

Dear CMS families,

As the coronavirus continues to raise anxiety within our community, we'd like to equip parents and staff with student centered resources to help explain what the coronavirus is. Learning the facts can help ease you and your child's mind.

It is important to remember that children often turn towards adults for guidance on how to react and cope with stressful events. Children's anxiety may rise when they sense adults who seem overly worried. It's helpful to reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy.

"Children need factual, age appropriate information about the potential seriousness of disease risk and concrete instruction about how to avoid infections and spread of disease. Teaching children positive preventative measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety."—The National Association of School Psychologists

The following resources have been created for parents and staff to help explain COVID-19 in an easy to understand, practical manner:

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

[Just for Kids: A Comic Exploring The New Coronavirus](#)

[Coronavirus – BrainPOP Learning Experiences](#)

[Handwashing: Clean Hands Save Lives](#)

We appreciate your continued support in helping us to instill healthy habits at home and in school by washing hands, coughing into elbows, and staying home when sick.