



Chardon Cares: Weekly Newsletter
Week 1

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We're so glad you're here!

We hope this newsletter will be helpful in bringing you resources, tips, tools and support for you and your family!



by [Christine Haught, LISW](#) and [Pam Bertaud, ATR-BC, LPC](#) on March 18, 2020

We know this can be a scary and overwhelming time for parents, students and teachers alike, but we want you to know we are here for you! Whether you have questions on how to talk with your student(s) or are feeling restless from being cooped up in the house we want to offer some ideas and support for our time away from school.

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THIS WEEK'S FOCUS:

Coronavirus Q&A for Children/Teens/Parents
Support Circles
Activities for Students & Families
Yoga



Questions About Coronavirus:

Below are excellent resources on how to help answer questions that your child may have about Coronavirus:

[Questions about Coronavirus and What you can do if you feel worried from Counselor Keri Resource](#)

[Parent Handout for Supporting Kids from Counselor Keri](#)

[CDC Facts and Talking with Children](#)

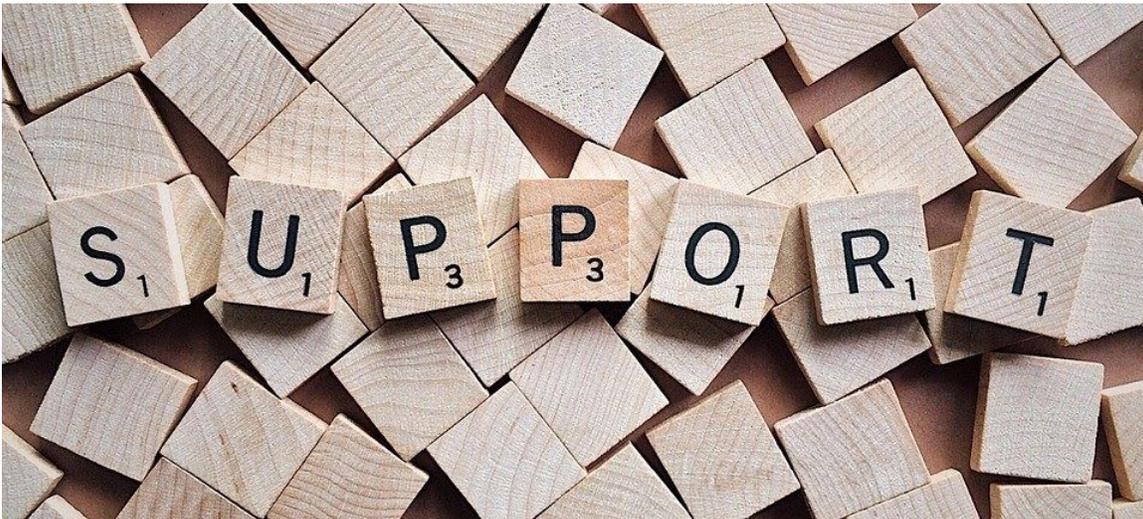
[Age Appropriate Resources Grades PreK-12](#)

Support Circles:

It is our intention that every family feel they are able to connect with us for support and ideas. The best way to reach out is by email to your student's Beech Brook school counselor.

Chardon Middle School & Munson Elementary: Christine Haught (Miss Christine)
christine.appell@chardonschools.org

Park Elementary School: Pam Bertaud (Miss Pam)
pam.bertaud@chardonschools.org



This Week's Activities:

Below are age appropriate ideas and activities for your student and family.

Pre-K to Early Elementary: Video chat or call loved ones and friends.

Favorite children's books read by famous people:

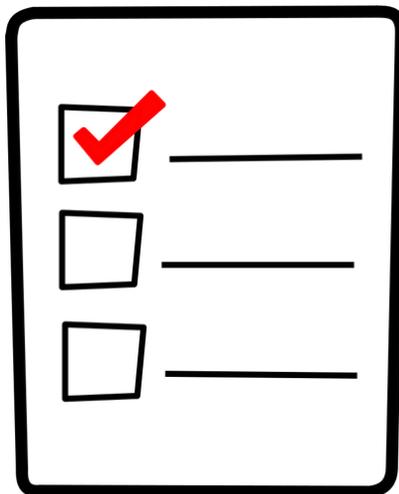
<https://www.storylineonline.net/>

Family Activities to Try During Closure from ODH

Elementary-Middle School: Pretend you and your friend live across the country, how might you keep contact? While having sleepovers with friends is not the best idea at this time, having virtual hangouts, writing letters, and making phone calls are a great way to keep in touch with friends! Maybe you can have a movie night where each friend watches the same movie then you can talk after about your favorite parts! Try [NETFLIX PARTY](#), an app that allows you to watch a movie or show on Netflix in sync with your friends and chat while streaming!

Tip of the Week:

ROUTINE! It helps if you are able to structure your day. For example, setting a flexible schedule to follow each day so your student/family knows what to expect. This can help you and your family feel in control during this time where so many things are out of our control. Think of a schedule that fits best for you and your family. It could be fun and helpful to create visual schedules with pictures or use a dry erase board to make a daily routine. Make sure you include breaks and fun activities in your schedule!



Yoga Corner:

Each week we will share 2 new poses or stretches to try!

