



Your Wellness Matters

Ongoing Support for Our Students and Families

Paula Dest, School Psychologist
Maura Viens, School Social Worker

Dear Barkhamsted Community,

During these uncertain times, it is important to make sure your children feel safe and protected at home. Please know that we are here to support our Barkhamsted community - students, parents and staff - as we manage our feelings about COVID-19 and the changes it brings to our everyday lives. During this time, we are here to offer you and your children ongoing support. Working together with your children will allow the opportunity to help them find constructive ways to manage their feelings about the sudden changes they are experiencing in their daily routines, social connections, and school work expectations.

You can expect the following information from us over the next few weeks to assist you and your children:

- A “How to Talk with Your Children About COVID-19” guide
- Calming strategies to use when coaching kids through big emotions
- Tips and tools for managing negative, anxious thoughts
- Mindfulness techniques
- Calming crafts
- Read alouds and book recommendations that address topics around feelings and worries

Should you need something more specific, please feel free to contact us directly. We are available for teletherapy sessions via Google Meet or Zoom on student’s chromebooks. If you are interested in scheduling a time to connect, please email us directly (pdest@barkhamstedschool.org or mviens@barkhamstedschool.org).

Warmly,

Paula Dest, School Psychologist
Maura Viens, School Social Worker