

Hello JPLIS Students and Parents/Guardians,

I hope this letter finds you well. As we all know, this has been an unprecedented time for our society. Everyone is struggling with our “new normal” and trying to find the balance of working from home and navigating all of the technology that goes along with that. Additionally, we cannot access many of the activities, sports, and hobbies and connect with friends that we used to in the past. Along with this, I know that there is a lot of stress and anxiety that we must deal with in order to adjust to this new way of living. Therefore, I wanted to reach out and offer you and your children some options if you would like to touch-base with me.

1. As always, you are welcome to contact me through my district email at cooket@sbsd.org. I am checking my email several times each day and will make sure I get back to you within a 24 hour time period.
2. I am available for a phone conference if you or your child would prefer to speak over the phone. Please email me a day and time that works for you, along with the best number to reach you at.
3. If you would like to schedule a videoconference with me, I am able to set up a time with you or your child through Zoom. I can arrange this with you or your child on weekdays between 9am – 4pm. You have the option of a video and/or audio feature. Therefore, if you are not comfortable with the video aspect, you have the availability to turn that off and just talk through audio.

To Schedule a videoconference with me, please follow these steps:

1. Email me your interest with a date and/or possible times you or your child would be available. If possible, these times should be on a weekday between 9am and 4pm. If those days and times do not work for you, we may be able to set up an evening or weekend meeting.
2. I will respond to your email with a date, time and a link for you to click on for us to have our conference.
3. When that date/time arrives, click on that link and it will take you directly to the videoconference. Before entering the conference, you will have the chance to turn off/on your audio and video capabilities.

Again, I hope you are all doing well, staying busy and keeping your spirits up. I hope to hear from you in the near future.

Take care,

Tara Cooke
JPLIS School Counselor