



## ST. STEPHEN ELEMENTARY SCHOOL



### PARENT NEWSLETTER

APRIL 20, 2020



#### FROM THE Administration...

We find ourselves in a very different time, amidst the COVID 19 pandemic. This has impacted all our lives, and Education has taken on a new look. We are making sure that learning options are available for students. Although there have been many changes, one thing stands steady, and that is our desire to educate your children and provide them with the best learning opportunities we can. If you have any questions or concerns, please don't hesitate to reach out to your child's teacher.

We miss your children very much, and wish good health and safety to your families.

~Mrs. Colleen Winchester; Principal

~Mrs. Courtney Parsons; Vice Principal

#### FROM THE Guidance Counselor...

This time may be very challenging for children and adolescents, some of whom might not understand the reasons for school closures and the cancellation of extracurricular activities. Children may sense the anxiety of their parents, and worry about their own health and that of other family members. Children react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Here's how you can support your child:

- Take time to talk with your child about the COVID-19 outbreak.
- Let your child know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well.

Your school counsellor can help students dealing with mild anxiety, personal issues such as stress management, and offer supportive strategies for maintaining good mental health and well-being during the COVID-19 crisis. The following number is a dedicated phone line for students and families to call for the St. Stephen Education Centre (506) 343-5263, if you would like your child to receive guidance support.

~Mrs. Jessica Bellis; Guidance Counselor



### **FROM THE Community Schools' Coordinator...**

Our local food bank is prepared to provide extra snacks and breakfast foods for any families who are feeling the pinch due to the change of circumstances Covid-19 has brought about. Funding has gone to the foodbank for this specific purpose so please do reach out if you could use a little help. You do not have to wait until the cupboards are bare! Contact Donna at 466-4995 [vcc@nb.aibn.com](mailto:vcc@nb.aibn.com)

If transportation is an issue, Charlotte Dial-a-Ride are doing deliveries. Call 466-4444 or e mail [dispatcher-dialaride@nb.aibn.com](mailto:dispatcher-dialaride@nb.aibn.com)

Our Community School Coordinator can be reached at [Catriona.mclanaghan@nbed.nb.ca](mailto:Catriona.mclanaghan@nbed.nb.ca) if you have any questions about accessing food or transportation.

~Catriona McLanaghan; Community Schools' Coordinator

### **FROM THE Resource Teachers...**

Our resource teachers have been in regular contact with homeroom teachers and are available to support teachers and parents at this time. Please reach out to us at any time for information and support.

Many children thrive on structure and routine and there are some very useful resources to help with this on the provincial Learning At Home website. A guide called 'Creating Structure and Providing Support During COVID-19' can be found under the Personalized Learning Supports tab.

[https://www2.gnb.ca/content/gnb/en/departments/education/learning\\_at\\_home.html](https://www2.gnb.ca/content/gnb/en/departments/education/learning_at_home.html)

The following link will take you to an example of a social story to assist with developing new routines.

<https://www.autismspeaks.org/sites/default/files/Autism%20Speaks%20Disrupted%20Routines%20Teaching%20Story.pdf>

Visual schedules are a great way to help your kids predict and prepare for the sequence of their day.

<https://www.erinoakkids.ca/ErinoakKids/files/ca/caca1f61-bb42-49cc-8a66-313dffca388.pdf>

~ Tara Scott, Lindsay Russell-Samways, Amy Mann, Lisa McAllen; EST-Resource Teaching Team