



McKinna

Cougars Rock!



Hello McKinna Cougar students and families!

I'm contacting you to assure you that I am here to support you during this difficult time of distance learning and quarantine. This is a "new normal" for all of us and it is important for you to know that support is here for you even if we are not at school.

Please contact me should you have any questions or concerns. My office hours are Monday through Friday from 11:30am to 2:00pm. My contact information is below.

On our McKinna website, I have a Counselor's Corner section. Here, you will find social emotional support resources, different lessons, activities, and much more information that will help you through this new journey of learning that we are all on together. I'm updating the information regularly so check-in often.

I am thinking of you and hoping that you are enjoying time with family, being creative, safe, and finding inspiring ways to continue learning. Read a lot! I miss you all and can't wait to see you again very soon!



Virtual Hugs,

Mrs. Salgado, School Counselor



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