



HAPPY VALLEY ELEMENTARY

3291 Happy Valley Road, Victoria, B.C. V9C 2W3

Phone: 250-478-3232 Fax: 250-391-9624

Principal: Mrs. Karen Sjerven

Vice-Principal: Mrs. Krista Leakey

A message from your District Elementary Counselling Team:

April 3, 2020

Dear Parents, Guardians and Students,

Please know that we are thinking of you at this very unusual, challenging time and are working hard to identify strategies for support and effective platforms for continued communication with you and your kids. We are here to help.

We realize that many of you are facing numerous challenges due to the Covid-19 Pandemic. In addition to having your routines disrupted, possible confinement to your homes and the ongoing uncertainty about the immediate future, resulting in questions regarding your child's social, academic and emotional health. There are also many families dealing with health issues and financial worries. This can all create significant emotional distress for you and your kids.

As these ever-changing days can give rise to a variety of emotions, we would encourage you to limit your child's exposure to the news and to develop simple (and fun) routines for everyone. This can help kids to feel a sense of safety, stability and comfort.

Here are some links with some helpful suggestions. Of course, each of your home situations are unique so please adapt and create a new "normal" that fits best for you and your families.

<http://www.bcchildrens.ca/about/news-stories/stories/talking-to-children-about-covid-19-2>

<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/mental-well-being-information-resources.pdf>

We will also be posting a list of community resources throughout next week.

In the interim, please email your school counselor, classroom teacher or principal if you have any questions, are interested in additional resources or would like to connect. We are in this together and miss seeing your kids!

We appreciate your patience as we work as quickly as possible in getting back to you.

Thank you,

Laura Schaefer lschaefer@sd62.bc.ca