

March 13, 2020

Dear Parents / Guardians:

Given the rapidly evolving situation with COVID-19, we recognize that some children may be experiencing elevated anxiety during this unprecedented time of uncertainty.

Please make sure that you take the time to talk to your children and reassure them it is normal to feel somewhat anxious during times of uncertainty. Remind them that the risk of getting sick is low if everyone takes the precautions recommended by the Medical Health Officer.

In order to ensure that all of our students are supported over Spring Break, please be advised of the following resources and community supports:

Office of the Provincial Health Officer (PHO) and BC Centre for Disease Control: Frequently Asked Questions on COVID-19 for Children and Students

<http://www.bccdc.ca/Health-Info-Site/Documents/COVID19%20QA%20for%20kids%20Feb%202020.pdf>

Fraser Health Mental Wellness Information for School Aged Children

<https://www.fraserhealth.ca/health-topics-a-to-z/school-health/mental-wellness-for-children#.XmvVxZNKhGw>

Kids Help Phone

<https://kidshelpphone.ca>

BC Children's Hospital Kelty Mental Health Resource Centre

<https://keltymentalhealth.ca/mental-health>

Over the next few weeks, please spend quality time with your friends and family doing activities that lift your spirits and bring you happiness. In spite of the current trying times, we do hope that you and your children have an enjoyable and restful Spring Break.

Sincerely,

Delta School District