



# *Immaculate Conception School*

March 30, 2020

Dear Parents,

We know this is a stressful time for everyone in our community and each of us has concerns about the total impact the spread of COVID-19 will have on our lives. In an effort to support our families during this time, we are making you aware of some information and programs which you may find useful to cope with the new challenges we are facing.

Please click on the links below to review recommendations on how to manage the various stressors and to devise strategies to be successful in the new home learning environment.

- [Mental Health & Coping during COVID-19](#)
- [Being Mindful of Your Mental Health during the COVID-19 Outbreak](#)
- [10 Tips for Digital At Home Learning During COVID-19](#)
- If you are feeling overwhelmed with stress, fear & anxiety, call the 24/7 Keeping Calm through COVID Hotline. Trained, compassionate counselors are available to offer support and direct you to mental health & substance abuse counseling services. [#lagov](#) [#lalege](#)  
☎: 1-866-310-7977



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In addition, Second Step and Committee for Children, a non-profit leader in developing social-emotional curriculum, have compiled and made us aware of a list of resources you can use to help your children learn the social-emotional skills they need to get through these challenging events. As this situation evolves, Second Step will provide more support addressing the needs of our students and ways in which we can support them.

Here is a list of free Second Step and Committee for Children Resources for families to use during school closures

- **The K - 5 Second Step Materials:** At various times this school year, your students have been having Second Step Lessons to teach them important lessons which will help them learn skills to be successful in school and grow emotionally and socially. Through June 30, 2020, families can access K-5 lesson media, including **songs, photos, and videos** through the Families tab of SecondStep.org. Your students enjoyed these videos and songs while they were here at school and this would be a way for them to review and learn material at their own pace. You may create an account by using the activation code assigned to your students grade level. The activation code per grade level is as follows:

Kindergarten: **SSPK FAMI LY70**

1st: **SSP1 FAMI LY71**

2nd: **SSP2 FAMI LY72**

3rd: **SSP3 FAMI LY73**

4th: **SSP4 FAMI LY74**

5th: **SSP5 FAMI LY75**

- **The Imagine Neighborhood:** This new podcast for families is designed to help children and grown-ups practice their social-emotional skills. Each episode tells a story that's amazing, fantastical, and maybe a little bananas, while it tackles the big feelings that come with growing up.

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- **Mind Yeti®:** Fifteen mindfulness program sessions are now available for anyone to use, no experience necessary! Designed for families to do alongside children, or for older children to do on their own, Mind Yeti provides a great way for everyone to practice mindfulness during this difficult time.  
Mind Yeti on Vimeo: [English](#) | [Spanish](#)  
Mind Yeti on YouTube: [English](#) | [Spanish](#)  
Mind Yeti Podcast: [RSS Feed](#) | [Spotify](#) | [Stitcher](#)
- **Little Children, Big Challenges:** Committee for Children and Sesame Street have partnered to create a collection of resources for young children facing significant challenges. These materials, aimed at building children's resilience, may be useful for educators and families.
- **Captain Compassion®:** Here, children can find games, comics, and activities they can do on their own, or with their families, to learn about how they can help stop bullying.
- **ParentTeen Connect:** For families with older children, this resource provides an online experience they can share together. It's loaded with videos, resources, and useful advice to help teens and the adults in their lives address hot-button topics.
- **Hot Chocolate Talk:** A resource to help families talk with their children about child sexual abuse. Families may be spending a lot more time together during school closures, which makes this an opportune time to have these difficult but very important conversations.

Please contact me by email, [s.davis@icschargers.org](mailto:s.davis@icschargers.org), if you have any questions about any of the information or programs mentioned above.

Best regards,

Stacey Davis, MA, LPC, NCC  
School Counselor