



www.youthfirstinc.org

Dear Parent/Guardian:

My name is Kelsey Weber and I am the Youth First Social Worker at McGary Middle School. Sudden changes in our schedules can be stressful for not only us, but our kids as well. You have been provided a packet from the school corporation so that your child can continue their education. I want to help you decrease anxiety in your house related to the Corona Virus.

- Reassure your child they are safe
- Allow them to talk about their worries
- Limit exposure to news
- Create a routine and structure
- Connect with loved ones through calls, text and internet
- Provide books, games, movies
- There is a Facebook page you can search for "Amazing Educational Resources" that will link you to appropriate free educational opportunities. A few for middle and high schools are:
  - <https://www.nytimes.com/2020/03/12/well/family/coronavirus-school-closings-homeschooling-tweens-teens.html>
  - <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Families are encouraged to stay up-to-date about this situation as we learn more about how to prevent this virus from spreading in our homes and communities. Please visit [youthfirstinc.org](http://youthfirstinc.org) for more resources on strengthening youth and families.

Sincerely,

A handwritten signature in black ink that reads "Kelsey Weber, LSW".

Kelsey Weber, LSW

Youth First Social Worker