Dear Southfield A&T Parents and Students,

In the midst of your time off, we are asking that you do all that you can to remain calm, safe, and healthy. Although we will be away from you for the next few weeks, we want to ensure that you are equipped with what you need for continued success. Below you will find information to contact your school counselor, as well as other helpful resources and information.

**Connecting with your counselor via email:**

Counselors will be checking their emails daily, Monday through Friday. Please see below for your counselors’ email. If you are unsure about who your counselor is, please check MiStar.

* Ms. Callaway (formerly Mrs. Green): Danielle.callaway@southfieldk12.org
* Mrs. Ward: julea.ward@southfieldk12.org
* Ms. Webb: Erica.webb@southfieldk12.org
* Mrs. Johnson: carol.johnson@southfieldk12.org

**Resources**

If you are in need of resources dealing with anxiety, depression, grief and loss, abuse, and much more, please visit the website listed below:

* Teen Yellow Pages: <http://www.teenyellowpages.net>
* Food Assistance:
	+ Forgotten Harvest: (248) 967-1500
	+ Gleaners Food Bank: (844) 875-2911 or visit pantrynet.org
	+ To locate a Food Bank in Michigan, visit [www.fbcmich.org](http://www.fbcmich.org)
	+ Michigan Food Assistance Program questions: Call (855)275-6424. To apply for benefits: www.michigan.gov/mibridges

**Plato Classes/Saturday School**

If you have an online class or enrolled in Saturday School, please work diligently towards completing your PLATO/Saturday School course(s).

**Attention Class of 2020**

Counselors will still be checking Parchment for transcript requests, completing common app applications, and writing letters of recommendation if needed (you will need to email your counselor to request a recommendation).

**IB Students**

If you have any questions or concerns, please contact Mrs. Mallory at angela.mallory@southfieldk12.org.

We look forward to seeing each of you when school is back in session. Until then, maintain your academic progress, stay healthy, stay safe, and stay calm!

**Educationally Yours,**

**Ms. Callaway, Mrs. Ward, Ms. Webb, and Mrs. Johnson**