



Top Story

## Resilience During Crisis – School Counseling and SEL Go Online

From virtual counseling to wellness apps, school districts are increasingly turning to “telehealth” to meet students’ mental health needs during the pandemic. Learn more about what some students say are impacting their home life by not being able to have experiences and memories made at school.

<https://www.edutopia.org/article/theres-app-school-counseling-andsel-go-online>



## Training & PD

**Follow up:** Article correlation to District training Adverse Childhood Experiences; PLZ course 18400.

### Supporting Students Affected by Trauma

Just as students with learning challenges need academic accommodations, students who have Adverse Childhood Experiences, ACEs, may benefit from social and emotional accommodations.

<https://www.edutopia.org/article/supporting-students-affected-trauma>

## Resources

### Teacher Wellness: Self-Care in TN Continues

Self-care is the practice of taking an active role in protecting one’s own well-being and happiness, in particular during periods of stress. Self-care is everything that you deliberately do for your mental, physical, and emotional well-being.

Click the link below to see how Loudon County Schools Coordinated School Health highlights the importance of Self-Care .

<https://www.smore.com/h9n14-self-care>

## Star Strategies

### Coronavirus and Trauma

[https://mcusercontent.com/87e58577cff22a32d5b580d65/files/725b33ac-5b67-4cd2-94a2-78862d1cc559/NeuroLogic\\_17.pdf](https://mcusercontent.com/87e58577cff22a32d5b580d65/files/725b33ac-5b67-4cd2-94a2-78862d1cc559/NeuroLogic_17.pdf)

WANT MORE INFO OR NEED HELP? CONTACT THE S.E.E.D. TEAM:

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