

# Student School Counselor Newsletter

## Introduction

Hello Parents of **Elk Ridge Elementary**,

My name is **Drew Roesch**, and I am a Graduate Level School Counseling student at West Chester University. I have been serving as **Mrs. Houseknecht's intern** since the middle of January and was able to work with some of your children prior to the school closures. I am hoping to assist Mrs. Houseknecht during this time by coming out with these **newsletters** or other materials to help you and your student through this challenging time. Although it may be difficult to help your child through their online educational experience, **we are hoping we'll be able to help.**

## Helpful Resources

"General Principles for talking to children" From the Center for Disease Control and Prevention (CDC):

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

"Talking to Kids About the Coronavirus" from the Child Mind Institute:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Video you can watch with your child from Brain-POP:

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

### Thought of the Day:

This is an unprecedented time for all of us, including your children. If we can all come together as one and help each other through this trying time, we will all be able to get through this time as a school community.

## How to talk to your children about COVID-19

- **Be open, calm, and reassuring** when talking with your child- you're child takes cues of how to respond to this from observing others.
- Provide your child with **useful and accurate information** that is age appropriate.
- Make sure to be **open to listen** to what your child has to say and take your cues of what to say based on their questions.
- Try not to talk about COVID-19 when you're **feeling most anxious.**
- **Focus on precautions** your household is taking to keep you all safe.
- **Be honest if you do not know** everything about COVID-19, and convey to your child you will keep them updated when you know more.