

School-based Online Check-ins

Lewis County Schools are hosting optional weekly check-ins. Activities and discussions are geared toward learning and practicing some helpful mindfulness and relaxation strategies while catching up with classmates and teachers.

Caregivers may take part in sessions in order to help students navigate online tools. Even if students missed the first few meetings, they are welcome to join in on the next one!

Contact Lewis County Schools Mental Health Specialist, Brit Cooper at Britainey.cooper@k12.wv.us with questions or if you need a meeting link emailed directly to you for a particular school.



Patriot Check-in
Robert L. Bland Middle School

Mondays at 1:00
Starting April 6

Join Zoom Meeting
[ZOOM Patriot Check-in](#)
Meeting ID: 771 2270 3033
Password: Patriot



Dream-catcher Check-in
Jan Lew Elementary School

Tuesdays at 1:00
Starting April 14

Join Zoom Meeting
[ZOOM Dream-catcher Check-in](#)
Meeting ID: 751 1922 6254
Password: Dream



Wildcat Check-in
Peterson-Central Elementary School

Tuesdays at 2:30
Starting April 21

Join Zoom Meeting
[ZOOM Wildcat Check-in](#)
Meeting ID: 778 5348 3139
Password: Wildcat



Rocket Check-in
Roanoke Elementary School

Wednesdays at 1:00
Starting April 15

Join Zoom Meeting
[ZOOM Rocket Check-in](#)
Meeting ID: 760 5427 6055
Password: Rocket



Minuteman Check-in
Lewis County High School

Wednesdays at 2:30
Starting April 22

Join Zoom Meeting
[ZOOM Minuteman Check-in](#)
Meeting ID: 728 7100 3307
Password: Minuteman



Golden Eagle Check-in
Leading Creek Elementary School

Thursdays at 1:00
Starting April 16

Join Zoom Meeting
[ZOOM Golden Eagle Check-in](#)
Meeting ID: 710 6147 8360
Password: Eagle