

March 19, 2020

Dear SAU 70 School Community,

As we navigate the challenges of COVID-19 and the changes in our school and family routines, the K-12 district counselors felt it was important to collectively reach out to all parents and caretakers to show support and solidarity. It is our goal to provide remote school counseling services that are developmentally appropriate, responsive, collaborative, and accessible. School counselors serve as leaders who provide advocacy, facilitate communication, and identify needs and plans for academics, future planning, and social-emotional support. We are working in concert with teachers, ed assistants, learning specialists, and administrators to provide community connections and support.

School counselors are available on a daily basis for individual student support and will focus on student connections during this time of “social distancing”. Because of the necessity to work from home, school counselors would appreciate email correspondence that includes call back information. Some counselors will make online scheduling meeting tools available for students and families, and we are working hard this week to familiarize ourselves with online meeting tools such as Zoom. More details to come from leaders at each school.

As the COVID-19 situation seems to be evolving on a daily basis and uncertainty remains about the severity and duration, it is reasonable to expect increased worry and anxiety, boredom, loneliness, and fear. In turn, we hope that we can partner with you to help students focus on healthy habits and choose activities that provide balance and happiness. Moreover, counselors would like to collaborate with parents in talking to students about the coronavirus and school counseling needs related to it. This particular [article](#) from Child Mind Institute has a short video that has good advice and some basic talking points that are grounded in research.

We also recognize that remote learning is a “new frontier” for many students (it’s new for many of our counselors as a platform for counseling too!). We hope that students may experience some sense of comfort with the routine of school returning next week, even if it is not in the traditional classroom format. It is reasonable to expect a “learning curve” with our adjusted learning platforms, so please do not hesitate to reach out if there is anything we can do to facilitate your child’s transition.

We look forward to connecting with members of the school community in the coming weeks. Please do not hesitate to reach out to the counseling staff for any questions or requests for support, especially as physical/mental health and financial situations change in families. Be well!

Sincerely,

SAU 70 K-12 Counselors