

# Timberlane Regional Middle School

“New Hampshire Middle School of Excellence 2016”

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March 18th, 2020

Dear Parents/Guardians,

The School Counseling/Guidance staff would like to reassure the TRMS community that we are available for consultation and social-emotional support of our students and families. Your student's School Counselor can be contacted for any *non-emergency* questions or concerns via the email addresses below. We will be available during regular schools hours for correspondence (Monday through Friday, 7:15am-2:30pm). Please be aware that, due to the nature of the Remote Learning process, there may be a delay in our response.

If for any reason school staff are concerned about the nature of a communication they have received from a student, that grade-level School Counselor will contact the family via email to follow up.

The next three weeks represent a dramatic shift in our way of life. As School Counselors, we want to support your family during this time. While we continue to talk about how to best support our students' needs we all have to remember to do the same for ourselves. The CDC has posted some literature around managing stress and anxiety as we navigate through uncharted waters regarding COVID-19.

CDC Information on Stress and Anxiety

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Please look for an updated TRMS School Counseling newsletter with relevant Remote Learning and Social-Emotional topics emailed home to parents/guardians. Please do not hesitate to email us!

Thank you,  
TRMS School Counseling/Guidance Staff

Grade 6: Amanda Huyler [amanda.huyler@timberlane.net](mailto:amanda.huyler@timberlane.net)

Grade 7: Zachary Champion [zachary.champion@timberlane.net](mailto:zachary.champion@timberlane.net)

Grade 8: Pat Fanning [patricia.fanning@timberlane.net](mailto:patricia.fanning@timberlane.net)

Student Assistance Counselor: Kelley Binette [kelley.binette@timberlane.net](mailto:kelley.binette@timberlane.net)

Student Adjustment Counselor: Leslie Pasquini [leslie.hendersonpasquini@timberlane.net](mailto:leslie.hendersonpasquini@timberlane.net)