



Athens Academy • 1281 Spartan Lane • Athens, Georgia 30606

Dear Parents and Students of the Athens Academy Community,

When we left school on Friday, March 6, for our respective vacations, we did not expect to find ourselves in the situation we are in now. Even though campus will be closed, we will remain available to all of you if, and when, you have questions or concerns. This fact has not, and will not, change no matter what the next few weeks may look like.

In regards to the mental and emotional wellness of your children, please know that Morgan Jones, Carrie Olson, and I remain available to you and your families during the times our campus is closed. While we will not be available for face-to-face meetings, we will be available via email and can schedule phone meetings if needed. We will continue to support you as we work through these uncertain days. What will remain unchanged is our dedication to helping those entrusted to us. People can reach out to us directly or, if students in grades 5-12 prefer to do it anonymously, they can continue to use the Txtaboutit service. As a reminder, that phone number is 706.666.4628.

In that spirit, please see the information provided below. These are general guidelines that may be helpful to you and your children as this situation continues to unfold and as we continue the process of distant learning.

- Remain calm and reassuring; children learn their coping skills from watching you.
- Make yourself available if your children need/want to talk and share with them facts.
- Set limits and monitor their television and social media.
- Maintain a normal routine, with very clear guidelines about time dedicated to school work.
- Be honest, accurate, and age-appropriate with information.
- Review and model basic hygiene, including washing hands and sanitizing surfaces.
- Encourage social distancing by keeping children home and away from friends for at least the next two weeks.
- Remind children that it is important to go outside and enjoy the sunshine and the spring air. This will be even more important in the coming weeks because they will be spending more time indoors and behind the screen.
- Ensure they are hydrating, exercising, and spending time taking care of themselves. Some useful apps are [Calm](#), [Headspace](#), and [Insight Timer](#).

While we will get through this difficult time, we have no way of knowing how long it will take. Continue to reach out to us as you have the need and continue to reach out to your other trusted health care providers.

With sincerity and in collaboration,

Bob Sears
Director of Student Services
770-639-4712

Carrie Olson
Middle School Counselor
706-372-2398

Morgan Jones
Pre-School/Lower School Counselor
314-635-7817