



Region 14 Schools

Serving the Towns of Bethlehem and Woodbury

March 18, 2020

Dear BES and MES Families,

With the closing of school, it can be scary and alarming. We want you to know that we are in this together. By working together, we can reduce the worry that surrounds the virus. Together is better. We will do everything we can to provide you with care and support even outside of a typical school environment. Here are some of the ways that the School Counseling Program will support you at home:

1. We will send out links to social/emotional learning that can take place right at home. The links will include a video and discussion items for your child.
2. We will send information about community food banks, resources, etc.
3. We will offer the opportunity to talk with the School Counselor during normal school hours. This can be through e-mail or other means that we feel work for us. Mrs. Sizer's email is lsizer@ctreg14.org and Mrs. Hutchins' email is dhutchins@ctreg14.org.
4. We will offer videos and other ideas for how to talk about the virus. Staying informed on what we have control over is a great way to reduce anxiety in children.

Please contact us with any other questions you may have at our e-mail address listed above. We're always open to questions.

**In Good Health,
Mrs. Sizer and Mrs. Hutchins
BES and MES School Counselors**

Talking to your Child about COVID-19

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| <p>PreSchool</p> | <p>PBIS info and links (e.g., Daniel Tiger, Elmo) about sickness, handwashing, etc. https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus Social Story about Coronavirus https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-.pdf</p> |
| <p>Elementary</p> | <p>PBIS info and links (e.g., Daniel Tiger, Elmo) about sickness, handwashing, etc. https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus Resources about how to talk to children about COVID-19 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 Comic Book NPR put out about Coronavirus: https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus Social Story about Coronavirus https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-.pdf</p> |