



ENTERPRISE ELEMENTARY SCHOOL DISTRICT

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Empowering every child, everyday, to create a better world.

May 26, 2022

Dear EESD Families,

The safety and well being of our children is at the forefront of all of our minds. The news has many of us feeling on edge, so in case it is helpful to you, I am sharing some tips for how to help your child cope with frightening news (compiled from the Child Mind Institute and the National Association of School Psychologists). Also included is a broad overview of our safety practices at school.

Tips for talking with your children about tragedies or crisis

- **Be Calm:** children tend to absorb our emotions, so remain calm and clear.
- **Reassure** them about how unusual these events are and about what safety measures are in place.
- **Make time to talk** and let your child's questions guide how much information to provide. Invite them to tell you what they've already heard. Allow them to express their feelings. If an event is getting wide coverage, it is better that they hear about it from you than from someone else.
- **Developmentally Appropriate Explanations:** the younger the child the more simple and concrete the information should be, balanced with assurance of safety. Older children may need assistance in separating reality from fantasy and to know how to access help. Don't volunteer too much information.
- **Protect** your child from overexposure to media coverage which can stoke fear. Same goes for social media which is not an accurate source for information.
- **Maintain Routines:** keep to a regular schedule as much as possible.

General School Safety Measures

- School Resource Officer from RPD dedicated to serving the schools in the district
- Regular safety drills
- Security fencing and secured classrooms with posted emergency protocols
- Visitor and volunteer screening
- Encouraging students to speak up when they hear/see something unsafe
- Anti-bullying education and policies
- Promoting a positive school environment that emphasizes citizenship and good character
- School counselors
- Comprehensive school safety plan revised annually in partnership with SRO

We can't always spare our children pain or fear, but we can help them express their feelings, comfort them, and build healthy coping skills that will give them confidence to overcome future adversity. As adults we play an important role in establishing a sense of normalcy and security for our children.

Please know that we are doing everything we can to make school a safe and happy place for students to grow and learn. Perhaps the most important way we keep one another safe is, "**If you see/hear something unsafe, say something.**"

Please reach out if you have questions or concerns.

Sincerely,

Heather Armelino,
Superintendent