

ZACHARY J. LONGYEAR
Principal

Skowhegan Area Middle School

KELLY CROOM
MATTHEW BIGELOW
School Counseling Office

DOUGLAS E. MCEWEN
Assistant Principal

DEBBIE LANCASTER
School Nurse

Dear Parent and/or Guardian:

We, as a K-12 counseling team, realize that in these challenging times, your child may need extra support. We care very much about each of our students.

We are available to support your child through the following ways if you or your child reach out to us:

- Email
- Phone call
- Online virtual platforms such as Google Teams

Unless this letter is signed and returned, we will provide counseling support to your son or daughter as requested. Counseling support could include a basic check in as to how your child is doing or support for emotional needs or difficulties.

This is with the understanding that we have been asked by our administrators to contact students from time to time to help with general school engagement and you may receive a call for that. **When we call, it may show a restricted number. Please answer, it could be your child's teacher, school counselor or school social worker working remotely.**

If your child is in crisis, please call: 1-888-568-1112, which is available 24 hours a day.

For the Skowhegan Area Middle School, you can reach the School Counselor and School Social Worker by email at:

Matt Bigelow, School Social Worker - mbigelow@msad54.org
Kelly Croom, School Counselor - kcroom@msad54.org

Let us know what we can do to support your child and stay safe and well!

If you **do not** wish for us to contact you or your child to provide additional counseling support, we ask that you **sign this form** and return it back to your child's school office.

I do **not** wish for my child to receive additional counseling support during MSAD54 distance learning.

Student name: _____
Parent signature: _____
Date: _____