

## School Dismissal and Mental Health Statement

Parents,

We are all experiencing an unprecedented situation for public school and our entire community. When faced with unique situations like this, many of our children will experience some anxiety and fear. This reaction is normal.

Because your children will not be attending school until, at least, March 30<sup>th</sup>, it is important to talk to them and give them explanations of why this is happening. These conversations need to be customized to the age of your child, so please consider the age ranges of your own children and maybe speak to them separately.

Below are some things to consider:

- Be calm in front of your children.
  - Your emotions will guide theirs.
  - Do not share your fears with your children, but do not overly minimize the seriousness of the situation.
- Accurate and developmentally appropriate information helps reduce fear.
  - The most current information for our state and district is found at the following websites:
    - <https://coronavirus.utah.gov/>
    - <https://www.graniteschools.org/>
- Tell them how they can reduce the chances of getting the virus.
- Tell them that if they happen to get the virus, they are likely to experience symptoms like the cold or flu.
- The school dismissal is to prevent the spread of this illness and for the health of them and our community.
  - It is not because they have been exposed or are necessarily at high risk of exposure.
- The school dismissal is temporary, and they will return to school when the risk of spreading the virus has been reduced.
- Find ways to meaningfully fill their time during school dismissal.
  - Support them in completing the activities and assignments provided by their teachers.
  - While screen time is not all bad, it should be allowed in moderation.
  - Unless they have been put in isolation or quarantine, encourage them to go outside and be active (maintaining social distance and other precautions).
  - Encourage other appropriate activities that will stimulate and occupy them.
  - Limit access to media reports, especially for younger children who may not fully understand what is being reported.

If your child is experiencing an unusual amount of anxiety or distress, please reassure them and access the family and community supports that are available. Also, school psychologists, school social workers, and school counselors will be working throughout the school dismissal period and will be able to consult by phone. Contact your school's main office to access them.

Sincerely,

Granite School District

School Psychologists, School Social Workers, and Secondary Counselors

## COMMUNITY RESOURCES

### **INTERNET ACCESS** to Support Learning and School Communication

As the country deals with the effects of the Coronavirus (COVID-19), Comcast is taking immediate steps to help connect more low-income families to the Internet at home. Effective Monday, March 16, 2020, new Internet Essentials customers will receive two free months of Internet service. We are also increasing the speed of the program to 25 Mbps downloads, and 3 Mbps uploads for all new and existing customers.

After your first two free months expire, you can either cancel the service (which you can do at any time) or keep it as a regular paying Internet Essentials customer. You will receive an easy to use self-install-kit that includes a cable modem (to receive service at your home) with a WiFi router (to connect your devices without wires). There is no term contract or credit check and no shipping fee for equipment. (<https://www.internetessentials.com/covid19>)

### **STAYING HEALTHY**

Health Resource Line: 888-222-2542

If you HAVE health insurance and can't afford a doctor's visit you may access services at the following locations:

Ellis Ship4535 South 5600 West801-676-4405

Oquirrh View4745 South 3200 West801-964-6214

If you DO NOT have health insurance please contact the following:

CHIP 855-899-4325

Medicaid 801-538-6155

### **FOOD PANTRIES**

If your family is in need of food, please contact one of the following or go to 211utah.org for additional resources:

Magna FACT9069 West 2700 South801-890-0251

Redwood Food and Resource Center3100 South Redwood Rd801-972-6661

Granger Community Christian Church3232 West 4100 South 801-968-3301

### **UTILITIES**

If you need assistance paying your utility bills you may contact one of the following or go to 211utah.org for additional resources:

HEAT (Home Energy Assistance Target)801-521-6107

Dominion Energy800-323-5517

Rocky Mountain Power888-221-7070

**MENTAL HEALTH**



SafeUT app  
Services 385-468-4500

UNI Crisis Line 801-587-3000SL County Youth



**Howard R. Driggs Elementary Counseling Center**

Dear Parents/Guardians,

Due to the sudden school dismissal, we understand that many students who receive support from our school's counseling center will no longer be able to receive these supports face-to-face. To mediate these concerns, we have included lists of apps and resources many families find helpful for addressing various needs. At this time, we will also remain available via phone and email during normal school hours. If you are faced with a mental health related emergency, please call 911.

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School Psychologist

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Laura Rogers, LCSW

School Social Worker

385-646-2349

[lkessel@graniteschools.org](mailto:lkessel@graniteschools.org)

<p>Calm:</p> 	<p>Headspace:</p> 	<p>Stop, Breathe &amp; Think Kids:</p> 	<p>Mindful Powers:</p> 	<p>Smiling Minds:</p> 
<p>Insight Timer:</p> 	<p>The Mindfulness App:</p> 	<p>Mind Body Connect:</p> 	<p>Breathe, Think, Do with Sesame Street:</p> 	<p>Stop, Breathe &amp; Think:</p> 