

Hello Montessori Families!

As we enter into this uncertain and changing time, I first wanted to take a moment to share my gratitude for all of you. We all are doing the very best we can with the circumstances we're facing. I continue to see time and again the generosity and compassion that make us so wonderfully human. Above all else, I want to invite you to take care of yourself and your families; take a walk in the fresh air, color, listen to uplifting music, do a mindfulness practice, make a craft, the possibilities abound. Let that be your starting point as we move through this.

The district as a whole and your child's classroom teacher will continue to be great sources of information. With that in mind, I simply want to offer some supplemental support and resources as we all work together for the health, safety, and wellbeing of our kids and community. I have listed a few website links below that may be useful for you specifically as an adult of one of our Montessori students. The intention is to share more information with all of you at a later time as it becomes available during this school closing, I just don't want to inundate and overwhelm anyone right out of the gate! So for now, take and use what you need and don't hesitate to follow up with me.

- For updates from ECASD, visit the COVID-19 and At Home Learning webpages
 - <http://www.ecasd.us/District/Departments/Teaching-and-Learning/Student-Services/COVID-19>
 - <https://www.ecasd.us/District/At-Home-Learning>
- Tips and suggestions for coping with stress during an infectious disease outbreak
 - <https://store.samhsa.gov/system/files/sma14-4885.pdf>
- How to talk to children about the Coronavirus
 - <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

If you have any questions, concerns, or are in need of essential items (food, clothing, household supplies, etc.) please don't hesitate in reaching out. I am available by email and phone call during this school closure and will do my very best to respond within 24 hours.

Be well,

Amanda Davis, School Counselor

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