

# The Counseling Corner

## Gates Chili Central School District

March 23-27, 2020

### A Message from Your Counselors

We hope that you are staying safe and healthy. We miss teaching the classrooms weekly and cannot wait until we can see you again at school! But for now, we will stay connected weekly.

### For Families

Dear Families,  
Prioritize your ability for you and your child to remain emotionally regulated while providing at home instruction.

Of course we value academics, but we cannot underestimate the power of relationships during this time!

We appreciate everything that you are doing!

### Fitness Tips



- ✓ Go for a walk
- ✓ Take a Bike Ride
- ✓ Scavenger Hunt (Inside or outside)

- ✓ Cosmic Kids has wonderful Yoga Videos

- ✓ Go Noodle



### Contact Us



Thank  
You

Ms. Katrina Cimato  
Armstrong/Brasser  
247-3190 x41103  
Katrina\_cimato@gateschili.org

Miss Katherine Picha  
Disney/Paul Road  
247-3151 x61036  
Katherine\_picha@gateschili.org