

March 20, 2020

Dear St Rose School families,

I hope this letter finds you and your family well and adjusting to the sudden change in our daily routine. Please know that although we are not physically together at school we are all in this together!

"This past week, I was impressed by our young students as I watched them put into play the lessons on infection control that they had been taught at school and at home. They were eager to demonstrate hand washing, covering coughs, and keeping their hands away from their faces. They were so proud to show how to do things the "right" way and have such a remarkable ability to make it all fun!"

Social distancing poses a unique set of challenges for all of us. Be creative and use this time to do things as a family go for a walk, read, do a puzzle, listen to music, be outside and enjoy the fresh air. I saw many croci blooming while taking a walk in my neighborhood. Thankfully, we have had a mild winter and spring is right around the corner so being outside is a great option during this time. Please let your children know that their friends and teachers are also home in an effort to stay healthy.

As parents and guardians please remember to take time for self-care. This isn't always easy and can be particularly challenging during these unprecedeted times but is so important.

Please take care and be well. I am looking forward to when we will all be together again! I have included some links below that you may find helpful.

Warmest regards,
Bonnie Nezvesky, RN
St Rose School Nurse

[HealthyChildren.org-Handwashing](https://www.healthychildren.org/Handwashing)

[HealthyChildren.org-Information on Coronavirus](https://www.healthychildren.org/Information-on-Coronavirus)

[HealthyChildren.org-Talking to children about tragedy and other news events](https://www.healthychildren.org/Talking-to-children-about-tragedy-and-other-news-events)

[PsychologyToday-Self care tools for parents](https://www.psychologytoday.com/us/basics/self-care-tools-parents)

[HopkinsMedicine.org-Social distancing](https://www.hopkinsmedicine.org/social-distancing)