

Beecher Road School
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Dear Parent/Guardian,

We hope that this letter finds you and your family healthy. As the experience of social distancing continues, we know that many of our families are affected in different ways. The Beecher Road School community continues to be one that is supportive and helpful. We continue to remind ourselves of the need to take time to care for ourselves and to be aware of the personal and emotional needs of our family members. We would like to share some valuable information and resources with our families.

We continue to be available as a resource for those who are in need. Our Social Worker and School Psychologists are also available to assist families. Please reach out to them at any point for support, guidance or simply to talk. Their contact information is as follows:

Dr. Kris Rose- kröse@woodbridgeps.org
Kayla Widmeyer- kwidmeyer@woodbridgeps.org
Kristin DeManche- kdemanche@woodbridgeps.org

Current news can be stressful to hear, and provide you with an overwhelming source of information. While important to stay up to date with news happenings, it is perhaps even more important to arm yourself with accurate information. The Centers for Disease Control (CDC) and the World Health Organization (WHO) are two sites that provide valuable updates regularly.

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

WHO: https://www.who.int/health-topics/coronavirus#tab=tab_1

Beecher Road School will be offering a 15 part series with free family Yoga classes facilitated by Bill Banek. These sessions will be available for families to use at their leisure since they will be posted on the district website. Family Yoga can be accessed at the following link:

<https://www.woodbridge.k12.ct.us/parents/family-yog> (There are currently two sessions posted and there will be more added.)

In addition, there will be two Yoga Flow and Meditation sessions that will be posted designed for adults with a focus on mindfulness and meditation.

There are a number of other resources available to support families during these unusual times. We hope you find the following resources helpful:

National Association of School Psychologists provides a multitude of resources for families, including "Helping Children Cope with Changes from COVID-19" You can find that article here:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Scholastic has provided a “First Aid for Feelings” Workbook, found here:
http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Eng.pdf

Finally, the Connecticut State Department of Education has a number of resources on its site, including a compilation of links titled “Dealing with COVID-19 Together: Resources for Supporting Families. You can find that here: https://portal.ct.gov/-/media/SDE/COVID-19/Dealing_with_COVID-19_Together-Resources_to_Support_Families.pdf?la=en

As challenging as these times are, we look forward to the day when we can all gather together again as a Beecher Road School community. Stay safe, stay well and take care of yourself.

Sincerely,

Robert Gilbert

Cheryl Mammen

Analisa Sherman

Doreen Merrill

Our Mission

Beecher Road School is a caring, creative community that models and inspires the joy of life-long learning, embraces diversity, and celebrates the unique qualities of each person.