Dear Sanborn Elementary Families,

These are interesting times and there are many uncertainties for us. However, there is one thing that IS for certain, and that is that our Sanborn Community is strong and resilient. We will work together to support each other as we move forward. It is important that we continue to have open lines of communication. Please refer to the District Website http://www.svvsd.org/ often for the most up-to-date closure/reopening information. Due to the fact that all students and staff will be out of the building until March 30th, unless new information is given, we will not be able to receive any phone calls to the office. Instead, please contact your student(s) teacher(s) with questions/concerns. As a staff, we are maintaining close-virtual contact to be able to address any questions or concerns that family members might have. The goal this week is to ensure that all students/families are in 2-way communication with their teacher. Please reply to your student’s teacher so that they know you are getting their communication. Teachers will be ensuring you have usernames and passwords for any digital resources that we have available for students. This is to support families that would like to have students have some learning opportunities during the week. Since the following week is Spring Break, we will not have any communications scheduled to go out from teachers that week. Therefore, please be sure to check the district website during the week of Spring Break for instructions about the week of March 30th.

Parent Information:

Your kids are hearing about coronavirus (COVID-19). You want to make sure they get reliable information — and you want them to hear it from you. Here is how to talk about it.

Find Out What Your Child Already Knows: Ask questions geared to your child’s age level. This gives you a chance to learn how much kids know — and to find out if they’re hearing the wrong information.

Follow your child’s lead. Some kids may want to spend time talking. If your kids don’t seem interested or don’t ask a lot of questions, that’s OK.

Offer Comfort — and Honesty:

Focus on helping your child feel safe, but be truthful. Don’t offer more detail than your child is interested in. If your child asks about something and you don’t know the answer, say so. Use the question as a chance to find out together. Check the Centers for Disease Control and Prevention (CDC) website for up-to-date, reliable information about coronavirus (COVID-19). That way, you have the facts and kids don’t see headlines about deaths and other scary information. Speak calmly and reassuringly. Explain that most people who get sick feel like they have a cold or the flu. Kids pick up on it when parents worry. So when you talk about coronavirus and the news, use a calm voice and try not to seem upset. Give kids space to share their fears. It’s natural for kids to worry. Let them know they can always come to you for answers or to talk about what scares them. Know when they need guidance. Be aware of how your kids get news and information, especially older kids who go online. Point them to age-appropriate content so they don’t end up finding news shows or outlets that scare them or have incorrect information.

Help Kids Feel in Control:

Give your child specific things they can do to feel in control. Teach kids that getting lots of sleep and washing their hands well and often can help them stay strong and well. Explain that regular hand washing also helps stop viruses from spreading to others. Be a good role model and let your kids see you washing your hands often! Talk about all the things that are happening to keep people safe and healthy. Young kids might be reassured to know that hospitals and doctors are prepared to treat people who get sick. Older kids might be comforted to know that scientists are working to develop a vaccine. These talks also prepare kids for changes in their normal routine if schools or childcare centers close in the future.

Let your kids know that it’s normal to feel stressed out at times. Everyone does. Recognizing these feelings and knowing that stressful times pass and life gets back to normal can help children build resilience.

Keep the Conversation Going:

Keep checking in with your child. Use talking about coronavirus as a way to help kids learn about their bodies, like how the immune system fights off disease.

Talk about current events with your kids often. It’s important to help them think through stories they hear about. Ask questions: What do you think about these events? How do you think these things happen? Such questions also encourage conversation about non-news topics.

Please know that you can always contact me with any questions or concerns. Communication is the bridge between confusion and clarity. Dragons will continue to Shine Bright, even through dimmer times!

Thank you for your continued support! Sincerely- Mrs. Peeples, Principal Sanborn Elementary School