

The Webb Schools Newsletter

Volume 3 - April 21, 2020

What's on your mind?

"Talk It Out"



Parenting during this coronavirus pandemic can be more stressful than normal. You can always reach out to your child's individual clinician for guidance and support. There is also a new resource provided by DCF for any parent and caregiver in the community. "Talk It Out" hotline provides support from trained professionals who will listen and talk with you about your concerns. Call 1-833-258-5011 or visit www.talkitoutct.com. It is available M-F 8:00 am to 8:00 pm, and Saturday 1:00 pm to 8:00pm. There are both English and Spanish speakers available. If you or your child are experiencing more urgent distress or a psychiatric emergency call 211 instead.

"The difference between a stumbling block and a stepping stone is how high you raise your foot."

~Benny Lewis~

KEEPING THINGS FUN:

Stay Connected:

Enjoy FaceTime, Skype, or Zoom with friends and family.

Jokes of the Day:

Keep everyone at home laughing with a Joke of the Day.



Q: Why was the broom late for school?

A: It overswept!

Celebrate Earth and Arbor Day:

Clean up the yard, plant flowers, spices or a tree. Don't have a yard?

There are ways to celebrate these days without even going outside! Unplug the TV at night, and recycle!



Silly Hair Day: Do your hair in the wackiest hairstyle!

What if?

-Unknown Source

If they cancel the rest of the school year, students would miss 2.5 months of education. Many people are concerned about students falling behind because of this. Yes, they may fall behind when it comes to classroom education...

But what if...

What if instead of falling “behind”, this group of kids is **ADVANCED** because of this?

What if they have more empathy, they **enjoy family connection**, they can be **more creative** and entertain themselves, they love to read, and they love to express themselves in writing?

What if they **enjoy the simple things**, like their own backyard and sitting near a window in the quiet?

What if they notice the birds and the dates the different flowers emerge, and the calming renewal of a gentle rain shower?

What if this generation is the ones to **learn to cook**, organize their space, **do their laundry**, and keep a well-run home?

What if they learn to **stretch a dollar** and to live with less?

What if they **learn to plan** shopping trips and meals at home?

What it if the **learn the value of eating together** as a family and finding the good to share in the small delights of the everyday

What if they are the ones to **place great value on our teachers and educational professionals, librarians, public servants, and the previously invisible essential support workers like truck drivers, grocers, cashiers, custodians, logistics and healthcare workers and their supporting staff, just to name a few of the millions taking care of us right** now while we are sheltered in place?

What if among these children, **a great leader emerges** who had the benefit of a slower pace and a simpler life to truly learn what really matters in this life?

What if...they are **ahead**?

RESOURCES:

***Hartford Healthcare** has provided a 24-hour hotline: 860-972-8100 or toll free 833-621-0600 or www.hhchealth.org

***CCMC** has a hotline for **children telehealth:** 833-226-2362 and for **adult telehealth:** 877-707-4442.

*If you, a friend, or family member needs support or just needs to talk, **the HHC Behavioral Health Network (BHN)** is here to help. Call the **BHN Warmline at 888-985-2408**, which is open Mondays through Fridays 5:00pm until 11:00pm. If no one answers, leave a message and someone will return your call. This supportive service is free.

***In case of emergency: Call 911** ***In case of psychiatric emergency: Call 211**