



Kearns High School

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March 27, 2020

Hi Students,

We hope this message finds you healthy and happy. Remember the world has been through hard events before and has come through them stronger than they were. This crisis will pass, and we will all be stronger and better than before. Keep hopeful. Keep doing good. Keep progressing.

We are all experiencing an unprecedented situation and you may experience some anxiety and fear. This reaction is normal, but you need to make sure you are practicing self-care and healthy coping skills. Take time every day to communicate with those around you, especially other family members.

Keep up with your school studies. Practice self-motivation and self-discipline. Study and learn the subjects that your teachers have prepared for you. They put in a lot of time and effort so that you can still have the education that you deserve.

Finish strong and finish well. You owe it to yourself and your future depends upon it. Your counselors believe in you and have not forgotten you. Please email us with your questions and concerns. Our email addresses are available on the Kearns High webpage.

Sincerely,

Your Counselors

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