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March 17, 2020

Dear Parents and Guardians,

During the time of dismissal your student will need to cope with changes to their normal schedule. The CDC states that, "Regardless of your child's age, he or she may feel upset or have other strong emotions after an emergency. Some children react right away, while others may show signs of difficulty much later. How a child reacts and the common signs of distress can vary according to the child's age, previous experiences, and how the child typically copes with stress."

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

It is important during these times of potential stress that you help your student to relieve their anxiety and support them by setting an example for calm decision making.

Here are some helpful tips to keep in mind while you support your student.

- ◆ Remain calm and reassuring
- ◆ Be aware of your own levels of anxiety
- ◆ Stay available to listen and talk
- ◆ Find ways to create a routine for your student at home
- ◆ Pay attention to what your students are hearing and seeing (online - news – social medial – adult conversations)

Attached you will find some guidelines and resources if you feel your student is struggling to cope with the change to their routine.

Sincerely,  
Canisteo Greenwood Guidance PLC Team

**Mr. Dailey**  
ndailey@cgcsd.org

**Mrs. Fawley**  
efawley@cgcsd.org

**Mrs. Franclemont**  
mfranclemont@cgcsd.org

**Mr. Keeley**  
pkeeley@cgcsd.org

**Mrs. Scott**  
sscott@cgcsd.org

**Mrs. Stauring**  
pstauring@cgcsd.org

**Mrs. Valentine**  
avalentine@cgcsd.org

***Canisteo-Greenwood Central School District***

84 Greenwood Street, Canisteo, NY 14823  
Phone: 607-698-4225 Fax: 607-698-2833

*Teaching for Learning*