

Hello,

My name is Tracy Lewis. I am the School Social Worker at Pinellas Virtual School. I moved to St. Petersburg, Florida in 2020, to escape the cold and snowy winters of Wisconsin. I began my social work career almost 30 years ago; 24 years as a School Social Worker. I have a Master's Degree in Social Work (MSW) from the University of Minnesota. I enjoy spending time with family and friends, going to the beach, paddle boarding, kayaking, yoga, practicing mindfulness and meditation, listening to podcasts, cooking, exercising, and being outdoors.

I have a passion for teaching students mindfulness techniques and other healthy lifestyle strategies to improve their quality of life. This includes practicing mindful minute techniques at the start of live lessons and facilitating mindfulness groups for those students interested in expanding their knowledge about how to live more mindfully, appreciating the present moment. These skills build resilience and empower students to become the best version of themselves. I enjoy working with families to support them and their children through academic and non-academic challenges. This includes connecting families to resources such as; food, clothing, housing, medical insurance (including Medicaid), mental health counseling, dental services, parenting support, daycare, financial assistance (utilities or rent), attendance support, E-Learning technical support, career exploration, etc. You will find these resources and healthy lifestyle tips in this Virtual Enhancement Office, among other offerings.



Please contact me directly (email in the virtual office or lewistr@pcsb.org) or call/text my Google Voice # (727-451-9331) if you have any questions or need more information. I look forward to meeting you 😊

Sincerely,

Tracy Lewis, MSW