



Grosvenor-Wentworth Park

April 24th, 2020

Dear EGWPS Family,

As we close out a very difficult week for our country, our province, and our community; we wanted to take a moment to let you know that we are here to support you and your children as we move forward.

As our children try to make sense of the events of the past week and the Covid-19 pandemic, we expect them to ask questions. Questions that are often difficult to answer. Our message to children during times of crisis is always to reinforce that they are safe and that people that work to help keep us safe, continue to work to do just that.

Aside from your child's classroom teacher, the school has a team of staff that are here to try to support you. Included in this team is Jayne Simpson, our school counsellor. She is available to support as needed. A letter from Ms. Simpson follows.

Registration: Grosvenor continues to register electronically for pre-primary and P-6 students for the 2020-2021 school year. If you know of a family that hasn't yet registered, please ask them to do so by contacting the school or using the following link:

<https://www.hrce.ca/registration>

All the best,
Mr. MacGillivray & Mrs. Little



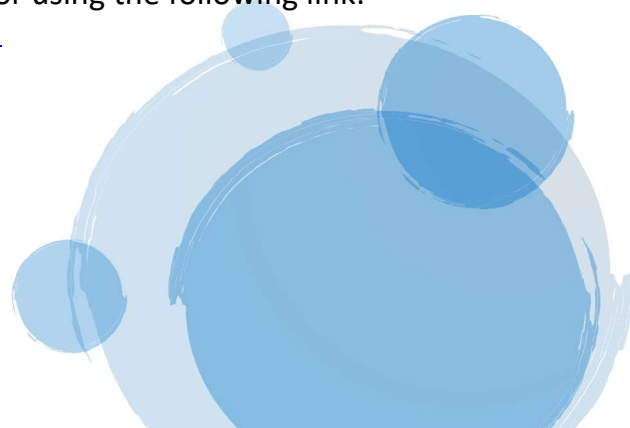
Mental Health Crisis Line
1-800-429- 8167



Kids Help Phone
1-800-668-6868



Kids Help Phone
- Youth: Text TALK to
686868
- Adult: Text WELLNESS
to 741741





Dear Families of Grosvenor Students,

My name is Ms. Simpson and I am emailing to assure you that as the school's counsellor I am committed to supporting your family the best way I can.

As parents, you may be feeling a little overwhelmed and pressure to help your children make the right amount of progress during the time schools remain closed. I also recognize that many of you are now balancing homeschooling with your everyday responsibilities of work and home. As you are adjusting to a home-learning environment, remember that public schools are equipped with staff and resources to teach a variety of children with different learning abilities and needs so be kind to yourself and only do what you can! Nobody knows your kids better than you do, but recognize that they may react differently to you as their home 'teacher' and may push back in ways that can be frustrating. If you and your children are experiencing this or additional issues, please feel free to email me for strategies and resources that can help.

Most of our kids are going to remember this time forever and teaching them how to weather a crisis is one of the most important lessons they can learn in life. It is important to remind them that having anxiety is normal, especially in times like these. In fact, a healthy amount of anxiety can actually be helpful by enforcing habits like frequent hand washing and following other public health guidelines. If you are finding that their worries, fears, and frustrations are increasing please contact me and I can talk to them about these feelings and give them some calming, coping methods they can use to help them.

If I can offer further resources and support, please reach out to me via email at jsimpson@hrce.ca and I am happy to assist in whatever way I can.

Stay well!

Jayne

Jayne Simpson School Counsellor

