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**SCHOOL ADMINISTRATIVE UNIT #101**  
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Anne L. Kebler  
Student Services Director

Larissa Mulkern  
Administrative Assistant

March 19, 2020

Dear Parent/Guardian,

I hope that the official day one of remote learning has treated you well. It was nice to get a moment to chat with some of you yesterday as you picked up work and materials to start off. Today we began delivering lunch and breakfast for Wakefield students, as well as anyone 18-years-old and under who live in Wakefield. We had a large turnout at the school, a moderate turnout at the East Wakefield Fire Department and very low turnout at the Greater Wakefield Resource Center. Our delivery time is currently set for 7 a.m.- 8 a.m. I want to be able to accommodate what works best for everyone. If you were unable to get to one of the meal pick up spots or were unable to make it at that time, please let me know so that we can be sure that all children have the opportunity to take part in the meal program.

Computers were signed out yesterday for students who need a device to access remote learning. This went very well. If you were unable to make it to the school yesterday and need technology, be sure to let us know, so that we can provide the best program possible to your child.

This can be a very stressful time for all. The one thing that I have learned in my career of education and mental health is that children will follow the lead of the adults in their lives. Children will emulate you, talk like you and walk like you. How we as adults respond to the COVID - 19 crisis, will be likely be how your children respond. When parents and caregivers deal with the COVID-19 crisis calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children respond to stress in the same way. Some common changes to watch for in children:

- Excessive crying and irritation
- Returning to behaviors they have outgrown (e.g., toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

There are many things you can do to support your child:

- Take time to talk with your child about the COVID-19 outbreak.

*The Wakefield District affirms equal opportunity in all of its educational programs, activities and employment practices.  
Ms. Anne Kebler serves as the coordinator for the Title IX, ESL, and 504, and can be reached at (603) 871-8502.*

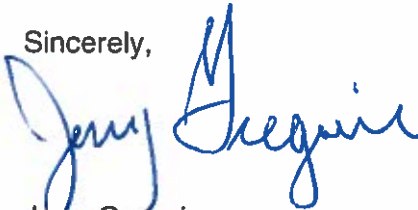
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- Answer questions and share facts about COVID-19 in a way that your child can understand. Reassure your child that they are safe. Let them know it is ok if they feel upset.
- Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your child's exposure to media coverage of the event.
- Children may misinterpret what they hear and can be frightened about something they do not understand.
- Help your child to have a sense of structure.
- Once it is safe to return to school or childcare, help them return to their regular activity.
- Be a role model; take breaks, get plenty of sleep, exercise, and eat well.
- Connect with your friends and family members and rely on your social support system.

I will be checking in with you frequently. I want you to know what the school is doing and how we are doing it. I would love to have feedback from you. This is new for all of us and we want to continue to serve your children in the best way possible.

Take Care.

Sincerely,



Jerry Gregoire  
Superintendent  
SAU 101