

Hunt Valley Wellness Newsletter

A Resource for Families



June 2020

How Can We Help? Summer is here...!

Working from Home:

- [Just like learning to work from home, learning to become the person your children rely on for education can be an overwhelming transition.](#)
- [Family Resource Center link](#)
- [Feeling like you've lost every parenting skill you ever possessed? If so, you are not alone...by: Noreen Hill, School Social Worker, Fort Belvoir](#)
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Needs:

- [Respite Care](#)
- [Real Food for Kids – Chefs Feeding Families](#)

Social/ Emotional Wellness:

- [Behavioral Health Clinicians Services and Availability During COVID – 19 Crisis.](#)
- [Wellness Society Wellness Society Coronavirus Workbook](#)
- [SOCIAL EMOTIONAL WELLNESS CONSIDERATIONS FOR PARENTS AND CAREGIVERS](#)
- [SOCIAL EMOTIONAL WELLNESS CONSIDERATIONS FOR EARLY LEARNERS](#)
- [Use Technology to Boost Your Mental Health: A Resource filled with Apps.](#)
- Coronavirus [Anxiety Workbook](#)
- [Healthy Minds Fairfax](#)

Summer Fun

- [Virtual Activities and Summer Fun.](#) A comprehensive resource.
- [Time Capsule](#)
- [Youth Move National Peer Resources](#) A comprehensive resource.

Middle School Transition Information

- [Irving Website](#)

Current Events

- [Ten Tips for Teaching and Talking to Your Kids About Race](#)



**Your Hunt Valley
Student Support
Team:**

School Counselors:

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Grades K, 2, 4, 5 (19/20)

Grades 1, 3, 5, 6 (20/21)

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Please visit our 24/7
Blackboard Site for
Additional Resources

“Nothing can be done except little by little.”

-Charles Baudelaire