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# Region 14 Schools

Serving the Towns of Bethlehem and Woodbury

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Greetings elementary parents and guardians,

With the start of school quickly approaching, we wanted to reach out and provide some resources related to acclimating children to the wearing of masks. It is important your child knows how to properly wear a mask and has had this experience prior to the start of school. This also includes covering both their nose and mouth for full coverage. The sooner you start practicing with children, the more comfortable they will become with it. We might suggest introducing mask wearing with simple activities, such as while watching TV, or doing outdoor activities to slowly increase your child's mask tolerance over time. Although we will provide "mask breaks" as needed for children, it is obviously important they are used to wearing masks during the school day.

As an additional resource, please utilize the link below from *Connecticut Children's* entitled *How to Help Kids Adjust to Masks Before School Starts: 16 Activities to Practice Mask-Wearing*. This contains comprehensive advice and suggestions for supporting your child in learning this practice. We will of course be supporting this at school, but young children will require your support and help in training in advance for this new normal.

<https://www.connecticutchildrens.org/coronavirus/how-to-help-kids-adjust-to-masks-before-school-starts-activities-to-practice-mask-wearing/>

We thank you for partnering with us in supporting mandatory practices that will support the health and well-being of all members of our school community.

Best regards,



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