



École Élémentaire MARTHA CURRIE Elementary School

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April 9, 2020

To the Parents/Guardians of Martha Currie Students,

While our teachers have worked hard to get connections and assignments going with their students and while our support staff have been working tirelessly to prepare for their roles, we want to acknowledge how difficult this new reality has been for so many of our families. Between job insecurity, juggling the school work that students have to do (and, in some cases, the multiple children you are helping), tech issues some of you are experiencing, and, just generally, the overwhelming feeling that can come whenever one enters a new time of life, we know this is not easy. Thus, we want to repeat something we have said before: we are all in this together! This week's update is about you.

Through our classroom teachers, we have received your requests for the supports your family may need. Please know that we (Mr. Samra and Ms. Ladd) will continue to support you any way we can, so please do not hesitate to ask! Here are some thoughts for you:

-Perhaps one of the ways we can help is to send the same message to you that we have sent to our staff: take it slowly and try not to let this overwhelm you. Sometimes that is easier said than done, but please remember that we are not in an educational crisis; we are in a health crisis. The schooling will come as we all get comfortable, but it is important to note that, at this time, it is considered Emergency Remote Learning and is a small portion of the learning that would normally take place.

-When it comes to the work that your children are being asked to do, please try to let them take the lead. Rather than you needing to "be the teacher", we want to empower the students. They will need you more as a guide and support.

-Routines make a big difference:

- limit screen time outside of learning
- schedule exercise
- eat healthy snacks and lunch

-Rather than thinking of all this as 'extra' work, try to have fun in learning and use this as quality time. It's ok to say that you don't understand something. Your job in that case is to help guide your child to the answer.

-Use your resources! We know kids are missing school, their teachers, and their friends. As you try to support the anxiety that goes with that, please know that our staff is here to help. If any of our support staff can help, please do not hesitate to ask. It's also a great idea to touch base with other families and try to get ideas from each other in how to navigate these new waters we are in. If there's anything either of us can do to help, please do not hesitate to ask.

With all that in mind, please know that we miss our students too! We can't wait to get that energy back in the building....one day!

Sincerely,

Bobby Samra and Rachel Ladd
(Principal) (Vice-Principal)

School Counsellors Message

We are thinking of you and your children during this difficult time. We hope this message finds you all safe and healthy, and that you have been able to create some sense of normalcy and self-care rituals during your daily routines. Both of us, Nicole Bolognese and Susan McCuaig, wanted to let you know that we are here to support you and your children.

Please reach out to us if needed. We are available through our District email:

Nicole Bolognese: bolognese_n@surreyschools.ca

Susan McCuaig: mccuaig_s@surreyschools.ca

Resources for Families:

Given our current circumstances, some families are experiencing great stress; mental health is of utmost concern. We recommend that families review the "Keeping Healthy" tab at: www.openschool.bc.ca/keeplearning/

For immediate community support, please note the following resources:

Family Doctors/Walk-In Clinics

For walk-in clinics, please check: www.medimaps.ca

Moving Forward Family Services

Free telephone support to anyone who may be struggling emotionally while in self-isolation.

Phone: 778-321-3054 Email: counsellor@movingforwardfamilyservices.com

Website: www.mffs.ca

- BC COVID-19 Mental Health Network provides free counselling for children and families who are struggling with challenges related to Covid-19. To inquire about an appointment please, email: bccovidtherapists@gmail.com for further information
- This is a short video created by Lisa Dion (Founder, President, Lead Instructor of Synergy Play Therapy) that gives parents some guidelines about how to talk to their kids about Covid19
- : https://vimeo.com/397701387?utm_source=Synergetic+Play+Therapy+Community+Conversations&utm_campaign=3190142e51-EMAIL_CAMPAIGN_2020_01_13_12_47_COPY_01&utm_medium=email&utm_term=0_c2693e8f08-3190142e51-269964845&mc_cid=3190142e51&mc_eid=3cc2f71cd8
- Free Parent Helpline: 778-782-3548
- KIDS: KidsHelpPhone.ca //1-800- 668- 6868 or text CONNECT to 686868
- ADULTS: CrisisCentreChat.ca // 604-872-3311

Please remember to be gentle with yourselves as we navigate this time of uncertainty – we are in this together!

