

PVA TAKES ACTION:

Before Spring Break all teachers did an informational session on the Coronavirus as suggested by our administration team. Teachers were given resources from Mrs. Richardson, which we are including here for parents as well. Teachers used this time to simply discuss the facts about what the Coronavirus is and how to prevent it. Proper handwashing procedures, using Clorox wipes and hand sanitizer are all being encouraged. Teachers also discussed with the students that it is not acceptable to racially target other students as being carriers of the virus. Students should also not taunt or tease other students by coughing on or touching others with the purpose of joking about the Coronavirus.

Here are the resources that were reviewed with students:

[Corona Virus Information](#)

[Handwashing](#)

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

HOW YOU CAN TAKE ACTION:

Times like this can be scary and anxiety provoking for adults and children alike. Here are some tips you can follow to help minimize worry:

- 1) Limit your child's exposure to the media – keep in mind that most media sources are not age appropriate and geared towards children. Listening or overhearing media coverage regarding the Coronavirus can worsen anxiety. Limiting media exposure is also recommended for adults that are prone to anxiety.
- 2) Provide a calming environment and influence for your children – the more anxious and worried you are, the more anxious and worried your children will likely be.
- 3) Help your children address their fears by encouraging them to talk to you or someone they trust. Follow this link for some great advice on how to address children's concerns in an age appropriate way.

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

- 4) Take care of yourself- monitor your own levels of worry and anxiety and take steps to stay emotionally and physically strong for the sake of your children. Here are some tips on how to take care of yourself during times like these:

<https://store.samhsa.gov/system/files/sma14-4885.pdf>