



Hello families!

I pray everyone is doing well right and getting adjusted to the Remote Learning Protocol! I just wanted to do a quick check in on my precious kiddos and families to let you all know that I am still available for you if you or your student need anything at all. Right now, even more so, self care and mental health is so very important!

Fortunately, there are several ways we can communicate. You can always reach me through email, or I would love the opportunity to get to talk or even FaceTime with your student. I can also set up zoom meetings. Something that I would also enjoy using is MarcoPolo to stay in contact with your student for fun. If your student would like to do some recorded videos with me on there, please let me know and I will set it up. I would love to hear from them!

There are many things that we can do to stay safe and to protect our mental health as this is a very anxious time right now for many, and I am sure your kiddos are asking lots of questions and hearing and seeing a lot on social media. Please feel free to contact me if I can help answer or navigate any concerns or feelings they are having.

I am also adding some links with a lot of helpful counseling resources from the Oklahoma School Counseling Association. There are several resources from PK to 12th grade. Please see the Quick Links Section below.

I am praying for all of you and will be here for whatever you need. I am so thankful for our Metro community and how everyone has worked so well together caring and uplifting one another through this. Hope you have a wonderful rest of your week!

Alicia Meister, Middle School Counselor
Metro Christian Academy