WMS Counselors' Corner

April 23, 2020

Mary Morrissey, School Counselor Megan Tucker, LICSW, School Social Worker



We all received the news this week that we will continue remote learning through the end of this school year. While this news is disappointing, we wanted to offer words of encouragement and inspiration as we navigate the final stretch of our school year. Remember, we are all in this together and it's important to stay connected to our Williams community.



Stories of Inspiration

One story that was recently televised described LHS student, Sontino Allentuck, in his efforts to support hospitals using his 3D printer to design masks and ventilator valves. Additionally, Sontino has formed a *Western Mass 3D Printing Collaborative* to further these efforts.

Another Dimension in Fighting COVID-19

Check out this local news story of an LHS teacher using her photography skills to help others through the Porch Project. She is accepting donations for local food pantries to take photographs of Longmeadow families on their front porches. The story highlights a WMS 6th grade student's family!

Porch Project

A 10 year old student from Everett, Washington created her own animation to help empower other kids during COVID-19

10 Year Old Seeks to Empower Other Kids

Canadian Teens Launch Hotline for Isolated Seniors to Listen to Pre-Recorded Jokes, Stories, and Messages of Hope

Teens launch Joy4all hotline for quarantined seniors

Williams Middle School - Random Acts of Kindness Challenge

We would like to continue to challenge each student to perform at least one act of kindness for a family member, community member or friend. Take a picture, video or write about your act of kindness, then email us to share what you did.

mmorissey@longmeadow.k12.ma.us mtucker@longmeadow.k12.ma.us

Here are some highlights of WMS students' Random Acts of Kindness:

Jaelyn Luo - Grade 6

I have been making lunch for my family and helped make this cake for my sister's birthday.



Jobyn Neal - Grade 7

We live next to the creek in Longmeadow and one day, Jobyn said he wanted to go down there and look around. So, Jobyn and his dad went down there and collected 4 garbage bags full of garbage! In the photo, you will only see 3 bags because the other bag is in our recycling can, and yes... they recycled the trash as well!

What a great activity to celebrate Earth Day!



Cecelia Allentuck - Grade 8

For Easter we always have this big Easter egg hunt with all of our friends and family at Bliss Park. This year would have been the twelfth year I think and we all were bummed we couldn't do it. So I drew some big eggs on posters and we drove around to a bunch of our friends' houses to say "love you and miss you", "peace and health", "hoppy Easter" (that ones my favorite), and "you couldn't come to the Easter egg hunt so the Easter egg hunt came to you!" It was a lot of fun and it was possibly one of the best things during this time to see all of my friends, even from afar.



A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results.

As always, if you need to contact us, please feel free to email us at: mmorrissey@longmeadow.k12.ma.us Mary Morrisey, School Counselor mtucker@longmeadow.k12.ma.us Megan Tucker, LICSW, School Social Worker

Be well and take care.