

Parents,

During the school closures of COVID 19, it is normal to have feelings of uncertainty and anxiety. Our students are probably feeling a little anxious and on edge as well. During this time, they will require more patience and caring as normal life is starting to change.

It is important to deliver social and emotional support to children during these scary and challenging times because it directly impacts their learning and how they view themselves and navigate the world. As your School Counselor, I will provide information, resources, and/or activities on a weekly basis to help you to support our students. Many of the activities will be beneficial to you as well.

My office hours are from 9 AM- 12 PM. However, I will adjust if necessary, during regular school hours. Parents and students may reach me via e-mail at leslie.dorsett@browardschools.com or by phone at 954-281-2426. I will be checking messages daily and will get back to you as soon as possible.

Lastly, remember self-care. Take care of *you*. Do things that make you feel good and centered. Run a bath, light candles, take a walk, meditate, put on some music or bake cookies. Do whatever you can to calm your own nerves so that you have the mental capacity to handle children's difficult questions and rambunctious behaviors.

I am here if you need me. Together, we will navigate these uncharted waters.

Stay safe!

Leslie J. Dorsett
Certified School Counselor