ORG)  
\*THESE COUNSELORS OFFER A FREE FIRST TIME VISIT TO COBB COUNTY STUDENTS\*

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## Suicide Prevention Resources:

- <https://suicidepreventionlifeline.org/>
  - 24 Hour Crisis Line: 800-715-4225
- <https://www.georgiacollaborative.com/providers/georgia-crisis-and-access-line-gcal/>

## Georgia's 24-hour Mental Health Hotline:

<https://.valueoptions.com/referralconnect/doLogin.do?e=Z2FjbSAg>

## Georgia Crisis and Access Line

- 1-800-715-4225 or [mygcal.com](http://mygcal.com)
- A free 24/7 helpline providing mental health crisis assistance and access to mental health resources throughout the state of Georgia.

## 911

- For emergencies in which law enforcement may be called, as for a Crisis Intervention Team (CIT) officer

## Crisis Text Line

- Text GA to 741741
- Reach a trained counselor by text message. Youth and teens are especially welcome.

## Suicide Prevention Lifeline

1-800-273-TALK or 1-800-SUICIDE

# Low Cost or Free Internet Plans

## Comcast:

### Internet essentials package FREE for 60 days

Click link below for more information: <https://www.wxyz.com/news/national/coronavirus/comcast-offering-internet-essential-spackage-free-for-60-months-during-coronavirus-outbreak>

**Comcast Internet Essentials:** Offers affordable home internet service for just \$9.95 per month– with no contract, credit check or installation fees. You automatically qualify for the Internet Essentials package if your child participates in the school lunch program, you are receiving HUD housing assistance, a low-income senior, a community college student in Colorado or Illinois or a verified low-income veteran. You will also have the option to purchase a laptop or desktop computer for only \$149.

Online: <https://internetessentials.com/>

**Call: No direct number for this program; must login to enter phone number and receive a call from an agent**

## Spectrum Internet Assist:

Provides affordable high-speed internet connection to low-income families, students and seniors for just \$14.99 per month.

## PCs for People:

A nonprofit organization that provides low-cost computers and free or affordable internet connection for low-income households. Potential recipients must be living below

the 200% poverty level and currently enrolled in a government assistance program. PC for people offers high-speed internet for only \$11.25 per month with no credit check or hidden fees. You will also be eligible to receive affordable PC or laptop repair for as low \$25.

Online: <https://www.spectrum.com/browse/content/spectrum-internet-assist>

Call: 1-855-243-8892

## Access by AT&T:

A low-cost wireless home internet plan for low-income households. Access by AT&T provides high-speed internet service for \$5-\$10 per month. At least one person of your household should receive SSI or SNAP benefits to be qualified.

Go online: <https://www.att.com/shop/internet/access/#/>

OR Call AT&T@ 855.220.5211

## Everyoneon.org:

No income requirements. EveryoneOn is a national nonprofit working to eliminate the digital divide by making high-speed, low-cost Internet service and computers, and free digital literacy courses accessible to all unconnected Americans. We work with device refurbishes, so individuals and their families can purchase discounted devices, including \$150 tablets and \$199 laptops. By calling 1-855-EVERY1ON or visiting [everyoneon.org](https://everyoneon.org), users can discover the closest class in their communities. <https://everyoneon.org/get-connected/> to find resources in area by zip code

## Cobb County School District's Enrollment Partner Code & URL

o URL is [www.everyoneon.org/cobbk12](https://www.everyoneon.org/cobbk12)

o Partner Code is: cobbk12

o Please note: The partner code ([everyoneon.org/\\*partnercode](https://www.everyoneon.org/*partnercode)) is case-sensitive. To access the portal, visit [www.everyoneon.org/portal](https://www.everyoneon.org/portal) and enter the credentials below:

username: cobbk12

password: password