

Hello sophomore students and parents,

I hope you are all doing well during this time of uncertainty. I also hope you are safe and healthy. Please continue to check your email and the school website for updates. We will be sharing information as it comes.

My advice to you all during this time:

- Stick to a routine as much as you can
- Do something active each day (Yes, walking counts!)
- Go outside (keep a safe distance from others)
- Read a book or exercise your brain another way
- Take break from the news and/or social media
- Call or video chat a loved one
- Maintain a healthy sleep schedule
- Drink plenty of water
- Do something you love
- Check out the counseling resources on the CCHS website

Follow CCHS Counseling on Instagram [@cchs165counseling](https://www.instagram.com/cchs165counseling)

To reach the confidential Crisis Text Line, text HOME to 741741. They respond 24/7. If you have an immediate emergency, call 911.

I will be available via email during regular school hours Monday-Friday. If you have questions, comments, or concerns please feel free to email me. Please remember course requests for junior year are due May 8th.

Please know that I miss you all and I look forward to seeing you in person again! I will try to update you, via email, as I receive information. Unfortunately, there are many questions I can't answer yet. We are in this together.

Best regards,

Mrs. Krutsinger

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