



## SCHOOL DISTRICT of BAYFIELD

May 25, 2022

Dear Troller Families,

Like you, I am feeling heavy and deeply saddened by the news of the shooting at Robb Elementary School in Texas yesterday. This is heartbreaking. I know we are all feeling for the families who have lost a loved one due to this senseless act of violence.

School should and must be a place where students feel safe and secure. We do have a comprehensive District Crisis Response Plan to guide us when an emergency arises. This plan is available on our website on the *District* and *Community* pages. As an added precaution, we are working with our local law enforcement officials to have an increased police presence in and around our buildings for the rest of the week.

We know that children and teens will process this news in different ways. Counselors are available to assist students who may need some extra support. Check in with your child, listen and offer the support that you are so good at giving them. I know we are all keeping the students, staff, and families of the Uvalde Consolidated Independent School District in our thoughts at this time. This is a difficult time, but together we will continue to support the safety and security of our district and care for our students well being as we finish the school year.

I also want to share with you some tips from the **National Association of School Psychologists** for helping your children cope with news such as this:

*What Parents Can Do:*

**Beth Paap | District Administrator 715 779 3201 Ext. 101**

**Shellie Swanson | 6-12 Principal 715 779 3201 Ext. 506**

**Michael Peterson | 4K-5 Principal 715 779 3201 Ext. 317**

**Stephanie Lewis | Director of Special Education/Pupil Services 715 779 3201 Ext. 103**

**Randi F. Johnson | Finance Manager 715 779 3201 Ext. 111**



## SCHOOL DISTRICT of BAYFIELD

1. *Focus on your children over the week following the tragedy. Tell them you love them and everything will be ok. Try to help them understand what has happened, keeping in mind their developmental level.*
2. *Make time to talk with your children. Take some time and determine what you wish to say.*
3. *Stay close to your children. Your physical presence will reassure them and give you the opportunity to monitor their reaction. Many children will want actual physical contact. Give plenty of hugs. Let them sit close to you, and make sure to take extra time at bedtime to cuddle and to reassure them that they are loved and safe.*
4. *Limit your child's television viewing of these events. If they must watch, watch with them for a brief time; then turn the set off.*
5. *Maintain a "normal" routine. To the extent possible stick to your family's normal routine for dinner, homework, chores, bedtime, etc., don't be inflexible.*
6. *Spend extra time reading or playing quiet games with your children before bed. These activities are calming, foster a sense of closeness and security, and reinforce a sense of normalcy. Spend more time tucking them in. Let them sleep with a light on if they ask for it.*
7. *Safeguard your children's physical health. Stress can take a physical toll on children as well as adults. Make sure your children get appropriate sleep, exercise, and nutrition.*
8. *Find out what resources your school has in place to help children cope.*

Please reach out to your child's teacher if you would like any resources or suggestions for your child. We will continue to do all we can to support you and your child.

Be well,

Beth

**Beth Paap | District Administrator 715 779 3201 Ext. 101**

**Shellie Swanson | 6-12 Principal 715 779 3201 Ext. 506**

**Michael Peterson | 4K-5 Principal 715 779 3201 Ext. 317**

**Stephanie Lewis | Director of Special Education/Pupil Services 715 779 3201 Ext. 103**

**Randi F. Johnson | Finance Manager 715 779 3201 Ext. 111**