

March 26<sup>th</sup>, 2020

Parents and Guardians,

The school counselors at Murray Middle are preparing along side the teachers for this new Virtual Reality we have all found ourselves in. We have created google classrooms with tips and resources for both parents and students. We are also available to you by both email and to set up appointments. We understand this is completely new for most of you as it is for us. I'm sure your students would have enjoyed watching me struggle with technology (because they know I'm not so good at it). But I have figured it out and I know all of you will too. Please reach out to us if you have any questions or concerns and let me know how we can be of service.

Christine Sequeira Students with last names A-L: [sequeic@martin.k12.fl.us](mailto:sequeic@martin.k12.fl.us) Google classroom: recrpwi

Keith Brown Students with last names M-Z: [brownk3@martin.k12.fl.us](mailto:brownk3@martin.k12.fl.us) Google classroom: eqtagr6

Remember, we are all in this together! Dr. Brown and Mrs. Sequeira both have kids in the martin county school system so we are going through the adjustment as parents as well. We understand the adjustments that have to be made. But I can assure you, it is going to be ok and we are all going to come out of this stronger and more tech savvy for sure 😊

**Things to Remember:**

- Remain calm and reassuring
- Make yourself available
- Avoid excessive blaming
- Monitor television viewing and social media
- Maintain a normal routine to the extent possible
- Be honest and accurate
- Know the symptoms of COVID-19
- Discuss new rules or practices at school