

March 2020



Digital Life Newsletter For Parents

Dear Parents and Guardians,

This issue deals with keeping calm and getting credible news about COVID-19. I hope you find this helpful.

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Given the uncertainty we're all experiencing due to the coronavirus outbreak, it's not easy to "keep calm and carry on," . Students are worried as they try to make sense of the quickly changing situation.

To help reduce your children's anxiety and your own about the COVID-19 pandemic, here are some ideas and resources focused on news literacy, media balance, and healthy communication.

Talk about it.

Avoiding conversations about the coronavirus will only increase students' anxiety. It's important for kids of all ages to talk through what they're hearing and get developmentally appropriate information from a trusted adult. Helpful resources to try:

- Explaining the News to Our Kids
- How to Talk to Kids About Difficult Subjects

Focus on the facts.

For lots of students, their anxiety about the coronavirus is the result of incomplete or incorrect information. Talk through the facts about the coronavirus in an age-appropriate way. For older students, share the CDC website for the most up-to-date information on the outbreak. Helpful resources to try:

- Most Reliable and Credible Sources for Students
- News Literacy Resources for Classrooms

Build critical-thinking and news literacy skills.

Social media can be a hotbed of rumors and misinformation -- even more so when people are acting and reacting from a place of fear. Guide students to credible news sources and encourage them to fact-check what they see on social media or hear from their friends about the coronavirus.

- Reading News Online (Upper Elementary)
- Finding Credible News (Upper Elementary)
- This Just In! (High School)

Model and encourage media balance.

With this quickly evolving situation, we may be compelled to keep up with the latest headlines. But given the upheaval the coronavirus is creating across the world, this constant stream of updates might make us feel uncertain, anxious, or even afraid. It's important for you and your children to reflect on how your media use makes you feel, and adjust your habits if needed. The following links might be helpful.

- Finding My Media Balance (Upper Elementary)
- Social Media and How You Feel (High School)

Stay active and have some fun.

When we're feeling worried or stressed, a little distraction goes a long way.

Incorporating some physical activity into the day can be a fun way to lighten the mood and your children's minds off the outbreak. From how-to dance videos to yoga for kids, you can find easy-to-implement activities to get your children's bodies moving and their minds calm. Helpful resources to try:

- Movement Apps, Games, and Websites
- Best Health and Fitness Apps for Kids

De-stressing.

If parents and caregivers are stressed, kids are going to pick up on it. Here is a helpful resource to de-stress the whole family.

- Help Your Family De-Stress During Coronavirus Uncertainty

All of the information in this newsletter was taken from the following article:

https://www.commonsense.org/education/articles/reduce-student-anxiety-and-your-own-during-uncertain-times?j=7702172&sfmc_sub=170497839&l=2048712_HTML&u=143457638&mid=6409703&jb=120&utm_source=edu_nl_20200317&utm_medium=email