April 21, 2020

Dear Parents,
The ES Wellbeing Team, consisting of School Psychologist Catie Tesreau and ES Counselors Kevin Nelson and Stephanie Graupmann, have been working together on a variety of fronts to ensure your children's safety and wellbeing. We hope to share in order to expand your awareness and possibly avail of some/ all of the services listed below:

**Office Hours for Parents through Calendly**

The Wellbeing Team is excited to announce official office hours through the Calendly app. There, parents can set up brief online meetings at various times throughout the school week regarding their child's wellbeing. To schedule a time with:

- Kevin Nelson with Grades KG, 2, 4, or PK (Nelson or Govane) : schedule with Calendly
- Stephanie Graupmann with Grades 1, 3, 5, or PK (Strong, Edwards, or Nath): schedule with Calendly
- Catie Tesreau (available to consult with parents whose child has more complex learning or emotional needs): schedule with Calendly

**Informational Presentations for Parents**

The Wellbeing Team has developed webinar-style presentations on a variety of topics, including: supporting children who are experiencing anxiety, dealing with change and transitions, and the self-care and wellbeing of caregivers. These presentations will be posted to the Parents Resource Page.

**Weekly SEL Lessons for Students on SeeSaw**

The ES Counselors have missed seeing students in weekly social-emotional lessons (SEL) and therefore have been posting a weekly lesson on SeeSaw for students. Thus far, lessons have covered a wide range of topics including emotional identification and regulation, coping skills, and dealing with transitions. This has been a key way for counselors to stay in touch with students.

**The Parents Resource Page of the AES Continuous Learning Site**

The resources available on the "Parents" tab of the AES Continuous Learning Site were curated by the Wellbeing Team. You can find information about how you can speak with your child about COVID 19, as well as resources for supporting continuous learning at home. The elementary counselors have been posting a weekly letter to parents that contains further resources on topics such as communicating with your children, wellbeing during quarantine, and dealing with the grief of change.

We look forward to continuing our partnership with you!
Sincerely,
The ES Wellbeing Team