



Student, Family and Staff Support

While COVID-19 is an infectious virus with potential implications to one's physical well-being, we also understand that it has potential implications from a social and emotional standpoint. As we prepare for a year that will hold uncertainty, excitement, anxiety and other emotions, it is important to know that we will work tirelessly to support not only the physical health of our students, but also their social and emotional wellbeing.

[Counseling staff](#) from each of our three levels (ES, MS, HS) receive training as facilitators in both Emotional Integration and the ARC (acknowledge, reconnect, & cultivate) program to serve as direct on-campus support to our students during this continued time of transition.

Many of our teachers will also receive special training in Emotional Reintegration, which helps to equip them to identify students who may be struggling with stress and anxiety due to trauma caused by recent events. These teachers participate in a 3-hour interactive workshop that guides them through a model that helps them to recognize the return to school as an action that involves a number of emotions for students. Additionally, we are certifying a core group of staff members to deliver age-appropriate Emotional Reintegration workshops to students once we return to school.

Our [counseling staff](#) is also prepared to help students both transition back to school and with some of the anxiety that the new school model might bring. In addition to proactively reaching out to students to share resources, they stand ready to provide individual support, when necessary. If you think that your child would benefit by a personal check-in with their counselor or just want to share some information about their current social and emotional well-being, please do not hesitate to reach out to their counselor to make them aware.

We also provide some readings and a helpful chart about speaking with your child about the coronavirus you may find beneficial:

[Helping Children Cope With Changes Resulting From Covid-19](#)

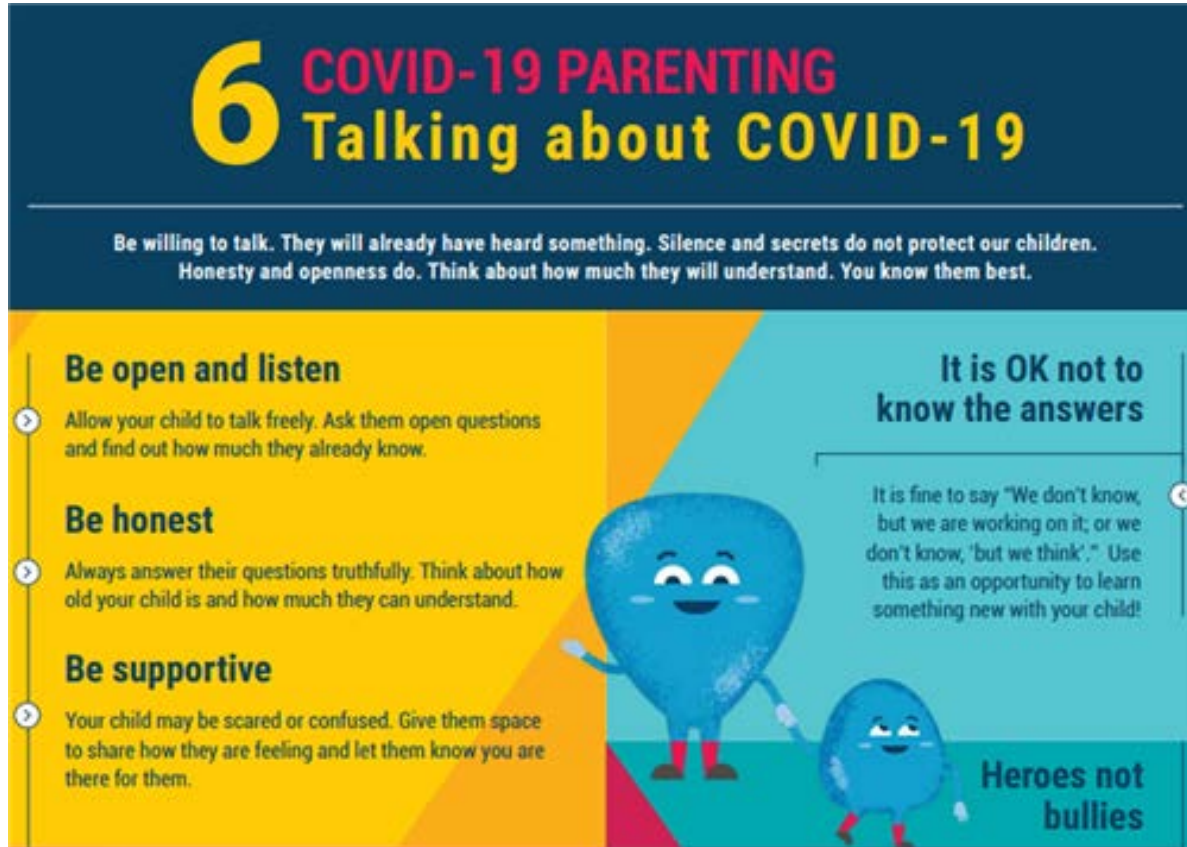
It can be challenging to help our children deal with the uncertainty and change of school and family routines being disrupted (while also managing our own stress and anxiety that may be surfacing).

[Talking with Children about Coronavirus Disease](#)

CDC has created recommendations to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

[Learning in the Age of COVID-19: How to Help Kids with Distance Learning](#)

Since schools closed due to COVID-19, many families have struggled to help their children adjust to distance learning. Their difficulties include navigating unfamiliar educational websites, filling gaps left by lack of in-person instruction, and supporting kids who miss the routines of school and their friends and teachers.



Finally, the counselors compiled a list of [mental health support resources](#) that are available to your family. More information is available on the [Family Resources](#) page of our website.

Available Support Resources outside of LNC:

www.saysomething.net

Hope4NC Helpline

Dial 211

NCCares360



If, after reading this plan, you have any unanswered questions, please check our [FAQs](#).