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March 20, 2020

Dear Wagner Community,

We are writing to let you know that we are thinking about all of our students and families in the Wagner Community. We know that our current circumstances are extremely challenging for many of you and wanted to provide some resources. Please remember that we are here to support you as you navigate the many variables and unknowns.

Children are going to worry the most when we don't speak to them about what is taking place. We recommend speaking to your children about the Coronavirus in an age appropriate manner. Let your child take the lead in asking questions so that you can gauge where they are with the topic. It may not be necessary to offer too much information and more important to reassure them that your family is taking steps to make sure they are safe. Routines are very important for children, especially in times of uncertainty. Try your best to manage your own anxiety before speaking to your child and remember to keep the conversation going. Communication is very important.

We have compiled a list of resources for you and for those who may need additional support. The first section includes articles on speaking to children about the Coronavirus. The second section includes support lines for teens. The third resource is NYC-WELL which can be used to access mental health services throughout the city.

Tips for Speaking with Kids and Staying at Home

7 Ways to Support Kids and Teens Through the Coronavirus Pandemic (The Clay Center for Young Healthy Minds)

<https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>

Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html?utm_source=Growing+Up+NYC+-+Newsletter&utm_campaign=2aea8972cd-EMAIL_CAMPAIGN_2018_12_05_07_20_COPY_02&utm_medium=email&utm_term=0_a02dc5e68b-2aea8972cd-54665625

Managing Reactions to the Coronavirus (Riverside Trauma Center)

<http://riversidetraumacenter.org/wp-content/uploads/2020/03/Managing-Reactions-to-the-Coronavirus.pdf>

What to do with your kids when schools are canceled.

<https://www.vox.com/the-highlight/2020/3/13/21178234/coronavirus-covid-19-school-closures-kids-home>

Mental Health Resources for Students

Teen Line – teens helping teens

<https://teenlineonline.org/>

Hotline: 310-855-4673 or 800-852-8336 (9pm-1am EST)

Text: Text “TEEN” to 839863, text STOP to opt out (9pm-12am EST)

Free iPhone App: Teen Talk (9pm to 1am EST)

National Suicide Prevention Lifeline – free, confidential, and always available

<https://suicidepreventionlifeline.org/>

American Foundation for Suicide Prevention

<https://afsp.org/>

Crisis Hotline: 800-273-8255

Crisis Text Line: Text “TALK” to 741741

The Trevor Project – for LGBTQ young people: free confidential support 24/7

<https://www.thetrevorproject.org/>

Trevor Lifeline: 866-488-7386

Trevor Text: Text “START” to 678678

Trevor Chat: <https://www.thetrevorproject.org/get-help-now/>

Trevor Space: TrevorSpace.org

LGBT National Youth Talkline– free and confidential peer-support

<https://www.glbthotline.org/youth-talkline.html>

Talkline: 800-246-7743 (M-F 3pm-12am EST, Sat 12pm-5pm EST)

Email: help@LGBThotline.org

Mental Health Resources for All

NYC Well - free, confidential mental health support

1-888-NYC-WELL (1-888-692-9355)

<https://nycwell.cityofnewyork.us/en/>

We will be working from home for the next several weeks and are available through email. Please don't hesitate to reach out via email or our new blackberry numbers with questions or concerns pertaining to your child during this time. Our children are powerful and intuitive. We realize that we are in uncharted territory but feel confident we will get through this together!

Sincerely,

The Wagner Guidance Department

6th Grade	7th Grade	8th Grade
Ms. Block ablock6@schools.nyc.gov 718-755-0521	Ms. Onwudiwe donwundiwe@schools.nyc.gov 718-755-2259	Ms. Ibishaj yibishaj@schools.nyc.gov 718-755-2897
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