



BT Wilson 6th Grade | Counselor Connection Newsletter

COUNSELING | 6TH | APRIL 2020 |

I Am Here for You!

Please know that throughout this pandemic, I am here for all of our students and families. I am diligently trying to keep up with resources and information to help arm student and families with the best information. Your student will have access to my counseling Teams channels and can contact me through this. I am also accessible by email and phone. I have also added a page for COVID-19 Resources to the BT Wilson Counseling page on the KISD website. I am here for you and want you to know that you can contact me at any time! I miss my BT Wilson family and am thankful for the resources to be able to connect virtually.



Brave Parenting

Protecting our kids during their time online is paramount to keeping them safe. Brave Parenting is a resource that assists parents in the overwhelming task of keeping kids safe while online.

Resources are shared about controls that parents can use to keep kids safe while online. It is highly suggested that parents and guardians use multiple controls.

Visit braveparenting.net for resources, podcast and blog about keeping kids safe while online.



Ransomed Life

I have been trying to stay on top of the trend for the current time that we are living in. As thankful that I am for online resources it also can be a feeding ground for predators. If you are like me, with schooling now being online, I have not monitored my kid's online activity as vigilant as typical. Authorities are cautioning about the dangers of human trafficking and a concern about potential rise in incidents.

Ransomed Life is on the forefront in trying to arm both parents and students with powerful information on how to protect your family. They will be providing a free Zoom webinar for parents on "Human Trafficking & Online Treats" on Monday, April 6 at 2PM. They will also present "Lures & Lies" focused on kids age 11-17 on Tuesday, April 7 at 2PM. Please visit The Ransomed Life website at

<https://www.ransomedlifetexas.org/upcoming-events> to register for the events.



"When we are no longer able to change a situation, we are challenged to change ourselves." -Victor Frankl

Counselor Connections

I am here for you and your student. I have a link to request online counseling sessions on both the Teams page and the BT Wilson Counseling webpage under COVID-Resources.



Keeping Your Family Strong

It is critical in a time of crisis that parents, guardians and caregivers take care of themselves. Follow the old saying of put your oxygen mask on first and then tend to children. If we care for ourselves then we will have what we need to care for others. Below is a link to a resource with tips to keep the family unit strong.

https://www.childwelfare.gov/pubPDFs/strong_ts_2020.pdf



Simple Activities for Children and Adolescents

▶ https://www.nctsn.org/sites/default/files/resources/fact-sheet/simple_activities_for_children_and_adolescents_4.pdf



Coping in Hard Times: Fact Sheet for Parents

▶ https://www.nctsn.org/sites/default/files/resources//coping_in_hard_times_parents.pdf

A Waiser Thought...

I am blessed to work for Kerrville ISD, where we are situated in a community with such amazing support. Thank you parents for all that you are doing to assist with virtual learning! Together we are stronger and will come out successfully on the other side of this!

Please contact us anytime if there is something that we can assist you with. We are here for you!

Virtual Success...Nothing Less!

“What can you do to promote world peace? Go home and love your family.” – Mother Teresa



Website:

<https://www.kerrvilleisd.net/domain/2199>



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