



# COTTING SCHOOL

*A tradition of innovation and excellence since 1893*

## **Talking with Students About Coronavirus: A Guide for Cotting School Parents**

*Explaining why we need to take a break from going off-campus, such as out to Project Bridges and on Community Trips\**

1. Lots of people are talking about coronavirus. Very few people are sick with coronavirus.
2. Parents and teachers are working as hard as they can to keep you safe.
3. We are following the directions of the medical professionals who know the most about keeping all of us safe.
4. Right now, they are telling us that we should take a break from going out to Project Bridges and on Community Trips.
5. We will continue to work together to keep ourselves and others safe by staying home when we are sick, washing our hands, and covering our sneezes and coughs.
6. We will let you and your families know when there is any new information to share.
7. If you have questions or worries, who can you talk to? (parents, teachers, therapists, nurses, mental health team, administrators, like Ms. Macari, Ms. Costa, Ms. Buckley)

*Addressing and managing student anxiety\**

1. Lots of people are still talking about coronavirus. What have you heard? (This is an opportunity to correct any misinformation) How do you feel? (If worried, reassurance that this is normal – lots of people are worried) What strategies can you use when you are worried?
2. If you have questions or worries, who can you talk to? (parents, teachers, therapists, nurses, mental health team, administrators, like Ms. Macari, Ms. Costa, Ms. Buckley)
3. Very few people are sick with coronavirus.
4. No one is to blame for the coronavirus. It's nobody's fault. It's not caused by any one group of people.

5. Adults are working as hard as they can to keep you safe – parents, teachers, doctors, people in the government.
6. We follow the directions of the doctors/professionals who know the most about keeping all of us safe.
7. We can all help to keep ourselves and others safe by staying home when we are sick, washing hands and covering our sneezes and coughs.

*Reference and additional resource:*

[https://www.nasponline.org/assets/Documents/Resources%20and%20Publications/Resources/Crisis/COVID-19\\_parent\\_handout\\_NASP\\_NASN\\_2-20\\_FINAL.pdf](https://www.nasponline.org/assets/Documents/Resources%20and%20Publications/Resources/Crisis/COVID-19_parent_handout_NASP_NASN_2-20_FINAL.pdf)

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[www.cotting.org](http://www.cotting.org)

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