

March 18, 2020

Dear Parents,

The Wellness Team wanted to offer you some resources and activities during this stressful time period for everyone. We teach our students in school about how to stay emotionally healthy during stressful times and we work on mindfulness strategies. We talk about how emotional health often mirrors physical health. Take advantage of this time if you can to exercise as a family, prepare healthy meals, get some rest, and spend quality time together.

Here are some resources for you:

1. Talking to Your Children about Coronavirus

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

2. Social and Emotional Learning Live Lessons

The students have been working with their classroom teachers using an online curriculum called Choose Love. This organization is offering 10 lessons live online during this time period while we are out of school.

<https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/>

3. <https://www.211ct.org/> Mental Health Support, Resources to meet basic needs, and Crisis Hotline

If your child is struggling during this time and you would like to consult with one of us, we will be checking our email on a regular basis.

Sincerely,

Marissa Kach, School Counselor

mkach@salem.cen.ct.gov

Sun Meunier, School Psychologist

smeunier@salem.cen.ct.gov

Stefanie Marino-Goodrich, School Social Worker

smarinogoodrich@salem.cen.ct.gov