



Chalker Elementary School Counseling Newsletter

Week of
April 13-17,
2020

Dear Families,

Mrs. Clarke and Mrs. Schenck miss you all so much!! We will continue to check our email daily and will be available for phone calls from 12:00-2:00 p.m.

Catherine Schenck

Kindergarten, 2nd grade &
4th grade

Catherine.schenck@cobbk12.org

Lauren Clarke

1st grade, 3rd grade & 5th grade

Lauren.clarke@cobbk12.org

Families:

If you would like to use this child friendly coloring book to help teach your child about how to cope with disasters and identify emotions please see this link!

https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf

The Cobb Meal Plan

Updated: 04.07.2020

| **Cobb/MUST Ministries Breakfast & Lunch School Distribution Locations | | |
|--|-------------------|------------------------|
| ★ <u>11a – 1p every Monday through May 18th</u> | | |
| ★ <u>Curbside Pickup</u> | | |
| ★ <u>10 MEALS: Breakfast + Lunch for 5 Days</u> | | |
| Acworth Elementary | Bryant Elementary | Campbell High School |
| Compton Elementary | East Cobb Middle | Garrett Middle |
| Osborne High School | | Riverside Intermediate |
| **NOTE: Student must be under 18 and enrolled in a Cobb County school to be eligible. Each eligible child must be in the vehicle to receive the food box. | | |

| Lunch bag pick up (organized by The South Cobb Council) available these days/times: | | | | | | | |
|--|----------|---|---|---|----|---|---|
| Location | Time | M | T | W | Th | F | S |
| Orange Hill Baptist Church In partnership with the AMOS Foundation | 11a – 1p | ★ | ★ | ★ | ★ | ★ | |
| Mableton Square (Across from Mableton Elementary) Two days' worth of lunch served each day | 11a – 1p | | ★ | | ★ | | |
| The Village at Six Flags Mobile Home Community Two days' worth of lunch served each day | 11a – 1p | | ★ | | ★ | | |
| The Village at Six Flags Mobile Home Community Mobile Food Pantry | 12a – 3p | | | ★ | | | |
| Powder Springs First United Methodist Church | 11a – 1p | | | ★ | | | |
| Ron Anderson Community Center Parking Lot | 11a – 1p | | | ★ | | | |
| McEachern Memorial United Methodist Church | 5p – 7p | | | | | ★ | |

| Food Pantry Locations (*Documentation required) | | | | | | | |
|--|--------------|---|---|---|----|---|---|
| Location | Time | M | T | W | Th | F | S |
| Reflections of Trinity Food Bank | 10a – 12:45p | | | | | | ★ |
| *Family Life Restoration Center Call 1 st – 770.819.0662 | 10a – 3p | ★ | ★ | ★ | ★ | ★ | |
| *Sweetwater Mission Call 1 st – 770.914.1066 | 9a – 12:30p | ★ | ★ | ★ | ★ | ★ | ★ |

Text 'FOOD' or 'COMIDA' to 877-877

★ The service is activated and prompts users to provide their address.

★ Use as the direct contact and meal request information for families in their area.

Take Care of You

- Take breaks from the news. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy meals. Exercise regularly, and get plenty of sleep.
- Make time to unwind. Do some activities you enjoy.
- Connect with others. Talk with people you trust about how you are feeling.

Source: CDC

Don't forget to
read everyday!!

