



Wilton-Lyndeborough Cooperative Middle School~High School
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School Counseling Department

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Dear WLC Families,

This is certainly a difficult time for all of us. We are going to do our best to continue to provide assistance and counseling to your children during this period of remote learning. As always, students and parents are welcome to reach out to us counselors at any time through email. The WLC high school counselor is Mrs. Kovaliv and she can be reached via email: a.kovaliv@sau63.org. Ms. Goggin, the middle school counselor, can be contacted via her email: a.goggin@sau63.org.

For students with 504 plans, please be aware that all teachers will continue to follow the appropriate accommodations. Feel free to contact your student's individual teacher or counselor with any questions or concerns.

The American School Counselor Association (ASCA) has developed some recommendations. [Here you'll find a number of resources](#) for talking to your children about the virus.

It is very important to remember that children look to adults for guidance on how to react to stressful events. If parents seem overly worried, children's anxiety may rise. Parents should reassure children that health and school officials are working hard to ensure that people throughout the country stay healthy. Here are some suggestions and recommendations from the American School Counselors Association on how to help your children and family deal with this current health issue.

Remember to limit children's access to media and news reports. Children may misinterpret what they hear and can be frightened about something they do not understand.

- To help manage anxiety and stress keep to some sort of routine. Create a schedule for learning activities and for relaxing and fun activities as well.
- Provide calming resources
- Remember to take care of yourself, model structure, and a balanced routine. Take breaks, get plenty of sleep, exercise, eat well, play and have fun. Children react, in part, on what they see from adults around them. When parents and caregivers deal with a crisis calmly and confidently, **they provide the best support for their children.**

Remember we are always here for you, despite our social distance.

Please know that we will miss them each day we are not in school. We will do our best to stay connected to them and to keep them connected to WLC.

Take care and stay healthy.

Sincerely,

Amanda J. Kovaliv, School Counseling Coordinator
Ashley Goggin, Middle School Counselor