

Dear Hegarty Family,

I hope this letter finds your families in good health. I cannot believe it's been a month since we were all together at Francis X. Hegarty Elementary School. I miss seeing all of the children and their smiling faces moving about the hallways. I am hoping to be back together soon. During the holiday season, it is important to cherish this time with our families. As a family, share stories about the holiday you celebrate whether it be Passover or Easter. Families can celebrate the holiday by baking or cooking a special recipe together. In the upcoming days, families can create a time capsule together, sharing all of the activities you've done together. I'm sure you will have plenty of stories. Take time to designate daily evenings to special family activities such as board game night, reading a book together, painting a mural or simply creating a special picture together.

During the week of April 13<sup>th</sup> through April 17<sup>th</sup>, we will have Virtual Spirit Week! All students can send a picture of themselves to [FXHspiritweek@islandparkschools.org](mailto:FXHspiritweek@islandparkschools.org) to have their picture posted on the website. I cannot wait to see your school spirit! Below are the days and activities:

Monday, April 13<sup>th</sup>- "School Spirit Day" Wear your school colors

Tuesday, April 14<sup>th</sup>- "Tropical Tuesday" Wear your favorite tropical attire

Wednesday, April 15<sup>th</sup>- "Wise Word Wednesday" Wear a shirt with a positive message

Thursday, April 16<sup>th</sup>- "Thankful Thursday" Create a sign thanking our local heroes

Friday, April 17<sup>th</sup>- "Freaky Hair Friday" Style/wear your hair like you don't care!

I'm looking forward to seeing your Hegarty Pride!

During this time, parents can support their children by discussing COVID 19. Below are some tips from *The Parent Institute* to help with speaking to your child about COVID-19.

- 1) Speak Calmly - Your calmness will help your child be calm.
- 2) Share the Facts - Leave out the unnecessary details that may increase anxiety. You can find reliable information about preventing COVID-19 at the Centers for Disease Control's website at: <http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- 3) Validate Feelings - Children may be anxious, worried or disappointed about missing activities. Remind them that it is ok to feel that way.
- 4) Offer Reassurance - Let your child know that you are there to help them.
- 5) Empower Children - Help them feel a sense of control. Explain they can help themselves by following social distancing and washing their hands.

If your child is feeling anxious or nervous, please contact Mrs. Carranza or Ms. Nielsen at (516) 434-2670. Voicemails are monitored daily.

Have a Happy Passover and Happy Easter!!!

Sincerely,

Cynthia Cameron