



NURSE NEWSLETTER: Important Information for Parents

As COVID-19 cases continue to climb in our community, more families are having to undergo an isolation or quarantine period. This can be especially hard for children to understand and cope with. Here are some steps to provide children with stability and support during the pandemic. Click on this video link for more information: <https://video.link/w/15C6b>

Mental Wellness

- Maintain a normal routine, even if isolated or quarantined.
- Calmly talk to your child regularly and listen to them. Encourage your child to express how they are feeling. Let them know it's ok to be upset.
- Reassure your child about their safety.
- Give honest and accurate information. Offer facts that are easy for your child to understand. Let your child's questions guide you!
- Find ways for your child to participate in activities that help or encourage others.
- Be alert for behavior or emotional changes. *These may indicate that your child is having a difficult time handling stress and may need additional support.*
- [Visit the BLP Virtual Break Space for a variety of calming activities](#)



Physical Wellness

- Keep active, get enough sleep, and eat healthy!
- Schedule regular physical activities into your child's day.
- Watch for frequent, unexplained physical complaints like headaches or stomach aches. *Physical complaints can be a sign of mental or emotional stress.*

What can I do if my child needs additional support?

1. Reach out to your child's teacher. Let them know the areas that your child is struggling with. They can help with academic support and offer additional resources.
2. Check out the [Student Mental Health](#) page on the Bend-La Pine website for many helpful school and community resources.
3. Schedule an appointment with your child's primary care provider. They can address both physical and mental symptoms that your child may be experiencing. Many clinics are offering video visits or taking precautions in the clinic to keep office visits safe.

****REMINDER:** IS YOUR STUDENT UP TO DATE ON VACCINATIONS? Winter Break is a great time to update immunizations. Please plan ahead...Immunization Exclusion is right around the corner on [February 17, 2021](#). Click the following link for a list of immunization sites in Deschutes County: [Where to get Immunizations](#)

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