

PCS School Social Worker Message  
March 22, 2020

Dear Plattsmouth Parents and Guardians,

Your Plattsmouth School Social Workers would like to provide you with some resources to help during this unexpected time away from school. Following are some resources for your family to use:

These articles are helpful in talking with your children about the Coronavirus:

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>  
[https://schoolsocialwork.net/how-to-talk-to-your-kids-about-coronavirus/?utm\\_campaign=sswn\\_newsletter&utm\\_medium=email&utm\\_source=Revue%20newsletter](https://schoolsocialwork.net/how-to-talk-to-your-kids-about-coronavirus/?utm_campaign=sswn_newsletter&utm_medium=email&utm_source=Revue%20newsletter)

Many of us, young and old alike, are experiencing anxiety and increased emotional reactions as we struggle to understand and adjust to the life changes we are experiencing. These next articles give conversation tips, activities and books that may be helpful to students.

Coping skills:

<https://copingskillsforkids.com/calming-anxiety>  
[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)  
<https://health.usnews.com/wellness/for-parents/articles/protect-your-familys-mental-health-during-the-covid-19-pandemic>

Tips for learning from home:

<https://www.cpr.org/2020/03/17/what-to-do-with-kids-at-home-on-coronavirus-break-mental-health-for-parents-too/>  
<https://www.nytimes.com/2020/03/12/well/family/coronavirus-school-closings-homeschooling-tweens-teens.html>

If you feel you or your child could use additional support, please reach out to your school social worker through school email, and your social worker will get back to you by email or by phone.

Your school social workers are:

Early Childhood Center - Bri Renninger [brenninger@pcsd.org](mailto:brenninger@pcsd.org)

Elementary School - Sarah Coniglio [sconiglio@pcsd.org](mailto:sconiglio@pcsd.org)

Middle School - Sara Barada [sbarada@pcsd.org](mailto:sbarada@pcsd.org)

High School - Keryl Mines [kmynes@pcsd.org](mailto:kmynes@pcsd.org)

Even though we are not physically together, we will continue to connect with and support our students and families. Please do not hesitate to reach out to us.

Sincerely,

Plattsmouth School Social Workers