

HARRINGTON PARK SCHOOL DISTRICT

March 12, 2020

Dear HP Families,

With all of the discussions and concern surrounding the COVID-19 virus, we recognize the need for support that some of our families may be seeking. As with anything new and unfamiliar, stress and anxiety tend to accompany our thoughts. Our goal is to help our students feel at ease and as safe as possible during their time here in school. We want their days to remain as close to normal as can be, even amidst the many changes that may be occurring in their daily lives. If you feel like your child is overly concerned about the Coronavirus, please feel free to reach out to us.

Here are a few ideas to keep in mind:

- Keep conversations about the virus simple, reassuring and age-appropriate.
- Be aware of your child's exposure to news through social media and the television.
- Remind them that you and the adults at school are there to keep them safe and healthy.
- Keep the lines of communication open, reminding children that it's always okay for them to ask you questions and discuss their worries.
- Stick to a routine as much as possible during this time, as predictability is helpful to children.

In the event of a school closure in the future, additional feelings of anxiety may arise for some students. If this were to occur, we would be sharing some calming and engaging activities, writing prompts, and ideas for students to do at home on our school webpage. Please also keep us in mind as a direct resource, as we will be available to support students through email communication.

Below you will find information for our younger students about the Coronavirus in the form of a comic, giving them more facts and helping to take away some of the fear.

https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm_source=newsletter&utm_medium=email&utm_content=cool%20comic&utm_campaign=Weekly-03-03-20

Please feel free to contact us at any time with questions or concerns.

Sincerely,

Ms. Victoria Rozema, pre-k - 4th grade counselor, rozema@hpsd.org
Ms. Lauren Carter, 5th - 8th grade counselor, carter@hpsd.org

“Leading the Way”

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