

SOS EXPRESS

UPCOMING
BOARD OF
EDUCATION
MEETING:
Monday,
March 30, 2020
7:00PM
Location TBD



SUPERINTENDENT HIGHLIGHTS

Good evening. Here are the items I would like to share with you tonight:

- We are monitoring some of the issues surrounding our junior and senior students. In particular we understand that there may be a lot of questions about how COVID-19 will impact college admissions. Please visit the high school page of the Department of School Counseling's google site (<https://sites.google.com/bernardsboe.com/btps-school-counseling-distanc/home/high-school-counseling>) for more helpful links, articles, and resources as information becomes publicized by colleges and readily available. Included in this resource list is a central location for all colleges/universities to give updates to families. Over 600 institutions have already submitted updates, which can be found at the following link: <https://www.nacacnet.org/news--publications/newsroom/college-admission-status-coronavirus/>. Many colleges have begun to set up virtual tours for families that had intended to visit their campuses this spring; you may wish to investigate such tours. We are monitoring the situation with AP exams and hope to have information on that within the next week. The college board has posted an alert about the SAT; you can see this information by clicking [here](#).
- Our nursing team found two resources on coping with stress for both adults and children from the World Health Organization - they are included below this message.
- In anticipation of the potential that our school closure will last past the end of the March, we are gearing up to shift our instructional approach as April arrives. We are looking for ways to increase direct audio and visual connections between students and teachers. Grading strategies are also a focus. Again, we thank you for your patience.

Thank you for your support. Nick.

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Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

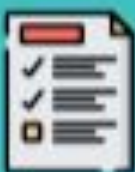
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

