

Dear Weston Public Schools community,

As we continue to live through uncertain times, please look out for any troubling signs of anxiety and unhappiness from your children, and contact your child's guidance counselor or principal with any concerns. Similarly, we will continue to look out for all children while they are at school, note any signs of distress, and let you know if we have any concerns about your child.

We thought it might be helpful to share some resources to support you in speaking with children about what they may be seeing on the news.

For All Ages

- **[Helping Your Students Cope With a Violent World](#)**: *Edutopia* article features strategies for helping children make sense with historical perspective, feel empowered, and inspire them to feel hopeful.
- **[How to Talk to Kids About Violence, Crime, and War](#)**: Common Sense Media gathers tips and conversation starters to help you talk to kids of different ages about the toughest topics.
- **[Talking to Your Kids About War](#)**: VeryWell Family explores ways families can speak with young people about war, including tips on sharing information and restricting media coverage.

For Elementary/Middle School Students

- **[Resilience in a time of war: Tips for parents and teachers of elementary school children](#)**: This article from the American Psychological Association can help adults guide their young children beyond fear and to resilience.
- **[Resilience in a time of war: Tips for parents and teachers of middle school children](#)**: The American Psychological Association breaks out tips and strategies for parents and teachers of middle school-aged children.

Additional resources for educators and families:

- **[NASP \(National Association of School Psychologists\)](#)**: general resources on war and terrorism
- **[California Association of School Psychologists](#)**: links to a variety of articles on speaking with students about Ukraine
- **[New York Times article](#)**: Easy to read discussion of how to address these issues, for all ages
- **[How Are You Talking About War With Your Children And Students Webinar](#)** for March 9th, 2022, 1-2pm (download the app on your phone to join stream)

Thank you for your support and care. Our partnership together can help our children feel safe and navigate through a turbulent world. Sincerely,

Dr. Madeline Steinberg
District Psychologist, Weston Public Schools

Amy Kelly
District Director of Equity and Professional Learning