



# BOTELLE ELEMENTARY SCHOOL

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Norfolk CT 06058

LAUREN VALENTINO, PRINCIPAL

March 24, 2020

Dear Botelle Families,

In the last several weeks, our small community has experienced sudden and unexpected changes in our daily routines due to the COVID-19 virus and subsequent closures in our state. With these changes, it is expected that all of our emotions will be heightened as we work to establish a new way of living during this uncertain time. Please know that I am here to support our Botelle community, including all students, parents and staff, as we manage our feelings about COVID-19 and the changes it brings to our everyday lives.

If you feel that your child is having difficulty managing their anxiety and/or adapting to changes in their routine, please contact me via email ([chabotc@botelleschool.org](mailto:chabotc@botelleschool.org)) or through ClassDojo. I would be happy to connect with you and your child to support you through this difficult time. I am available for teletherapy sessions via Google Meet or on the phone. Remember, if you need immediate assistance for a mental health and/or safety concern, please contact 2-1-1 or 9-1-1. I have included several resources to assist you below. Stay safe and healthy.

Sincerely,

Caitlin C. Chabot  
School Psychologist

## Helpful Resources:

Managing Anxiety Around COVID-19 <https://www.rulerapproach.org/managing-anxiety-around-covid-19/>

Talking to Children About COVID-19 [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

My Kid's School is Closed, Now What?

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/>

CDC: Managing Anxiety and Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>