

April 10, 2020

Dear Lincoln Orens Middle School Families:

It has been almost a month since we were all together at Lincoln Orens Middle School. It seems like just yesterday when the students were laughing and moving through the halls, having lunch together, working on projects and getting ready for afterschool activities. We all miss being together at Lincoln Orens Middle School. While we are all practicing social distancing, it is important that students continue to virtually interact with their peers. Please ensure that your child is balancing school work and socializing with their family and virtually, with their peers.

It is very important that we speak to our children about 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.thml> .
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. Janofsky, Mrs. Porzelt or Ms. Kunz at (516) 434 - 2630. They are monitoring their voicemail messages.

This week we will be holding a virtual SPIRIT WEEK. Please see the flyer on my Teacher's page. We are asking that you or your child dress for Spirit week and send us a photo. Please send your child's picture to LOMspiritweek@islandparkschools.org and make sure to include your child's name and grade.

Sincerely,

Bruce Hoffman, Ed.D.
Principal