



## PRINCETON DAY SCHOOL

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March 16, 2020

Dear Princeton Day School Community Members,

We all have an important role to play to help support efforts to contain the spread of COVID-19 through social distancing and following health and safety precautions. The Centers for Disease Control, the World Health Organization and the NJ Department of Health are strongly recommending that everyone maintain social distance of 6 feet (2 meters) between each person and postpone non-essential gatherings.

All of us can take measures to help achieve the goal of reducing the rate of increase of infection. Local, state and federal authorities are putting into place needed measures to triage, identify the presence of COVID-19 and treat those in need of medical attention. We strongly encourage all PDS community members to rethink social contact and make safe decisions when it comes to meeting, gathering and congregating, and recommend postponing get-togethers and playdates at this time.

Please refer to the [COVID-19 News and Resources](#) information on [pds.org](https://pds.org) for steps to take to help prevent illness. These resources include guidance on reducing the stress and worry that accompany uncertain times, including how to address anxiety in children. Talk to your children, reassure them of the safety measures you are taking and calmly share appropriate, accurate information. Reach out by phone to extended family and friends to connect with and support each other. Friendly voices can be the best medicine. Understand that your children may behave out of the ordinary and may not be able to communicate how they feel.

Beyond the resources we have provided below, reach out to your medical health provider for guidance if you are concerned about family stress and anxiety:

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://store.samhsa.gov/system/files/sma14-4885.pdf>

<https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>

We are committed to the safety and wellbeing of the Princeton Day School community and know that you are, too. Thank you for doing your part to stay safe and healthy at this time.

Sincerely,

Dr. Candy Shah  
Director of Wellness

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