

Dear Vermont School Counselors and VTSCA Members,

While we are all currently facing our unique set of circumstances, one thing is for sure, we are all in this - together. As we shift from face-to-face school counseling and schooling to virtual school, we will notice and feel all the changes. The change of routine; the very thing we know is so important to students and educators. The change in classroom lessons, lunch bunches, course registration meetings, and SAT prep - some of which may even be void. The change in personalized connections; the part of our work that matters the most. Most find themselves trying to console anxious and sad students, parents through email or virtual meetings, and even their own colleagues and family members. We are overwhelmed by new and changing directives from state and local leadership and an abundance of resources. All of this while managing our own fears and anxieties, balancing our own act at home with school-aged children or aging parents and navigating the uncertainty of our district's expectations!

Please know that VTSCA is here for you during this uncertain time should you need us.

→ Check out our website [vtsca.cloverpad.org](https://www.vtsca.cloverpad.org) for the latest ASCA updates and resources

→ As you come across great resources feel free to share with your colleagues. Simply copy the link and send it our way via Twitter @Vermont SCA, through Facebook at Vermont School Counselor Association, or through email at vtsca.communications@gmail.com.

→ Join us tomorrow Monday, March 23rd at 3:45pm for a Google "Hangout", using this link: <https://meet.google.com/azr-zbfz-tae>. Please mute your mic when you arrive at the hangout. Feel free to turn off your camera if you'd like to avoid being displayed in the hangout (instead your initial will display or a picture if you have one). Once the hangout begins, we will direct participants to click in the dialogue bubble and there we will pose a series of questions and ideas. A hangout may be a great way to share our fears and questions, learn from colleagues, and receive some of our own social and emotional support. This is also a great way to practice using Google Hangouts with students. If you don't know what to do but wish you knew more, click on the link and simply try it out! We are a no judgment organization!

→ Reach out and let us know what you need. As we shared earlier we are facing unique circumstances. If you are in need of help, let us know. We have a small but mighty organization filled with the most amazing professionals.

With gratitude for your work, with understanding of your challenges and with much love,
Your VTSCA Board