

## Counselor's Corner

Cindy Frederick, MS

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Dear Parents,

Our students are struggling with not one, but many, losses at this time. Although their perseverance and resiliency is noble, we cannot deny that this is most definitely a time of grief. Whereas there was once hope of this being a temporary break, students are coming to terms with a new realization. Absorbing the disappointments of losing prom, graduation, the spring athletic season, and social interactions is, indeed, sorrowful. Allow them to process their varying emotional responses that may alternate between sadness, anger, denial, and bargaining. The last one can actually be resourceful as it allows opportunities for students to reflect and connect on new terms. I know that many seniors are composing digital scrapbooks that celebrate the memories they've shared. Ingenuity is often a reaction to setback.

Many are aptly deeming the coronavirus as a "generational impact." Undoubtedly, our teenagers, particularly our seniors, will forever share a common bond. Much like those united by 9/11, Hurricane Katrina, or the Great Depression, our youth will share in this traumatic experience. Ultimately, they'll be more resilient after the costs are extracted. Right now, however, they need adults to be empathetic and available. Please know that all of the faculty and staff share deeply in their profound disappointment. Every known response that we would normally utilize in crisis would facilitate assembly. Although that's not possible, we are definitely united in spirit.

Be well,

Cindy Frederick, MS

Upper School Counselor

PS- For tips in helping your child "Deal with Disappointment," please refer to this [WSJ Article](#).

### 6 DAILY QUESTIONS TO ASK YOURSELF IN QUARANTINE:

1. *What Am I Grateful For Today?*
2. *Who Am I Connecting With Today?*
3. *What Expectations of "Normal" Am I Letting Go Of Today?*
4. *How Am I Getting Outside Today?*
5. *How Am I Moving My Body Today?*
6. *What Beauty Am I Creating or Appreciating Today?*

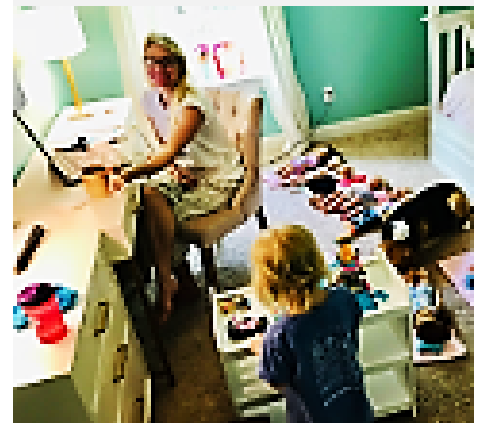
From Greater Good Science Center

### WORKING FROM HOME:

Tips for working at home are prolific. However, the WSJ offers:

- Clearly divide parental roles and responsibilities as to create "shifts."
- Ensure that these expectations are communicated outside the earshot of children.

### [The Kids Are At Home & You Need to Work](#)



### SHARING CUSTODY IN THE CORONAVIRUS

Parents working together for the physical and emotional stability of the child is more essential than ever. The articles below offer tips for parents who share custody.

- Bring acceptance instead of resistance toward the other parent's perspective.
- Adhere to the CDC's guidelines in your own home.
- Understand that both parents share fears.

### [How Divorced Parents Can Get On the Same Page](#)