



Dear Parents and Students,

My thoughts are with you as you navigate the rapidly evolving coronavirus situation with your families. I just want to assure you that I am committed to each of you in this time of need. Please do not hesitate to reach out to me either by email t.bonini@frassaticatholic.org or by phone 832-616-3234, regardless of the extenuating circumstances I am here to support you and your students in anyway.

Please use the link below for College Board updates on SAT testing and information

<https://pages.collegeboard.org/natural-disasters>

And due to the rapidly evolving situation around the coronavirus (COVID-19), guidance from public health organizations, and large number of school closures across the country, College Board is postponing the March 25 SAT[®] School Day administration for now. Upon our return Frassati Catholic will reevaluate our calendar and schedules to see if we will be able to adjust and reoffer the SAT[®] School Day administration. As soon as this information is determined we will let you know. The top priority is the health and safety of students.

In addition to school related stress over distant learning the outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people in other ways. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

The Woodlands Behavioral Health and Wellness Center is offering a free support group for parents to come together in a safe place (virtually) and discuss how they are feeling and learn strategies to cope with the anxiety, stress and depression during this situation.

This support group will help with your anxiety of your child's school cancelling due to the coronavirus outbreak, and will support you with your worries about an academic freefall and/or a homeschool free-for-all where you end up playing the homework police all day, every day — while also working from home maybe or just managing all the new social distancing restrictions. Things are intense and you need support and guidance to help you get through. The Woodlands Behavioral Health and Wellness are offering a free support group on Saturday via Zoom to help you connect and get practical solutions that will help you through this difficult time.

Topic: Parent Support Group

Time: Saturday, Mar 21, 2020 01:30 PM Central Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/515349060?pwd=YmVScTdEQXhNUEozdlJxdmVIRmhZZz09>

Meeting ID: 515 349 060

Password: 550721

One tap mobile
,,515349060# US Toll

Dial by your location
US Toll

Meeting ID: 515 349 060
Find your local number: <https://zoom.us/j/515349060>

In addition to this resource please use the resources below if your families are in need of counseling support at this difficult time.

FREE COUNSELING SUPPORT

Ø National Alliance on Mental Illness (NAMI) - Trained counselors assist young people and adults with any emotional difficulty 24/7

PHONE [800-273-8255](tel:800-273-8255)

TEXT 741741

WEBSITE <https://www.nami.org/Find-Support/NAMI-HelpLine#crisis>

Ø Substance Abuse and Mental health Services Administration's (SAMHSA) Disaster Distress- Trained counselors assist young people and adults with any emotional difficulty 24/7

HELPLINE [800-985-5990](tel:800-985-5990)

TEXT 66746

TTY [800-846-8517](tel:800-846-8517)

WEBSITE [Center for Disease Control and Prevention](https://www.cdc.gov/disaster/distress/)

Ø Girls and Boys Town National Support- Trained counselors assist young people and their parents with their problems 24/7

HELPLINE 800) [448-3000](tel:448-3000)

WEBSITE <https://www.boystown.org/hotline/Pages/default.aspx>

RESOURCES:

BRAINPOP Coronavirus video for children: https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/?fbclid=IwAR30WQxB6J_2ye36dRH0_oBc6UHDHEaVTdi029veriu3sT0IIMIuaD7FBFU

National Association of School Psychology: Attached

Child Mind Institute: <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

PBS for Parents: <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Education Week: <https://www.edweek.org/ew/articles/2020/03/03/how-teachers-are-talking-to-students-about.html>

Scholastic K-12 grade level

support: <https://classroommagazines.scholastic.com/support/coronavirus.html>

The Character Tree: <https://characterree.com/my-episodes/#myaccount>

School Counselor World: <https://www.schoolcounselorworld.com/>

Please know you are all in my prayers and please reach out if you need anything.

God Bless,

Tracey Bonini