



SCHOOL COUNSELOR'S MESSAGE

Week of March 30th-April 3rd

Dear Families,

The Coronavirus (COVID-19) brings with it feelings of anxiety, stress, disappointment, and uncertainty. These feelings may be especially strong in children of all ages. Though all children deal with strong emotions in different ways, if your child has been faced with school closures, cancelled events or separation from friends, they are going to need to feel loved and supported now more than ever.


Many of our elementary schools have been using Social Emotional Learning curriculum to teach students specific skills for calming down those strong feelings. Over the next weeks, we'll be sharing some ways that parents can help create a sense of calmness and normalcy at home. We'll also be sharing things that parents can do to help their children navigate "the new (temporary) normal." It all begins with self-care. When you're a parent, self-care often slips to the bottom of the list. But taking care of yourself isn't a luxury, it's essential. During this difficult time when children are home and stress is running high, self-care is now more important than ever. Remember to spend time with your family. Consider taking a walk outside to notice the new springtime growth on plants and trees, listen to birds chirping and notice the skies are quiet and less crowded with airplanes. We've seen structure and routines provide a sense of stability for students at school. If possible, add some kind of self-care and fresh air routine into the structure of your day at home with students.

Although we aren't at school, we are still thinking about you. If you have questions or concerns, you may reach me by email or phone both found below.

Thank you,

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COUNSELING, SOCIAL / EMOTIONAL ACTIVITIES
 Week of March 30th-April 3rd

<u>SUBJECT</u>	<u>ACTIVITY</u>
<p>FAMILY ACTIVITY</p>	<div data-bbox="386 409 1437 1344" style="background-color: #4a7ebb; color: white; padding: 20px; border-radius: 25px;"> <p>Take Care of Yourself</p> <p>It can be hard to find the time or energy for self-care during a crisis, but it's important that you take care of yourself first so you're able to support your students. Finding ways to take care of yourself and manage your own emotions first is akin to adults putting on their oxygen masks before helping children with theirs. Here are some self-care strategies:</p> <ul style="list-style-type: none"> • Take time each day to notice what you're feeling and use an emotion-management strategy to find calm. • Check in on your self-talk and reframe the situation in positive ways as best you can. • Identify and reach out to people who can provide you with support. Connect with them on a regular basis. <p>Stay Connected</p> <p>With schools closed, and our current orders to stay home, try to find ways to connect with your friends, family, and colleagues. These connections will help you maintain your own social-emotional health.</p> </div> <div data-bbox="467 1354 998 1564" style="text-align: center;">  </div>
<p>COUNSELING SOCIAL / EMOTIONAL ACTIVITY</p>	<p>Your student maybe on technology a lot more than usual in the coming weeks. They might be gaming with friends online, texting with a friend, or recording a YouTube video. Technology has benefited our lives greatly and can also be a challenge – especially when it comes to deciding what to share and how much. Help your student develop a healthy digital footprint by discussing the long-term consequences of posting pictures and videos online. Watch these videos together</p>

to get the conversation

started: <https://youtu.be/ottnH427Fr8> or <https://youtu.be/yrln8nyVBLU>

Cyberbullying video: [How to Beat Cyberbullies](#)

Internet Safety video: [Safe Web Surfing: Top Tips for Kids and Teens Online](#)