

Dear Parents and Guardians,

The COVID-19 pandemic has created a whole new lifestyle for all of us. While it is easy to get distracted and focus on what is happening around the world, it is important to look at the positive strides that are being made. The most important thing we can do for our families is to remain calm, maintain a warm, loving home environment, and create a routine.

Routines help keep all of us grounded and focused. It is important for children to wake up and start their day the same time each day, have breakfast, and start daily school lessons. It is equally important that they have exercise and fresh air, virtual social times with their friends and family, as well as quiet time.

It will be beneficial for your children to set aside a quiet area in the home for academics. A place where there are little to no distractions and conducive to learning. A desk or table with some school supplies is all you need.

As trying as this new, temporary norm is, we can and will get through it. Our teachers have created meaningful lessons and are staying connected to their students to ensure that education and life continues. Together we can make the best of this situation. The faculty and staff at Griffin Elementary are here for you.

We wish all our Griffin Families the best. Stay well, stay safe.

Coping Information

Remain Calm, Be Available

- Children feed off their parents'/guardian's emotions – stay calm
- Be available – children may need more attention and affection
- Create a climate of listening – Children need to know they can voice their feelings
- Gently correct any misinformation regarding COVID-19
- If necessary, remind your children that the experts are working on this virus

Routine

- Wake up and bedtime should reflect a normal school week
- Provide meals about the same time each day – encourage family time
- If possible have children join their teacher/class at assigned time
- Provide time for exercise and fresh air – practice social distancing
- Encourage socializing with friends and family via games, cell phones, video chats etc.
- Set television and entertainment time

Monitor Television and Social Media

- Regarding the news- less is best – excessive information can lead to confusion and become scary for young children
- Discuss accurate, age appropriate information
- Try educational interactive television

Health

- Model washing hands for 20-30 seconds – sing Twinkle Twinkle Little Star or Happy Birthday
- Model and encourage covering mouth into elbow when coughing or sneezing
- Provide balanced meals and healthy snacks – although sweet treats are delicious try to maintain a balanced diet and limit sweets– it's easy to get off track when homebound

- Get fresh air
- Don't forget to laugh

Kids and Stress

Children might exhibit

- Irritability
- Aggressiveness
- Clinginess
- Poor Concentration
- Sleep Disturbances
- Loss of Appetite
- Physical Complaints

Children Might

- Seek more attention
- Repeat the same questions
- Ask about health of family and friend
- Show lack of interest
- Have some regressive behaviors

Stress is normal for everyone, especially our children. They might need reassurance about the present and the future. Be age appropriate but keep the lines of communication open.

Coping Strategies

1. Deep Breathing – Students participate in lessons regarding breathing
Breathe in through the nose – hold it – breath out through the mouth- 3X
2. Meditate or Guided Imagery
Sit in a quiet are – get comfortable and find your calm place – the beach, swaying in a hammock, floating on a cloud
3. Tense and Relax Muscles
Tense a muscle such as your hand – close your eyes, make a fist, take some deep breathes and slowly relax your hand. This can be done with any muscle – if your children become good at it, they can start at their toes and work up to their head. Total Relaxation