

Dear School Lane Charter School Families,

The School Lane Charter School Counseling department understands that the outbreak of coronavirus disease 2019 (COVID-19) can be stressful for you and your children. Although our building is closed we want you to know the counseling department is available to you and your children.

First we would like to share information from the CDC. The CDC has many resources available about managing anxiety and stress during this difficult time. Click [here](#) for more information.

Not all children and teens respond to stress in the same way. Some common changes to watch for include

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

There are many things you can do to support your child

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Below are some additional resources. If you need additional support, please reach out to your child's school counselor.

Additionally, our school social worker is available to work with families who are facing financial hardships due to the pandemic. If you need help finding help in the areas of food security, utility assistance or rent/mortgage assistance, please also reach out.

Thank you,

School Lane Charter School Counseling Department, IB Campus

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Here are some additional resources:

[CDC Helping Children Cope in English](#)

[CDC Helping Children Cope in Spanish](#)

[Resources in Bucks County](#)

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

[Teen line](#): Text Teen to 839863

Campaign Against Living Miserably (CALM): Visit www.thecalmzone.net

Crisis Text Line: Visit www.crisistextline.org/ or Text "START" to 741-741