

Dear Fugett Middle School Parents, Guardians and Students,

The Fugett Counseling Department wanted to extend our help and support to you during this uncharted time.

First, we understand this can be a stressful time for families, yet it can also be an opportunity for family members to spend some time with each other. We encourage you to stay in touch with family and friends via technology because this is a way to encourage and give positive support to the people you care about in your life. You can also get support back from others. Students pass along kind messages to your friends via texts or social media.

Next, we know that Fugett students, parents and guardians may need some resources and supports to assist you through this difficult time. If you have any questions or concerns, your grade level and/or instructional counselor will be available to answer your questions via e-mail or Schoology during regular school hours from 7:30 am-3:00pm. If necessary, we can set-up a phone conference with a parent and/or student.

Here are the Fugett counselors' names and our e-mails, so please feel free to reach out to us.

6<sup>th</sup> grade counselor: Malina Bowen - [mbowen@wcasd.net](mailto:mbowen@wcasd.net)

7<sup>th</sup> grade counselor: Mike Cassidy - [mcassidy@wcasd.net](mailto:mcassidy@wcasd.net)

8<sup>th</sup> grade counselor: Bernadette Simpson - [bsimpson@wcasd.net](mailto:bsimpson@wcasd.net)

There are many resources to support families, and here are a few important phone numbers and websites.

**IF YOU ARE CONCERNED ABOUT SOMEONE ELSE...**

-Safe 2 Say Something referrals can be made via the phone app, online at [www.safe2say.pa.org](http://www.safe2say.pa.org), and 1-844-SAF2SAY (1-844-723-2729).

**IF YOU ARE CONCERNED ABOUT YOURSELF OR SOMEONE IN YOUR HOME CALL...**

-**911** if there is an immediate medical emergency

-Valley Creek Crisis Center's 24-Hour Hotline at 610-280-3270 or 1-877-918-2100

-National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

This is an informative article with useful information for parents titled, "Talking to Children About COVID-19: A Parent Resource": [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Stay safe and healthy!

Sincerely,

Your Fugett Middle School Counselors

Mrs. Malina Bowen, Mr. Mike Cassidy and Ms. Bernadette Simpson