

VOLUME 2 • NOVEMBER 2021

STUDENT SERVICES

KIMBELL ELEMENTARY MONTHLY NEWSLETTER

THANKSGIVING MINDFULNESS LESSON

BY MS. MURDOCK, SCHOOL PSYCHOLOGIST

Kimbell families. . . We have all been through a difficult time due to the continuing challenges of the pandemic. Thanksgiving break will give us a chance to slow down and enjoy the moment. One way to enjoy the moment is to use a grounding technique, such as the 5-4-3-2-1 strategy.

To begin, take a deep breath. Look around for **5** things you can see and say them out loud. Pay attention and notice **4** things you can feel and say them out loud. Take **3** three seconds to listen to what you can hear. Say **2** things you can smell and **1** thing you can taste. If you are celebrating a Thanksgiving meal, you may easily find 2 things to smell and 1 thing to taste. We hope this grounding technique will create calmness during your Thanksgiving break.



SCHOOL COUNSELING UPDATES!

BY MS. HOLSEY, SCHOOL COUNSELOR

For the month of November, students will continue learning the 7 habits and how they can use the habits to be successful in the classroom. October's habit focused on "Begin with the end in Mind." **In November**, we will be focusing on **Habit 3. Put First Things First**. We will be awarding a student from each grade level with the **Caught being a Leader** character award.

FALL BREAK IS NOVEMBER 23-26





HILLSBOROUGH COUNTY MORTGAGE, RENTAL, & HOUSING COUNSELING ASSISTANCE AVAILABLE

- Rental assistance will cover past due rental payments, including late fees, in a total amount not to exceed \$7,500 and for a period not exceeding 3 months.
- Mortgage assistance will cover past due mortgage payments, including principal, interest, and insurance, in a total amount not to exceed \$7,500 and for a period not to exceed 3 months.

Who Can Apply?

Residents of Unincorporated Hillsborough County, Plant City and Temple Terrace, who are unable to make rental or mortgage payments due to COVID-19 may be eligible for assistance. City of Tampa residents are not eligible.

When Are Applications Being Accepted?

Applications for assistance will be accepted November 2021 until funding runs out.

Please Contact:

Greater Palm River CDC

Tony Altman

Email: info@thepointedc.com

Phone: (813) 628-9179

Website: <http://palmriverfamilyservices.org/>

REQUIRED FOR ASSISTANCE:

- Current, legible, signed lease or mortgage statement/proof of homeownership
- Current documentation showing past due rent or mortgage
- Current documentation showing hardship due to COVID-19
- Completed rental/mortgage assistance application
- Photo ID of all adults in the household
- Any other supporting documents requested by agency

*Household Income must be at or below 80% of Area Median Income



**Hillsborough
County** Florida



ASISTENCIA HIPOTECARIA, DE ALQUILER Y ASESORAMIENTO EN MATERIA DE VIVIENDA EN EL CONDADO DE HILLSBOROUGH

- La ayuda al alquiler cubrirá los pagos de alquileres atrasados, incluidas las tasas por retraso, por un importe total no superior a 7.500 dólares y durante un periodo no superior a 3 meses.
- La ayuda hipotecaria cubrirá los pagos vencidos de la hipoteca, incluidos el capital, los intereses y el seguro, por un importe total no superior a \$7.500 y durante un periodo no superior a 3 meses.

¿Quién Puede Solicitarlo?

Los Residentes de los Condados no Incorporados de Hillsborough, Plant City y Temple Terrace, que no puedan realizar los pagos del alquiler o de la hipoteca debido a COVID-19 pueden ser aptos para recibir la asistencia. Los residentes de la ciudad de Tampa no son aptos.

¿Cuándo se Aceptan las Solicitudes?

Las solicitudes de ayuda se aceptarán desde el 1 de septiembre de 2021 hasta que se agoten los fondos.

Por favor, ponte en contacto:

Greater Palm River CDC
Tony Altman
Email: info@thepointcdc.com
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IMPRESINDIBLE PARA LA ASISTENCIA:

- Contrato de alquiler o declaración hipotecaria actual, legible y firmada/prueba de propiedad de la vivienda
- Documentación actual que demuestre que el alquiler o la hipoteca han vencido
- Documentación actual que demuestre la dificultad por COVID-19
- Solicitud de ayuda al alquiler/hipoteca cumplimentada
- Documento de Identidad con fotografía de todos los adultos del hogar
- Cualquier otro documento justificativo solicitado por la agencia

Los Ingresos Familiares deben ser iguales o inferiores al 80% del Ingreso Medio del Área