

# AIMS



## Student Support Services Newsletter



November 2020

“It’s a GREAT Day to be an  
AIMS PANTHER!”

We are excited to start the second grading quarter of the 2020-2021 school year! We hope that you are excited as well! We also realize that you might have questions or feelings of uncertainty. We also know that many of you are doing a fantastic job at logging in, marking yourself present, turning on your cameras and completing your assignments on time! No matter how you are feeling, we want you to know that we are here to help you get answers to your questions, how to best cope with all the emotions you are experiencing and much more! So how can a school counselor or school social worker help you with virtual learning?

- We can help you figure out how to organize your school day.
- We can help you learn new strategies to manage and cope with stressful emotions you might be experiencing.
- We will still be able to provide all of the support we would offer if we were back in the building face-to-face, but now we’ll do it via, email, a phone call or Zoom.
- No matter what, no issue is too big or too small, we are here to help!

### Take a Mindful Minute for Yourself

If you are finding it hard to get focused or control your emotions try a breathing exercise. You can start with spending just one minute, bringing awareness to your breath. [Check out this link on Google](#) for a 1 minute breathing exercise.

### Virtual Learning Tips & Tricks

- ❑ Double check to make sure assignments have uploaded completely.
- ❑ Ask your teachers in Zoom or via email if you do not understand directions or an assignment.
- ❑ Inform your teachers right away of any technology issues.
- ❑ Make a schedule and stick to it!

### Community Counseling Partnerships

**AIMS has partnerships with community and school based counseling services. If your child is in need of ongoing counseling services please reach out to Mrs. Kuhl or Ms. Hostetler. We can provide you with additional information and a referral.**

- [Life Enhancements Counseling Services](#)
- [Directions for Youth and Families](#)

### Community Resources

[Free Student Meal Information](#)

[Mental Health Resources](#)

[Families Experiencing Homelessness or are in Transition](#)

### SIGN UP FOR PROJECT MENTOR!

We have an opportunity for your child to become involved in a mentoring program. This program is **FREE** to your child and is a joint effort between Big Brothers Big Sisters of Central Ohio and Columbus City Schools.

Contact Mrs. Kuhl or Nikiah Kerr at:

[nkerr@bbbscentralohio.org](mailto:nkerr@bbbscentralohio.org)

**614.522.9716**

### Contact Information

Mrs. Nicol Kuhl

School Counselor Monday-Friday

Google Voice/Text: **614.505.9387**

Email: [nkuhl@columbus.k12.oh.us](mailto:nkuhl@columbus.k12.oh.us)

Ms. Joy Hostetler

School Social Worker M/W/F

Google Voice/Text: **614.636.2876**

Email: [jhostetler2371@columbus.k12.oh.us](mailto:jhostetler2371@columbus.k12.oh.us)