

While adolescence is a period of time during which teens learn independence, it is also a very structured time. Between school, homework, co-curriculars, jobs, social and family events students tend to be very busy. COVID-19 has brought about significant disruption in our girls' lives. Any major change requires a learning and adjustment period, and sometimes such change causes a ripple effect of stress, particularly when the structure of day to day life changes for the foreseeable future.

Magnificat recognizes that educating our students extends beyond academics. During this unsettling time, we realize our students and families may need more support. In an effort to guide students toward healthy and effective habits, Magnificat has created Wellness Wednesdays. Each week, a member of the Magnificat community will share a strategy on how to stay happy and healthy, while at home. We hope you encourage your daughters to look at these resources and to take this opportunity to try them out with a familiar face.

To further support our Magnificat parents, we encourage you to check out the links below for additional reading on how to help your children (and stay sane!) over these next few weeks.

Article about how to support teens and young adults:

https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/?utm_source=newsletter&utm_medium=email&utm_content=teenagers%20and%20young%20adults&utm_campaign=Weekly-03-03-20

Short article from Dr. Damour on how to parents can help adolescents

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>

CDC recommendations on managing stress during the coronavirus:

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

Guidance from school psychologists for talking about coronavirus with children (available in a variety of languages):

[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)