

# LINDEN PUBLIC SCHOOLS

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Dear Parent(s)/Guardian(s),

The advent of growing concerns regarding COVID-19 may affect your child in non-academic ways. Please take a moment to read the below information, which will help you support your child's social and emotional needs while school is closed.

First, please don't hesitate to reach out to your child's School Counselor/Social Worker via email at any time during the school closure for non-emergency situations. However, *if your child is experiencing a mental health emergency or crisis, please contact the police, 911, or take your child to the nearest emergency room.* An additional resource is Perform Care 877-652-7624. 2<sup>nd</sup> Floor Youth Helpline is also a support available for your student, they can be reached at 888-222-2228.

Change and uncertainty are difficult for all of us, but especially for children, who do not necessarily have a full understanding of COVID-19 and its implications. The National Association of School Psychologists has put together a parent resource, [Talking to Children About COVID-19 \(Coronavirus\)](#), that may be helpful to you and that can be adapted to children of any grade level. When speaking with your children, keep the following in mind for children and teens:

- Remind them of the basics of personal hygiene, and, if necessary, explain both how viruses can be passed along... and prevented.
- Remember that students take their cue from adults. Although you may be worried, modeling a calm response will help them cope with their anxiety.
- Validating fears and concerns is important. Remember that they do not have as much world experience or as much ability to form perspective as you do. Letting them know that experiencing a range of emotions is usual in uncertain and frightening situations.
- Remind them that COVID-19 can affect anyone regardless of age, race, nationality or ethnicity. Making comments, assumptions or jokes about those who are or might be affected goes against all of our community's values.

Lastly, remember to take care of yourself emotionally as well. If it's not already part of your routine, now might be a good time to try some mindfulness activities as a family. A quick Google search will result in many free resources, apps, and types of relaxation techniques. *Green Child Magazine* has an inventory of quick links for free [Guided Relaxation Scripts](#) for kids, and [Mindfulness for Teens](#) is a good starting point for older children.

Should you need any social/emotional support for your child during this time, please contact 908-486-2800 x8025. The voicemail will be checked and responded to on a consistent basis. You can also contact the Supervisor of Student Services at [alouis@lindenps.org](mailto:alouis@lindenps.org).

Thank you