

Dear Parents/Guardians,

I hope that everyone is well and taking proper preventive measures to keep you and your families safe and healthy. I realize that this can be a difficult situation for many students and families. Some of you, or your children, may be experiencing some anxiety surrounding COVID-19. Some of you may be wondering how to talk to your children about COVID-19. In an effort to relieve some of the stress that can come with these concerns, I have gathered some resources (links are below) related to COVID-19 and how to talk to your children about what it is, ideas for prevention/healthy habits and how to address worries if your child is experiencing any anxiety during the school closure. There are different resources for different ages, so make sure that you use the one you feel is most appropriate for your child(ren). I have also provided a link with some tips for homeschooling during this time, including a sample daily schedule that you could use to build a routine that will work for you and your family. In addition, there is a social emotional learning (SEL) packet of activities that can be downloaded and completed at home so students can still practice these very important skills. Please feel free to check out and share any or all of the resources listed below:

Talking to your kids about Coronavirus

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus> (for Preschool and younger Elementary parents/caregivers)

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/> (for Elementary parents/caregivers)

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource) (for Elementary and Secondary parents/caregivers)

https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf (for Elementary parents/caregivers)

7 Tips for Homeschooling due to Coronavirus

<https://www.transcriptmaker.com/2020/03/16/7-tips-if-youre-new-to-homeschooling-due-to-coronavirus/>

I am working on some other topics to address SEL while schools are out. Please make sure to check back periodically to see if there are new ideas, lessons, games, etc. that can help your child(ren) build strong social emotional skills!

As always, I am available during the school hours to help with any concerns that may arise while schools are closed. Please feel free to contact me at (540) 562-3900 ext. 53011 or by email at jrill@rcps.us.

P.S. – make sure you and your children wash your hands often!

Jessica Rill

School Counselor