This isn’t the 4th Quarter newsletter I had originally planned to write. That is how life has gone the last week or so...make plans, adjust the plan, start over. We are all in unsettling times and I’m so sorry that you all are having to deal with this. Please tell your children that I am thinking of them and miss them. Let them know that I still expect them to be safe, respectful, and responsible. I know they won’t let me down. They are all amazing kids!

I am choosing to look at this as an opportunity. An opportunity to practice dealing with strong emotions. An opportunity to problem solve, and an opportunity to reconnect with my people. You are all my people. Together, we’ll get through this. Together, we’ll support each other, even when it gets hard. I am an email or phone call away if you need me and we have AMAZING teachers that are here to support you.

*Are you wondering what you tell your kids about Coronavirus? Talking to children is necessary. Whether you realize it or not, your children are taking in a lot of information about this new virus. Unlike adults, they do not have the ability to sift through the information and determine what is correct and what is incorrect to develop an appropriate course of action. They are relying on you to do this for them.

The top 5 things to discuss with your kids about COVID-19:

➢ What is it?
  ○ Kids can clearly see this situation is making adults worry and because of this it can be very scary to them. A parent should adjust the amount and type of information they give to their child based on the child’s age level.

➢ Reassure them:
  ○ The fear of the unknown can be greater than the known. Let kids know that yes, this is a problem right now but there are many adults working together to make everyone safe.

➢ Follow the Guidelines:
  ○ COVID-19 is spread through contact with someone who is affected. Remind your child to wash their hands properly on a regular basis and not to touch their face or mouth area. They cough, do it in the crook of their arm.

➢ Monitor Media Information:
  ○ Our television, radios and social media feeds are being inundated with information about this virus. Hearing others talk repeatedly about this scary topic can be overwhelming for kids. Adult supervision is necessary.

➢ Leave the Lines of Communication OPEN:
  ○ Due to the situation, parents should check in on their kids often. Let them know you are available if they have any new questions or just want to talk about this topic. And remember they are looking to you to be a role model during this challenging time.

*This information was taken from Well-being Safety Assessment, LLC. This information is also available on our website.