

APRIL 19TH NEWSLETTER



Counselor's Corner



Cristina Green, M.S.

Email: cgreen@baysideacademy.org Phone: (251) 338-6482

Dear Parents,

I hope you had a beautiful Easter weekend and had a restful Spring Break at your house. I hope the ability to forget about schoolwork gave you an opportunity to recharge as best you could and that you were able to enjoy some quality time with your child. Tomorrow, you will be driving to Bayside to pick up your child's school materials so they can finish their academic year at home. We will all power through together for the next five weeks and will make the best out of our current situation.

I know this because I recently heard in a webinar that "resilience rests in relationships." I personally cannot think of a better place for our children to be going through this pandemic than Bayside Academy. The sense of community has always been a highlight of our school, but it is in the difficult times that we have been able to show time and time again that we are all in this together. My focus of this newsletter is resiliency—how to explain what it is and how to foster it among our children.

I also want to talk about how to handle all the missed milestones that you and your child were looking forward to and have been missed due to COVID-19.

On a lighter note, this past couple of weeks, we got to celebrate 8 birthdays! If your child will be celebrating a birthday in the upcoming weeks, expect a message from me!

Again, I remain dedicated to serving your family and providing for your child's school counseling needs. I am available to talk to any student that may need a check-in. If your child would like to talk to me please email me at cgreen@baysideacademy.org so we can schedule a time to chat.

Sincerely,

Cristina Green, M.S.
Lower School Counselor

TRAUMA AND RESILIENCY

In the [Parenting in times of crisis](#) webinar, they addressed the fear that several parents have: How will this traumatic experience affect my child? The speaker went on to say, "While the coronavirus will definitely have an impact in your child, the good news is that children are incredibly resilient. Most children possess a variety of psychological defenses" to overcome this event. He mentions how children have the amazing ability to face the facts, look at fear in the face, and come up creative solutions. But you play an important role:

- ♥ validate their feelings
- ♥ keep them informed (age-appropriate)
- ♥ work with their strengths
- ♥ provide a safe environment

SUPPORTING FAMILIES DURING COVID-19

How to Make Home Feel Safe for Kids

Creating a secure home environment is important so that you and your children can deal with stress and uncertainty in a healthy way. Drawing from developmental psychology, here's what parents can do:

- Be predictable and consistent
- Be responsive
- Be nurturing and affectionate
- Model calm reassurance and thoughtful problem solving



CHILD MIND
INSTITUTE

childmind.org/coronavirus

RESOURCES

- ♥ [Handling Your Kid's Disappointment When Everything Is Canceled](#)
- ♥ [How to Foster Resilience in Kids](#)
- ♥ [COVID-19 Time Capsule Sheets](#)

MISSED MILESTONES

I know that in our division we are not dealing with the big milestones: prom, last spring break, graduation. However, we are dealing with our own missed milestones that we were looking forward to experiencing with our children. No Bayside Awards, no Shakespeare, no arcade just to mention a few. Acknowledging it as a loss is a first step and relying on the community to overcome this "loss" will be important.



SPRING BREAK BOREDOM?

