



February 19, 2021

Dear Families,

We are more than halfway through the school year, well into a snowy winter, and a full year into the pandemic with all of its many impacts. Princeton Day School has been fortunate to be able to give all of our families the opportunity to attend school both in person and remotely from home, and though we have been luckier than most, our community has still been through a lot.

Much has been written recently about rising mental health concerns for all people, especially for children and adolescents in these challenging times. Social distancing has a particularly harsh impact on children and teens because it runs counter to their developmental need to increasingly be with peers and gain independence. National data shows that isolation and stress can give way to more serious concerns such as depression, anxiety and in severe cases, suicidal ideation. As the winter weather keeps us indoors, the need for social distancing continues, and Spring Break will keep us all apart for several weeks, we want all of our community members to know where to turn for support should you need it.

In an effort to increase awareness on topics of emotional health, our student services team will review the warning signs of emotional distress and ensure that every US community member knows how to access help and support students. Please look for information about these upcoming parent, faculty and student meetings.

- Tuesday, March 23: US faculty meeting
- Wednesday, March 24: Deans and student support staff will address students at 10th and 11th Grade class meetings.

- Thursday, March 25: Deans and student support staff will address students at 9th and 12th Grade class meetings.
- Tuesday, March 2: Student Services Team will host an Upper School parent discussion.

Meanwhile, these resources may be helpful in reviewing warning signs that someone needs help and steps that can be taken to get support:

[Signs Your Child May Need Support](#)

[Signs of Depression During the Pandemic](#)

[How do I know if my child is having a mental health crisis and what to do](#)

[Suicide Prevention](#)

[Self care](#) for adults is important too, so that we can care for children and students.

Please feel free to reach out to our counselors or medical professionals at any time.

Thank you,

The Student Services Team

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