



A NOTE FROM THE ELEMENTARY SCHOOL OFFICE

Dear families,

The emotional health of our students and families are very important to us. Mr. Frank and I are available should your family need emotional support in dealing with this time of uncertainty. You can reach us via email and we can set up a Skype or WeChat video call. Ms. Hiromi's email address is hsawamura@aisgz.org and Mr. Frank's email address is fsambula@aisgz.org.

Please find below some resources on how to help your child cope with feelings of anxiety. It is important for adults to take care of themselves during stressful situations as well. We hope you may find some of the strategies helpful to you.

Resources

Arthur Family Health

<https://pbskids.org/arthur/health/resilience/>

Ready.gov

<https://www.ready.gov/helping-children-cope>

Childmind.org

<https://childmind.org/article/helping-children-cope-frightening-news/>

Healthychildren.org

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Responding-to-Childrens-Emotional-Needs-During-Times-of-Crisis.aspx>

Helping Children Cope

<https://www.schoolcounselor.org/asca/media/asca/Crisis/HelpforCaregivers.pdf>

Child Development Institute

<https://childdevelopmentinfo.com/how-to-be-a-parent/communication/talk-to-kids-media-violence/#gs.w5hwiY>

Apps (download on apps store) to cope with Anxiety & Mindfulness

- 1.Calm
- 2.Worry Box
- 3.Mindful Family

- 4.Breathe, Think, Do with Sesame
- 5.Headspace
- 6.Smiling Mind
- 7.Sleep Meditation for kids

WAYS TO SUPPORT YOUR CHILD



Model Calmness

It's important to remain calm. Your child may be anxious if you panic and demonstrate severe anxiety.



Listen

Your child may want to express themselves and share their concerns. Listening is an effective way to show that you care.



Reassure Them



Honesty

Letting your child know that you love them and that you will keep them safe is helpful for your child to hear and feel.

It's important to be honest with your child and share the appropriate level of information to them.



Keep a Routine

A routine is important for your child. It can help give stability and normalcy. Try to be consistent with times allocated for learning, studying, eating, staying active and other activities.



Look out for Announcements

AISG will be in constant communication with you. Please make sure to look out for emails and stay up to date with any announcements and updates!

If you have any questions, please reach out.

Contact Mr. Frank, F sambula@aisgz.org or Ms. Hiromi, H sawamura@aisgz.org

Once again, please don't hesitate to reach out to either one of us.

With warm regards,

Hiromi Sawamura (PreK, Grades 2 & 3 Counselor)

Frank Sambula Jr. (Kinder, Grades 1, 4 & 5 Counselor)



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