

Hello PES Families, This is Mr. Moore, your School Counselor. I wanted to reach out with a message for PES Students and then a message for Parents/Guardians.

Hello Boys & Girls, It is Mr. Moore Your School Counselor. Stan, Shirley & I wanted to reach out to let you know we have been thinking about you and to remind you to use some of the skills we learned during our Counseling Lessons.



During this time, You might be having some Uncomfortable Feelings (Confused, Scared, Worried, Frustrated, Anger). Remember, Uncomfortable Feelings are Normal. We just need to express these feeling in appropriate ways.

“Empty Your Cup” by talking about these Uncomfortable Feelings with a Trusted Adult. Use an “I Feel Message” (“I feel... When...”) to express those Uncomfortable Feelings. For example, “I Feel frustrated, When I cannot get together with my friends.”



Also, remember that we can change those Uncomfortable Feelings by changing our Thoughts & Behaviors. **Change Your Thoughts** by focusing on something that will make you Happy or Relaxed (think of Sponge Bob Square Pants or being at the Ocean).



Change those Uncomfortable Feeling by **Changing Your Behavior**. Practice Breathing Exercises: “Smell the Flower, Blow Out the Candle.” Relax your Muscles by squeezing a stress ball and then relaxing. Remember to follow up the Muscle Relaxation with a Deep Breath.

Here are some other activities that may change those Uncomfortable Feelings: Putting together a Jigsaw Puzzle, Reading a Book, Writing a Letter or Making a Card to send to a Relative, Playing a Board Game, Listening to Music, Talking with Friends by Phone, Sitting Quietly (meditating or praying).

Check out this Guided Imagery Video: https://www.youtube.com/watch?v=V1-0JJw_IQ

The most important thing to remember is to be Gentle with Yourself. We will all get through this. Remember what my friend Mr. Rogers said, “Look for the Helpers. You will always Find People who are helping.”

Take Care!

Mr. Moore, Your School Counselor

To Parents/Guardian(s):

I hope that everyone is healthy and doing well. During this time, it is important to take care of yourself. Ask your child to teach you some of the stress reduction techniques mentioned above. Below you will find some tips for helping your child during this time and contact information for counseling services.

If you would need to contact me, please feel free to send me an email or a voice message to my PES contact information. I am available for consultation by phone and we can schedule a time to talk. Also, check my "Teacher Page" on the PES website. I will be adding information to the "Class Handouts" tab. Information is also available on the SGASD Website under the "Safety" tab, under "Corona Virus".

Take Care of Yourself and Each Other!
Mr. Moore

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The Pennsylvania Department of Human Services has developed a **Mental Health/Warmline** in conjunction with the Center for Community Resources. This 24/7 mental health and crisis support line is for people dealing with anxiety or other difficult emotions. Callers will be able to speak with staff who are trained in trauma-informed principles and will listen, assess the person's needs, triage, and refer to other local supports and professionals as needed. **The toll-free, round-the-clock support line is officially operational. The number to call is 1-855-284-2494. For TTY, dial 724-631-5600.**

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Crisis Intervention Services are available through **TrueNorth at the Hanover Hospital** and **WellSpan through the York Hospital**. There contact numbers are:

TrueNorth Crisis Intervention: 717-632-4900

<http://www.truenorthwellness.org/covid-19-updates/>

WellSpan Crisis Intervention: 851-5320 or 1-800-673-2496.

<https://www.wellspan.org/coronavirus/maintaining-good-mental-health/>

Many other resources also remain available to Pennsylvanians in need of support, including:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Nacional de Prevención del Suicidio: 1-888-628-9454
- Crisis Text Line: Text "PA" to 741-741
- Veteran Crisis Line: 1-800-273-TALK (8255)
- Disaster Distress Helpline: 1-800-985-5990
- Get Help Now Hotline (for substance use disorders): 1-800-662-4357
- Pennsylvania Sexual Assault Helpline – 1-888-772-7227
- National Domestic Violence Helpline – 1-800-799-7233

DEALING WITH COVID-19: TIPS FOR PARENTS

STAY CALM, LISTEN, AND OFFER REASSURANCE

- **Be a role model.** Children will react to and follow your reactions. They learn from your example.
- **Be aware of how you talk about COVID-19.** Your discussion about COVID-19 can increase or decrease your child's fear. If true, remind your child that your family is healthy, and you are going to do everything within your power to keep loved ones safe and well. Carefully listen or have them draw or write out their thoughts and feelings and respond with truth and reassurance.
- **Explain social distancing.** Children probably don't fully understand why parents/guardians aren't allowing them to be with friends. Tell your child that your family is following the guidelines of the Centers for Disease Control and Prevention (CDC), which include social distancing. Social distancing means staying away from others until the risk of contracting COVID-19 is under control. Showing older children the "flatten the curve" charts will help them grasp the significance of social distancing. Explain that while we don't know how long it will take to "flatten the curve" to reduce the number of those infected, we do know that this is a critical time—we must follow the guidelines of health experts to do our part.
- **Demonstrate deep breathing.** Deep breathing is a valuable tool for calming the nervous system. Do breathing exercises with your children.
- **Focus on the positive.** Celebrate having more time to spend as a family. Make it as fun as possible. Do family projects. Organize belongings, create masterpieces. Sing, laugh, and go outside, if possible, to connect with nature and get needed exercise. Allow older children to connect with their friends virtually.
- **Establish and maintain a daily routine.** Keeping a regular schedule provides a sense of control, predictability, calm, and well-being. It also helps children and other family members respect others' need for quiet or uninterrupted time and when they can connect with friends virtually.
- **Identify projects that might help others.** This could include: writing letters to the neighbors or others who might be stuck at home alone or to healthcare workers; sending positive messages over social media; or reading a favorite children's book on a social media platform for younger children to hear.
- **Offer lots of love and affection.**

MONITOR TELEVISION VIEWING AND SOCIAL MEDIA

- Parents/guardians should monitor television, internet, and social media viewing—both for themselves and their children. Watching continual updates on COVID-19 may increase fear and anxiety. Developmentally inappropriate information, or information designed for adults, can also cause anxiety or confusion, particularly in young children.
- **Dispel rumors and inaccurate information.** Explain to your child that many stories about COVID-19 on the internet may include rumors and inaccurate information. Older children, in particular, may be accessing a great deal of information online and from friends that contains inaccuracies. Talk to your child about factual disease information.
- **Provide alternatives.** Engage your child in games or other exciting activities instead.

TAKE TIME TO TALK

- **Let your children's questions guide you.** Answer their questions truthfully, but don't offer unnecessary details or facts. Don't avoid giving them the information that experts indicate as crucial to your children's well-being. Often, children and youth do not talk about their concerns because they are confused or don't want to worry loved ones. Younger children absorb scary information in waves. They ask questions, listen, play, and then repeat the cycle. Children always feel empowered if they can control some aspects of their life. A sense of control reduces fear.

BE HONEST AND ACCURATE

- **Correct misinformation.** Children often imagine situations worse than reality; therefore, offering developmentally appropriate facts can reduce fears.
- **Explain simple safety steps.** Tell your child this disease spreads between people who are in close contact with one another, when an infected person coughs or sneezes, or when one touches infected objects or surfaces.
- **Stay up-to-date on the facts.** Go to <https://www.cdc.gov/coronavirus/2019-ncov/index.html> for additional factual information.

KEEP EXPLANATIONS AGE-APPROPRIATE

- **Early elementary school children.** Provide brief, simple information that balances COVID-19 facts with appropriate reassurances that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps people make every day to stop germs and stay healthy, such as hand washing.

