

August 17, 2020



It's a Great Day to be a Wildcat

Hello Wildcat students and families,

I hope you and your family are well and staying healthy during this time of the coronavirus pandemic. Please remember that the Fowler Elementary School District administration is looking out for the best interests of our community, students, and staff to prevent any community spread or diagnosis of the virus in this area. While we transition to online/distance learning these next couple of weeks, I want you to remember that I am here to support you and your family the best I can. I am providing you with some resources below.

My name is [Raina Riviotta](#) and I will be a first year school counselor at Western Valley Elementary- I graduated from the University of Arizona with a Master's Degree in School Psychology in 2018. Although this is my first year, I am eager to help students achieve academic success and develop social/ emotional skills in response to issues they face.

Parents/Guardians, the following page lists ways you can talk with your children about coronavirus. There are a few age-appropriate links to videos as well. I have also included a few links to social emotional resources. I will upload guidance lessons or video links in the "files" section that your child can watch and complete.

For online counseling sessions, I will be available to talk if you need to request an appointment, I can always send you a link to my calendar, to schedule some time with me, I typically reserve these between the hours of 11am-1pm.

The following are ways to contact me:

- Email: riviotta@fesd.org
 - Schedule an appointment with me here if you would like to talk about your child: <https://calendly.com/riviotta/30min>

The other handout is titled "[30 Things Wildcats Can Do for Emotional Health](#)" and I suggest your child pick one item to complete and check off. It's important to continue

building their emotional health and help keep your child focused on some good, positive things in life.

Please do not hesitate to contact me if your child needs help or support during this time. As a school counselor, I care about your child's well-being and know this pandemic hitting our country is affecting each family's daily routines, mental health and outlook on our future as of now. I promise we can get through this school year together, and I am happy to help in any way to make things a little easier.

Thank you,
Raina Riviotta
School Counselor
Western Valley Elementary School

Resources for Talking to Kids About Coronavirus:

Talking to Children About COVID-19 -

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

- Don't be afraid to discuss the coronavirus. Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry more. Look at the conversation as an opportunity to convey the facts and set the emotional tone. "You take on the news and you're the person who filters the news to your kid," explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.
- Be developmentally appropriate. Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.
- Take your cues from your child. Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to avoid encouraging frightening fantasies.
- Deal with your own anxiety. "When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Domingues. If you notice that you are feeling anxious, take some time to calm down before trying to have a conversation or answer your child's questions.
- Be reassuring. Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to

reassure your child about how rare the coronavirus actually is (the flu is much more common) and that kids actually seem to have milder symptoms.

- Focus on what you're doing to stay safe. An important way to reassure kids is to emphasize the safety precautions that you are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe." We know that the coronavirus is transmitted mostly by coughing and touching surfaces. The CDC recommends thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two "Happy Birthday" songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom. If kids ask about face masks, explain that the experts at the CDC say they aren't necessary for most people. If kids see people wearing face masks, explain that those people are being extra cautious.
- Stick to routine. "We don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now," advises Dr. Domingues. This is particularly important if your child's school or daycare shuts down.

March 18, 2020

Make sure you are taking care of the basics just like you would during a spring break or summer vacation. Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

- Keep talking. Tell kids that you will continue to keep them updated as you learn more. "Let them know that the lines of communication are going to be open," says Dr. Domingues. "You can say, 'Even though we don't have the answers to everything right now, know that once we know more, mom or dad will let you know, too.'"

Just for Kids: A Comic Exploring the New Coronavirus from NPR

<https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>

BrainPop Video About the Coronavirus

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

The Yucky Bug by Julia Cook

<https://www.youtube.com/watch?v=ZD9KNhmOCV4>

Healthy Heroes by Vimeo

https://vimeo.com/397899155?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=28749&fbclid=IwAR2tGU7T8qUtAVuckre4vAPtIARXAJRyXXTXjV1hbtvIT-3KGXcktAOpas

Social-Emotional Learning Resources

Active Screen Time Resource

<https://www.gonoodle.com/for-families/>

Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+

<https://www.youtube.com/user/CosmicKidsYoga>

Help Your Family De-Stress During Coronavirus Uncertainty

<https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

Progressive Muscle Relaxation for Kids

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons

<https://wedolisten.org/>

Kindness Videos

<https://www.randomactsofkindness.org/kindness-videos>

Education Companies Offering Free Subscriptions Due to School Closings: Amazing Educational Resources

<http://www.amazingeducationalresources.com/>