



Dear Parents,

As we know, this is an unprecedented time in all of our lives. During a period such as this, where fears are heightened and the "norm" doesn't feel normal at all, it is difficult for any of us to be at our best. It is our suggestion, and hope, that we all try our hardest to understand this fact, and to have extra patience with ourselves and with our loved ones. It is important for us to lead by example and model behavior for our children and students. Additionally, the need for structure, routine, and clear expectations is encouraged to provide as much stability as possible. Throughout this time of uncertainty, we encourage you to practice patience, gratitude, and kindness with our communities, and also with ourselves.

Please reach out to us with any concerns, insights, or questions. We can be reached at [counselingteam@winstonschool.org](mailto:counselingteam@winstonschool.org). As always, we are working together to serve the school community. During the remote learning period, the Winston Counseling Team is offering the following:

- Wellness classes, as scheduled (remotely)
- Student counseling sessions, upon request (by phone or FaceTime)
- Parent support, upon request (by phone)
- Resources for mental health support

For now, we have included the following articles that may be useful:

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

All the best,

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