

BETHEL GROVE ELEMENTARY SCHOOL
2459 Arlington Avenue
Memphis, Tennessee 38114
Dr. Audrean Bond-Jones, Principal

Dear Parents,

First, I want you to know that I miss your child or children so very much. As we face this virus together, here is some valuable information from www.napoline.org. that I wish to share with you.

STAY CALM, LISTEN AND OFFER REASSURANCE

- ✚ Be a role model-- Children will react to and follow your reaction
- ✚ Be aware of how you talk about COVID-19-- Your discussion can increase or decrease your child's fear
- ✚ Explain social distance - -- Children may not understand why they cannot be with friends
- ✚ Deep Breathing is a valuable tool for calming the nervous system. Do breathing with your child or children
- ✚ Focus on the Positive--- Celebrate having more time to spend as a family. Make it fun. Do family projects. Sing, laugh, and go outside daily if possible
- ✚ Establish and maintain a daily routine--- Keeping a regular schedule provides a sense of control, predictability, calm and well being
- ✚ OFFER LOTS OF LOVE AND AFFECTION

Even though I am not at school, you may contact me by leaving a message on the number listed below. I will be checking my messages daily.

Stay well and see you soon.

Sincerely,

Pearl Bradley

School Counselor

901-416-1732

