August 20, 2020

Hello parents and guardians!

Our administration and school staff have been working tirelessly preparing for your children to return to school. We are excited to be back in our offices and classrooms so we can teach your children again. I have included a few resources that you may find useful in the coming weeks. Students may experience anxiety, depression, or other mental health issues when transitioning back into a school routine whether learning from home or at school.

**Helpful ideas and resources for parents:**

1. **If learning from home: Keep children busy**. Try to work with your children to do the work their teachers are providing them. Participate in the teachers’ real-time class lessons whenever possible. Do play and art activities with your children and encourage them to get outside and play (weather permitting). Setting up a designated “recess” time may be helpful. Reach out to your child’s classroom teacher if you have any questions or issues.
2. **Communicate with teachers**. If your child experiences any issues with classwork or their learning, let their teacher(s) know right away. Please don’t wait. You may also reach out to our administration or myself. We will do our best to help problem solve and best help your child.
3. **Talk to children about the virus**. Be honest about it. Ask them if they have questions and listen to them. Students may still be frightened. Explain to them that we are all doing our part to be as safe as possible. Here are some resources to help:
   1. Julia Cook- The Yucky Bug: <http://bit.ly/yuckybug>
   2. Tips for parents: <https://www.juliacookonline.com/assets/uploads/2020/03/Yucky-Bug.pdf>
   3. Talking to Children about the Coronavirus: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
   4. Parent Resource for talking to your Children: <https://bit.ly/32e1eOt>
4. **Watch for signs of depression or suicidal thoughts.** During times like this, students are more vulnerable to depression and suicidal thoughts. Be sure to monitor them and keep open communication. If your child has dealt with mental health issues in the past, please be extra watchful of them. Continue their outside therapy if able. If you are concerned, here are a few resources:
   1. CDC-Coping with Stress: <https://bit.ly/3l1WO5J>
   2. Resources for families concerned about remote learning and stress and anxiety related to COVID-19: <https://bit.ly/3he1V0s>
   3. ND Department of Public Instruction Resource Page: <https://bit.ly/3j1FPii>
   4. FirstLink: <https://myfirstlink.org/get-help-now/>

**If they express suicidal thoughts, please call the National Suicide Hotline 1-800-273-8255 or call 911.**

If you or your children have any concerns, please reach out to me. I can be reached in office at the school or we can set up a Zoom video call. Please do not hesitate to reach out if you have any questions or concerns. We are here for you.

Sincerely,

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