

Counselor's Corner

June 2020 • Gutierrez.Gloria@tUSD.org • Office Hours by Email
Monday, Wednesday, Friday 8:30-10:30; Tuesday, Thursday 1:30-3:30

Mindful Apps

A challenge in our busy schedules is finding time to take a mindful moment. A mindfulness instructor once shared with me that the most common reason people give for not meditating was that they were too busy and just didn't have time. His response to them was to share a Zen proverb: "You should sit in meditation for 20 minutes a day. Unless you're too busy, then you should sit for an hour." As strange as that sounds, it acknowledges that prioritization is often the bigger issue, and not recognizing the true value that meditation provides to practitioners - getting more out of your minutes, along with so many other benefits. That said, here are some free - and promotional/paid apps - that make finding the time easier:

[Useful Wellness and Mental Health Apps from UCSF](#)



Now is the perfect time to consider the impacts of our transportation on the environment. With summer coming, why not walk or bike instead of driving? It's better for you, and the planet, and also current and future generations. Walk on!

Going Virtual - Career Day!

A request went out for who would like to participate in the 2020 Career Day, virtually, and you delivered! Students will be able to view videos pre-recorded by several South Bay professionals over the course of June 1-5. Then, just like at our regular career day, students will be able to ask professionals questions about their careers, including why they'd recommend it, what skills and talents go well with the career, and anything else they can think up, in virtual 'AMA' (acronym for 'Ask Me Anything') sessions hosted by Anza staff, including myself! Sessions will likely occur later that week or the following. We are still accepting videos from



additional career professionals if you or someone you know would be interested in recording a video (due 5/31) and scheduling an AMA with us. The beauty of the virtual environment is that they could participate from anywhere, as long as they have the internet, a computer-enabled camera and microphone. [Virtual Career Day Sign-Up](#)

WHAT'S HAPPENING

Green Team Newsletter FTW

The GT Newsletter Team has been very active, sending out newsletters every few weeks. They've been posted in the Anza Assembly every Monday. A final June 2019-2020 edition is forthcoming!!

Mindful Moments Each School Day

Mrs G's Mindful Moments are 10 minutes of mindfulness for all ages. from 12:45-12:55pm each school day. Last day June 4 [Google Hangouts Meet](#)
Audio: 828-799-0388
PIN: 509 276 784#

Positive Behavior Interventions & Supports

Students learn about Anza's expectations:

- Be Safe
- Be Respectful
- Be Responsible

Character Counts:

[All 6 Pillars!](#)

Cool Websites of the Month:

[Creature Feature - Cabrillo Aquarium](#)
[Owning Your Feelings - Tools to Thrive](#)