

RMS CARES

Parent/Guardian Resources

Self Care in the Time of Corona Virus

<http://tiny.cc/lin0lz>

Supporting Kids During the Corona Virus Crisis

<http://tiny.cc/3nn0lz>

Student Resources

Emotional ABC's

<https://www.emotionalabcs.com>

The Character Tree

<https://character tree.com/>

*These are both free but will require you to sign up for an account

Reach Out

School Social Workers:

Sharon Cruz LICSW

774-582-6417

sharoncruz@oldrochester.org

Jamie Pacheco LICSW

508-538-1705

jamiepacheco@oldrochester.org

School Psychologist:

Shannon Ryan CAGS

shannonryan@oldrochester.org

SEL Daily Challenge

M- Find something you are grateful for

T- Give a kind compliment to a family member

W- Find an inspirational quote and share it with someone

Th- Ask someone how they are

F- Write a kind note/message to a friend



CARES Motto of the Week

Responsibility means to take care of yourself and others. It looks like following directions, working hard, telling the truth and keeping yourself and others safe.