

# The Webb Schools Newsletter

Volume 2 - April 6, 2020

## What's on your mind?

### What is happening with April Vacation?

The Webb Schools are structuring April vacation a little different during distance learning.



There will be **NO School** on:  
Friday, April 10, 2020  
Monday, April 13, 2020  
Friday, April 17, 2020  
Monday, April 20, 2020

### Why are there so many phone calls?

Teachers, clinicians, and administration are working hard to provide continued education through distance learning. While we understand this can be very frustrating, it is important to remember that your students are still required to engage in learning during this time. In order to do so, we will continue to work with parents and students to ensure your children are getting their educational needs met. Please keep in mind that work completed at home will go towards your student's grades.



## KEEPING THINGS FUN:

*Beach Themed Dinner Night:*  
everyone wears flip flops to dinner



*Silly Sock or Slipper Day*

*Build a Fort*

*Go for a family walk/hike*  
(While keeping 6 ft away from others)



**Craft:** Make red hearts and hang them in your windows/doors in support of all the healthcare workers!

**How do I help my child cope while I am also under stress?**

Educ.org's suggestions: [5 Ways to Children Cope With Coronavirus Anxiety](#) By S.Fuxman

**Listen:** It's human nature to assume that our children worry about the same things we do, and therefore to help them address *our* fears rather than *theirs*. Yet, our children might have their own worries: their grandparents' health, not being able to see relatives who live far away, or when will they be able to resume their favorite activities. By listening first, we can more directly address their worries.

**Be aware of your own anxiety:** Although we may not always realize it, children are adept at picking up adult anxieties. It is important that we speak to them with a calm and reassuring voice and reduce their exposure to adult conversations about the virus. It also helps to take care of our own anxieties. For tips, read "[6 Ways to Stay Calm During Coronavirus.](#)"

**Provide age-appropriate and accurate information:** In a world where social media and COVID-19 coexist, misinformation is common. As adults, we need to counter misinformation by providing children with age-appropriate and accurate information. This also includes limiting their exposure to the news and our own speculations about the virus, such as who might have the virus or what restrictions we may expect next. For age-appropriate resources, see the [National Association of School Psychologists](#) and the [CDC](#).

**Focus on actions:** An important coping mechanism for addressing any kind of stress is increasing what psychologists call the *locus of control*. The greater control we feel in our lives, the less worried we are about those things we cannot control. And with everything we are hearing from public health officials, we can do a lot to reduce the risk of contracting the virus. Emphasizing that message to our children (with accurate information!) will help them feel more in control and less worried.

**Provide structure:** Another important strategy to help our children cope with the situation, particularly for children who are home due to school closures, is to build structure into their day. Much like they do in school on regular days, children and parents should plan a schedule with different activities. This can include taking [virtual tours of museums](#), [academically enriching activities](#), playing outside, and socializing with friends and relatives via phone or the Internet.

**RESOURCES:**

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