

March 20, 2020

Dear Parents,

This letter is being sent wishing you the best and giving you words of encouragement as we continue to navigate these uncharted waters. I hope you are beginning to adjust to being at home with your children, working from home and coping with the stresses that come along with the Coronavirus. Everyone at OLV School miss you and your children and send you a message of hope as we continue to stand strong amongst this unknown territory.

I am most proud of how the teachers have been diligent, and creative in trying new ways of delivering education to your children while dealing with their own families. The teachers and I are communicating regularly, they share their daily lessons with me and most impressive and inspiring is witnessing the teachers sharing new online websites with each other. We will continue to hold faculty meetings and other ways of connecting so that we can provide the best educational experience for your children.

As new information is provided by the Diocese of Metuchen, I will send it out to you. All parent letters will be posted on the OLV website and also don't forget to check the Coronavirus webpage for additional information and resources. Here are some practical tips provided by the NASP website:

1. Remain calm and reassuring: Children will react to and follow your verbal and nonverbal reactions, what you say and do about COVID-19, current prevention efforts, and related events can either increase or decrease your children's anxiety, If true, emphasize to your children that they and your family are fine.
2. Make yourself available: Children may need extra attention from you and may want to talk about their concerns, fears, and questions. It is important that they know they have someone who will listen to them; make time for them and Tell them you love them and give them plenty of affection.
3. Monitor television viewing and social media: Limit television viewing or access to information on the Internet and through social media. Try to avoid watching or listening to information that might be upsetting when your children are present. Engage your child in games or other interesting activities instead.
4. Maintain a normal routine to the extent possible: Keep to a regular schedule, as this can be reassuring and promotes physical health. Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.
5. Talk with your child: You know your children best. Let their questions be your guide as to how much information to provide. However, don't avoid giving them the information that health experts identify as critical to ensuring your children's health. Be patient; children and youth do not always talk about their concerns readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. It is very typical for younger children to ask a few questions, return to playing, then come back to ask more questions.

God bless you and keep you safe! Our faith will get us through this and make us stronger!

Sincerely in Christ,  
Cynthia Casciola- Kitts

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