

SOCIAL-EMOTIONAL & MENTAL HEALTH

The importance of good mental health cannot be understated at this time. The COVID-19 pandemic is a rapidly evolving situation that is causing stress and uncertainty for many of us.

There are steps school leaders and staff can take to foster health and well-being in themselves and their school communities. Keep in mind that recovery from a crisis takes time and may not happen in a linear fashion-especially during a pandemic that does not have a defined, known end.

- Awareness, balance, and connection can help;
- Set and celebrate achievable goals;
- Celebrate the resilience of the great people around you who go above and beyond as they support and help others in time of crises.



Questions & Answers

We understand that during this unusual time, many of our students are faced with additional stress and/or anxiety. As always, Cassville R-IV wants to partner with families to support students in the best way possible. Counselors are available and can help with local resources.

How will the social/emotional health of my child be addressed when classroom instruction resumes?

- Professional development will be provided for building staff regarding typical childhood reactions to stress and trauma.
- Counselors and social workers will collaborate with teachers on classroom activities to address student mental health upon return to school.
- Cassville R-IV will collaborate with mental health partners on best practices.
- Teachers will provide classroom lessons on school expectations and structure around health, safety and physical distancing practices to help students re-adjust to a full school schedule.

What type of services are available for my student through the school?

- As always, our school counselors are wonderful outlets for kids when they are feeling stressed or overwhelmed with school or life in general.
- Out of district health services provider information is available when students or families are in need of resources which may otherwise be unavailable to them. This includes, but is not limited to school and hygiene supplies, clothes, food, and mental health services.
- Cassville R-IV partners with the Clark Center to promote mental health.

