



Hello MCA family,

I wanted to let you know I am thinking about and praying for you and your student(s) each day. We are in a time of great uncertainty and I know it can be hard to navigate conversations about the changes we are seeing in our world, state, and community due to the Coronavirus. I want you to know I am available to talk with your student if they are struggling during this time.

Please know there is a safe space to talk even if it's through the computer. I'm also available to talk with you and your student about other social/emotional issues, ways to succeed at remote learning, and any other academic issues. Just send me an email at kcurl@metroca.com and we can set up a Zoom meeting! I am including a few links that I hope are helpful to you and your student during this time. I am also including a scripture I ran across that calmed me. I hope it does the same for you. Stay healthy and please reach out if you need anything!

Ms. Kimberly Curl
MCA High School Counselor

HE WILL COVER YOU WITH
HIS FEATHERS, AND UNDER
HIS WINGS YOU WILL FIND
REFUGE; HIS FAITHFULNESS
WILL BE YOUR SHIELD AND
RAMPART. YOU WILL NOT
FEAR THE TERROR OF NIGHT,
NOR THE ARROW THAT FLIES
BY DAY, NOR THE PESTILENCE
THAT STALKS IN THE
DARKNESS, NOR THE PLAGUE
THAT DESTROYS AT MIDDAY.

PSALMS 91:4-6