

Counseling Connection

Mrs. Doneghy

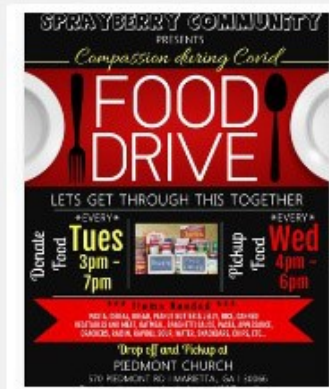
Reaching Out

Hi Shallowford families. I hope that you are doing well and staying safe during this time. I just wanted to reach out to you to stay connected and to provide you with helpful resources. My services continue to be available to you virtually should you and/or your students need any assistance. I am here to provide check-ins with students, conduct online counseling lessons (on my blog), and to assist you with access to resources. Please feel free to reach out to me via email at Dionna.Stevens-Doneghy@cobbk12.org and view my blog at: <https://counselordoneghy.weebly.com/>.



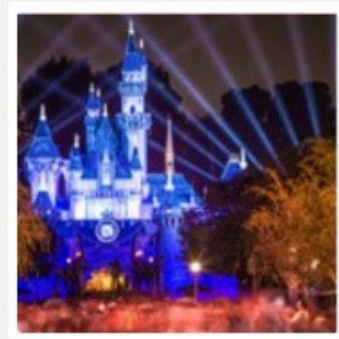
Reading Time With Julia Cook

Julia Cook is a writer of children's books that deal with common social and emotional concerns. She is reading some of her most popular books on Facebook Live on Mondays and Fridays at 10am. Check it out!



Food Donation and Pickup

Families can drop off food for our local families at Piedmont Church on Tuesdays from 3-7 pm or pick up free food, if needed from Piedmont Church on Wednesdays from 4-6 pm.



Need a virtual vacation?

Disneyland and Disneyworld are offering free virtual rides while they are closed to provide a quick, fun escape!

Need a schedule for your child's day? Try this one!

Here is a sample schedule to help keep your child on track!

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight



Contact Mrs. Doneghy

We're all in this together!!

✉ Dionna.Stevens-Donoghue@cobb...



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