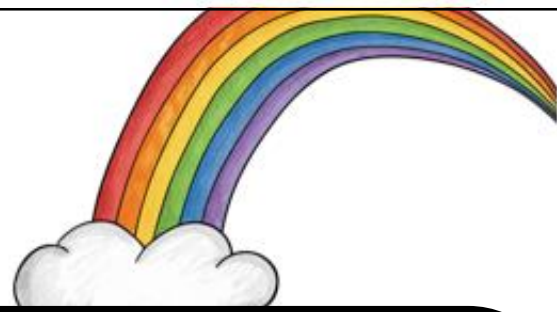


# March Newsletter



Dear St. Dominic Community,

Even if you or your family have not lost someone during the pandemic or experienced illness, I 'm sure you are experiencing changes to your life and routine due to the pandemic. If and when Covid-19 is a thing of the past and masks are something we find in the back of our closets, the mental health effects of a crisis this large will endure.

As we approach the year mark of this season many might find yourself feeling "Is this ever going to end?!" Our children will likely feel the same. As the adults in their lives, please click [here](#) to find a tip sheet from the Child Mind Institute on what to look for.

It is important to remember however that much like a flight attendant reminds us at the beginning of a flight to put the oxygen masks on ourselves first, we must work to stabilize our own mental health in order to protect our children. Please visit the CDC's resources on how to manage stress during a pandemic [here](#).

Please do not hesitate to reach out to me should you have any concerns regarding a student.

Your School Counselor,  
Heather Tullier, MHS, PLPC, NCC

