

March 18, 2020

Dear NHS families,

We wanted to reach out and communicate that we are here for you. Soon, we will have the ability to schedule phone conferences and engage in meaningful conversations. We are working diligently to purvey good advice and some activities that your child can engage in. Please see the Supplemental Learning Opportunities on the Region 14 website: [https://docs.google.com/document/d/10U6AWalD08-WOrLASVC0hurSpr\\_aMWbpzvx0wMJ0vTg/edit?ts=5e6b97b6](https://docs.google.com/document/d/10U6AWalD08-WOrLASVC0hurSpr_aMWbpzvx0wMJ0vTg/edit?ts=5e6b97b6)

Our email contact information is found below. We know the current situation may be causing some stress. Even though meeting isn't possible we are here to help. Please feel free to reach out to us via email for any reason at all. As the situation evolves we will stay in touch via email for now. We want you to know that we will do whatever we can to support you and your child during this time, so do not hesitate to reach out. These hard times will make us stronger. Please let your children know they are missed and we will return to a new normal as soon as possible.

In addition, we have included some tips and resources.

The Yale Center For Emotional Intelligence has provided the following suggestions and resources:

**Focus on the facts.** Consult reliable and up-to-date sources of information such as the Center for Disease Control website: <https://www.cdc.gov/coronavirus/2019-ncov/summary.html> and your local news source for updates on closings, procedures, and guidelines.

- **Be aware of your own emotions and accept how you feel.** With widespread illness, real uncertainty exists. We may be worried about our own health and safety, the well-being of our family members, or even childcare or workplace issues. Remind yourself that a certain level of anxiety is grounded and normal. Seek professional help if you feel your anxiety or fear is getting in the way.
- **Control the amount of information you take in.** In times like these, we may feel like we have no control. One thing we can control is how much information we seek out and how often we tune in. Take breaks as needed from the news, social media, and conversations that make you feel anxious.
- **Reassure children with facts.** Remind them that adults, in particular capable scientists and health care workers, are working together to keep everyone safe. Discuss what you are doing and what they can do to stay safe and germ-free.
- **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](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)

- **NHS Counselor Caseload and Contact info.**

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