

Greetings from Mrs. Grube!

Would your child like the opportunity to connect with other students in their grade level?

Families, if your child would like to connect with me via Google meet, along with other students in their grade level, please send me an email to let me know. I will be organizing these opportunities to help our students feel connected to each other, despite our social distancing. Also, if you feel your child would benefit from learning coping strategies for dealing with this difficult time, please email me as well. I do plan to organize these informal meetings, to review coping skills with students. My email address is agrube@qcsd.org

Online resources

Helping Children Cope with Change

Free online Mindfulness Classes

Little Children Big Challenges: Videos to Increase Resilience

Thanks so much for reading parents!

Mrs. Grube

School Counselor

agrube@qcsd.org