

Newsletter from the School Counselor



April 9, 2020

Hello Families,

As Spring Break begins, it will be unlike any other one that we have experienced. Trips that were planned, special meals with extended family and friends, community traditions, and so much more have been cancelled. It is extremely difficult to attempt to not worry about the loss of these things and wonder when things will return to “normal”. As we try to wrap our heads around these things, so too are our children.

I have included a few things in this newsletter to assist families in dealing with this new Spring Break. First, there is an article from the New York Times about how to talk with kids when things are cancelled provides a structure for the discussion. Second, a story written by a beloved author to address worrying and which suggests some coping strategies. Finally, a list of family games that can be played virtually with extended family and friends that will provide laughter in place of hugs this year.

Though it can be hard, now may be the time to start a new family tradition. Have an Egg Hunt at night with glow sticks inside of the plastic eggs. Have your children create a scavenger hunt where the PARENTS have to find the “surprise”. Have a Karaoke battle with Spring themed songs (Here Comes the Sun, Walking on Sunshine, Itsy Bitsy Spider, etc.). Ask for the recipe that another family/friend always brings to gatherings and instead, you and your child make it. I am sure you and your children can think of so many more!

As change always is, this is hard. But, maybe, WE can be the butterflies this spring who turn a tragic situation into a beautiful set of memories.

I wish your family a healthy and sunshine-filled Spring Break.

Best wishes,

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At the conclusion of Spring Break, I will return to being available during regular school hours.

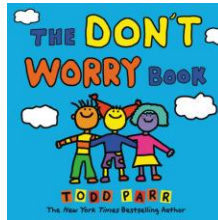
Activity of the Week

As time passes these next few weeks, you may experience your child worrying. They can be worrying about the thunderstorms we've been having, or how much things have changed, or the uncertainty of the next few months. Letting your child talk about their worries and giving them tools for what they can do when they are worrying is a skill that will help them for a lifetime.

Questions you can ask:

- Do you ever have worries?
- What do you worry about?
- How does your body feel when you are worried?
- What helps you when you feel worried?
- Who helps you when you are worried?

Activity:



Listen to Todd Parr read his book. [The Don't Worry Book read by Todd Parr](#)

Children of all ages love his bright, colorful drawings and sense of humor!

Have your child create their own book about what they could do or what helps them when they get worried.

- **Primary:** Have your child dictate what they would like to write and they draw/paint/sketch the pictures for each page.
- **Intermediate:** they can include a letter to themselves about how they feel when they are calm (feel, look, what they think about, etc.) to help them remember the worry is temporary.
- **Both:** Find a rock or stone that fits inside a pocket. Paint the rock with encouraging words or calming colors. Allow your child to carry it in their pocket when they worry or keep in a space they can go to touch it when they begin to worry.

Social-Emotional Resources

- During this Spring Break, many families may have activities that have been traditions or things they were looking forward to. Read this article about how to support your child. [Helping Kids When Events Are Cancelled](#)
- Getting outside does great things for the body and mind. The Columbus Metro Parks have activities and trails that let families bond, get fresh air, and have fun. [Metro Parks Exploring](#)
- During Spring Break your child may feel isolated from family that you normally see. Here are some ideas of what family members from around the country can do together through virtual sites. [Family Games for Families to Do During Virtual Visits](#)

Academic Resources

- Columbus Metropolitan Library is offering FREE homework help through a Live Chat. Here is the information. [Live Homework Help from Columbus Metropolitan Library](#)
- Having trouble logging into your child's Virtual Accounts from Columbus City Schools? Here are all of the directions and ways to log in. [CCS Virtual Academy Log In Information](#)
- Does your child love science? COSI has virtual experiments and ideas. [COSI Activities](#)

General Family Resources

- Columbus City Schools is providing breakfast and lunch through Spring Break. Please see the specific information here. [Columbus City Spring Break Breakfast and Lunch Schedule](#)
- COTA has waived fares during this time so people have access to necessary transport.
- If your family needs internet access, [Spectrum Internet is offering 60 free days to families.](#)
- If your job has been impacted due to the coronavirus, you may be eligible to receive unemployment benefits. [More information can be found here.](#)
- For resources for assistance with food, utilities, mental health support, etc., please look here [COVID-19 Resources for Franklin County Residents.pdf](#)