



School Newsletter



Sharing Hope in the Darkness

We are all on edge because of the coronavirus. Our daily lives have been disrupted, we aren't sure what tomorrow may bring, and for many of us the nonstop news and social media coverage isn't helping.

Experts say that dealing with your own anxiety can be the most powerful way to make sure your kids feel secure. If you or your children are feeling worried, learning how to deal with that anxiety in a healthy way can help the whole family be more resilient, both now and when the pandemic is finally over.

Through our weekly newsletters we hope to provide guidance to you and your family during these uncertain times. We will include resources, tips and strategies for dealing with the unknown and how to maintain a healthy social, emotional and mental state of mind.

3 Self Care Activities

1

EXERCISE

- go for a walk
- ride a bike
- do yoga
- go for a jog

2

RELAX

- watch a movie
- get cozy under a blanket
- stargaze
- listen to the birds

3

GET ARTISTIC

- cook together
- play boardgames
- make a scrapbook
- draw or paint

Food Resources



St. Mary's Episcopal Church
Tuesday 8:30-10:30
(includes baby supplies, such as diapers and formula)

SNAP Benefits



Visit: MyDHR.alabama.gov
Email: SNAP@feedingal.org

Food Stamps



Purchase Online: Alabama food stamp recipients can now buy food online through Amazon

Helping Children Cope With Changes Resulting from Covid-19

- 1) STAY CALM, LISTEN AND OFFER REASSURANCE
- 2) MONITOR TELEVISION VIEWING AND SOCIAL MEDIA
- 3) TAKE TIME TO TALK
- 4) BE HONEST AND ACCURATE
- 5) KEEP EXPLANATIONS AGE APPROPRIATE
- 6) STAY CONNECTED TO SCHOOL
- 7) KNOW THE SYMPTOMS OF COVID-19
- 8) MODEL BASIC HYGIENE AND HEALTHY LIFESTYLE
- 9) BE AWARE OF YOUR CHILDREN'S MENTAL HEALTH



Most children will manage well with the support of parents and other family members, even if showing signs of some anxiety or concerns, such as difficulty sleeping or concentrating. Some children, however, may have risk factors for more intense reactions, including severe anxiety, depression, and suicidal behaviors. Risk factors can include a pre-existing mental health problem, prior traumatic experiences or abuse, family instability, or the loss of a loved one.

*Parents and caregivers should contact a professional (resources listed below) or discuss concerns with your school counselor, if children exhibit significant changes in behavior or any of the following symptoms for more than 2 weeks.

Preschoolers

thumb sucking, bedwetting, clinging to parents, sleep disturbances, loss of appetite, fear of the dark, regression in behavior, and withdrawal

Elementary

irritability, aggressiveness, clinginess, nightmares, school avoidance, poor concentration, and withdrawal from activities

Adolescents

sleeping and eating disturbances, agitation, increase in conflicts, physical complaints, delinquent behavior, and poor concentration



NORTHWEST ALABAMA MENTAL HEALTH: 205-265-3360
 HEALTH CONNECT AMERICA, INC: 205-530-6007
 UTALK (TEXT): 205-328-5465
 CRISIS TEXT LINE: TEXT "SHARE" TO 741741
 IF YOU FEEL IT IS AN EMERGENCY: PLEASE CALL 911