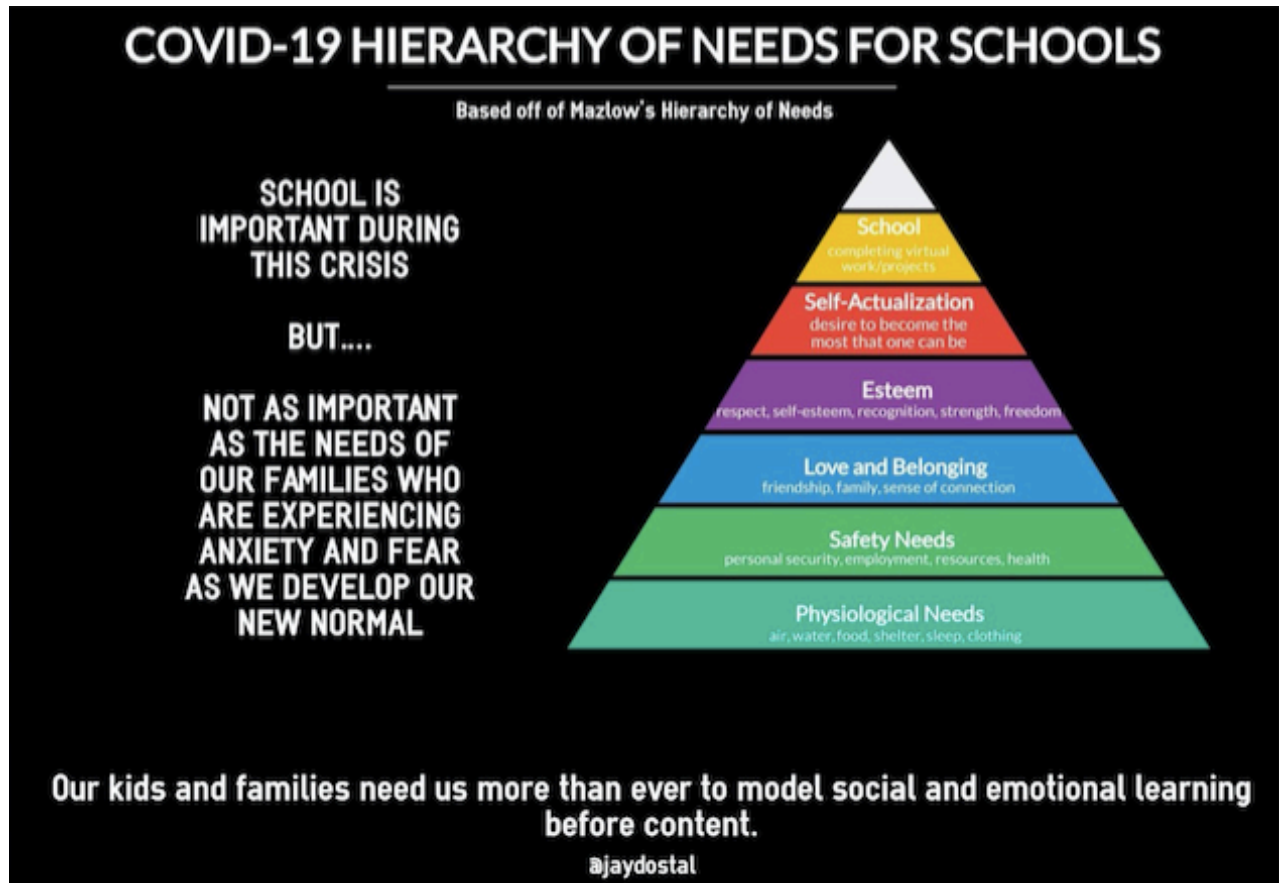
Take good care,

Nicole Bolognese and Susan McCuaig

École Martha Currie Elementary School Counsellors.

Please be sure to read all three pages this week.

To keep everything in perspective, we offer you this pyramid of needs during this time.



In case some of the words are hard to read, here they are:

SCHOOL (completing virtual work/projects)

SELF-ACTUALIZATION (desire to become the most that one can be)

ESTEEM (respect, self-esteem, recognition, strength, freedom)

LOVE & BELONGING (relationship, family, sense of connection)

SAFETY NEEDS (personal security, employment, resources, health)

PHYSIOLOGICAL NEEDS (air, water, food, shelter, sleep, clothing)