



Oakland-Craig Public Schools

309 N. Davis Avenue
Oakland, NE 68045-0105
www.ocknights.org

Elementary School
Phone: 402-685-5631
Fax: 402-685-5697

Junior-Senior High & Business Office
Phone: 402-685-5661

“Home of the Oakland-Craig Knights”

Dear Oakland-Craig Families,

March 11, 2020

The current global situation may seem like it is far away. You may feel like it is knocking at your door. Everyone processes information differently and you or your child(ren) may have great concern about COVID-19. It is our hope that all of our families will stay safe and healthy. There is a lot of information regarding physical things you can do to prevent the spread of illness, and I hope you will make yourselves familiar and practice those suggestions habitually. However, we want to address the good mental health practices that you should become familiar with during these unprecedented times.

With the amount of information that is constantly available regarding COVID-19, it may be a good practice to limit the times and amounts in which you are exposed. It is important to keep up to date on the current threat to your area, business and organization closings, and updates regarding preventative and healing practices. Practice watching or checking online updates at designated times for limited durations.

Children and adults may become overwhelmed if they become obsessed with something they are not able to control. Watch and discuss global happenings away from young children. Have deliberate and calm conversations with them about changes in their routine. You can model emotional management to your children by calmly sharing your feelings with them about what is going on and asking about how it is making them feel. Drawing and journaling are great activities you can use to help your children process their feelings about what is happening.

Mental health awareness is important all of the time. There are things you and your child(ren) can do to practice good mental health. See the attached flyers. If you or your child(ren) start experiencing extreme worry, anxiety, fear, depression, or hopelessness, you may contact us to set up a zoom or facetime meeting. It may be suggested to contact a mental health professional depending on the severity of the situation.

We know our students and community are resilient and we are problem solvers. We have never had to react to an event such as the current situation, but with adversity there is change. Look for the helpers and find the good. Be a part of the solution.

Sincerely,

Annie Magnusson
School Counselor
amagnusson@ocknights.org
Cell #: 402-416-0316

Samantha Bayer
School Psychologist
sbayer@ocknights.org
Cell #: 402-750-6490