



Dear Beulah Ralph Parents,

Due to school closing, Beulah Ralph counselors will be out of the office until start of school on April 13, 2020. Please know that our thoughts and hearts are with you during this time. We do have some pertinent info to share:

- If you have an urgent mental health need please call your provider or dial 911.
- Mental Health Screening services are provided by the following agencies:
Burrell Behavioral Health (800-395-2132); Centerpointe Hospital of Columbia (825-623-7016);
University Hospital (MUHC) (573-884-1300).
- Community resource information is available on the CPS website by following this link:
<https://www.cpsk12.org/COVID19>. The United Way provides free resource information by dialing 211.

Please check back after Spring Break at <https://beucounselors.weebly.com> to find additional family resources. Please also feel welcome to reach out by email or phone. We will be happy to provide you with any information about resources or family needs during this time and will return emails within 2 business days, Monday-Friday.

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Dear Students:

As you know we are taking a break from school for a few weeks so we can stay healthy. We know some of you have questions and may even be feeling a little unsure of what is happening. Feeling unsure or having mixed feelings about our school closure is not only ok, but to be expected during this time. We will be back to school as soon as possible. In the meantime, remember to care for yourself and be helpful to your family! Here are a few tips for positive self-care:

1. Stay Healthy. Practice good hygiene. Cover your mouth when you cough or sneeze and wash your hands with soap and water. Follow your parents' instructions about interacting with others.
2. If it is pretty and warm outside, go out and play. Ride your bikes, play ball, anything to get some exercise
3. Work off some energy. Breathe in some fresh air. Take some deep breaths.
4. Keep up with your schoolwork every day. This is so important.
5. Help around the house, do your chores. Helping others (even your siblings) will have a POSITIVE ripple effect! The more good you do for others, the more you will get back!
6. Be kind to your brothers and sisters. And, parents too! Everyone may have days that are more stressful than others. Kindness counts!
7. Talk to your parents or guardians if you are worried about **ANYTHING**.
8. Be creative! Expressive arts are a great way to learn and process feelings! You can also write a letter, make a card, or draw a picture for someone.
9. Play a board game or cards with your family. Have family time as much as possible.
10. Lastly, don't worry too much and just be a kid. Play, laugh, and be happy

See you soon,  Ms. Harris & Mrs. Davison