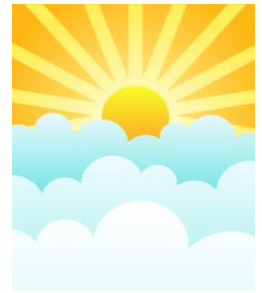


Grand Area Mentoring / 435-260-9646

## These Big Hearts



### Share a Pic!

**Send a photo to your mentee!**

Mentees are missing seeing their mentors in person. For many of us, this break in routine has brought uncertainty, anxiety, and loneliness.

One way to reach out to your mentee is to send pictures of the two of you! Grand Area Mentoring has an archive of photos featuring mentors and mentees in action. Please email us at [grandareamentoring@gmail.com](mailto:grandareamentoring@gmail.com) and request pics. We will email them to you for sharing via email or for printing a hard copy. Give a nice boost to your mentee and remind them that we will be back together again when this is over.



### Time to Shine

In the Chronicle of Evidence-Based Mentoring, Dr. Jean Rhodes writes: “Although COVID-19 appears to spare children from the most serious health problems, marginalized youth are likely to bear the heaviest burdens of trauma & economic fallout.” We mentors have an opportunity to blunt the blow by persevering through the hard times. Mentoring Partnership and Grand Area Mentoring urge you to:

**Be mindful.** As the COVID-19 pandemic spreads, it may trigger trauma for ...

*[continued on reverse]*



### These Months in Mentoring

- **April 2, 4PM, Zoom: Virtual Mentor Roundtable!** Join us for a discussion about this new world we’re living in and how mentoring fits into it.
- **April 6-10: Spring Break.** There will be no school, but still please try to connect virtually with your mentee, if possible.
- **April 30, 4PM, Zoom: Virtual Mentor Roundtable SESSION 2!** Join us to talk about what’s working and what isn’t! Let’s learn from each other! We will also discuss the outlook for the remainder of the school year and beyond.
- **May 1:** Possible day students return from dismissal. Stay tuned to your email (and the newspaper) for announcements.
- **May 20: Possible End-of-the-Year Celebration** for mentors, mentees, and families. We will hold this event only if safe. As a contingency, Grand Area Mentoring mark the end of the year with some other virtual event or mailing.
- **May 28: Graduation.**



## Grand Area Mentoring

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### Idea of the month: Talk with your mentee about COVID-19

If called for, consider these points from the National Association of School Psychologists:

#### *Stay calm, listen, and offer reassurance*

- Be a role model.
- Be aware of how you talk about COVID-19. Your discussion about COVID-19 can increase or decrease your mentee's anxiety.

#### *Explain social distancing.*

#### *Demonstrate deep breathing.*

#### *Establish and maintain a routine.*

- Keeping a regular schedule provides a sense of control, predictability, calm, and well-being.

*Identify projects that might help others.* This could include writing letters, sending positive messages, or reaching out to family and friends.

*Offer appropriate care and affection.*

[From pg 1]

...young people impacted by the virus or by the news surrounding the pandemic. Let your mentee know that you see them and are there for them. Even a card in the mail or a short email mean a lot.

**Be communicative.** Healthy and supportive relationships are crucial during this time. Connect virtually.

- Create a plan with your mentee about how you will stay in touch while continuing to follow the appropriate guidelines.
- **Email:** Grand Area Mentoring has provided student email addresses to each mentor, when available. Please remember: CC grandareamentoring@gmail.com on emails.
- **Telephone:** talk with your mentee on the phone. If you need a home phone number, contact: grandareamentoring@gmail.com
- **Video Chat:** reach out to parents via telephone to arrange Zoom, FaceTime, Messenger, or Skype video chats. If you're intimidated and would like to discuss using these platforms, call Daniel at 435-260-9646.
- **Important:** video and telephone chats should be reported via Grand Area Mentoring's online mentor log available here:

<https://grandmentoring.org/mentor-log/>

**Be intentional** about preserving continuity in the relationship.

- **Acknowledge what is going on and engage in a dialogue about the pandemic.**
- Understand and honor your emotions and the emotions of your mentee, including the range of reactions that may be expressed.
- Commit to self-care. Know that it is okay to take a break from the news and discussions about the virus as needed to manage anxiety or other responses to the situation.

**Be in it together.** Let your mentee know that you are in this together and are here to help.

- Follow the latest on COVID-19 on the CDC's website.
- Honor Grand Area Mentoring's guidelines. Mentors and mentees shall not meet in person until further notice. Virtual meetings may take place via text, cell, video chat, or email.

