



April 3, 2020

Dear RBSS Families, parents, guardians and students.

Re: A message from your Royal Bay Secondary School Counselling team.

First of all, we would like to acknowledge that this a very unusual and trying time for all of us and that many of us will be dealing with a variety of challenges and emotional responses to the Covid-19 Pandemic. We would like you to know that we are thinking of you and are in the process of developing a framework of how to best support you. Counsellors welcome emails from you with any questions or concerns.

We realize that many of you are facing numerous challenges due to this Covid-19 Pandemic, in addition to having your routines disrupted, being confined to your homes and having uncertainty about the immediate future and your student's academic progress.

As these ever-changing days can give rise to a variety of overwhelming emotions, we would encourage you to limit your exposure to the news and to develop routines for yourselves to create some sense of control and balance.

Here are a couple of links that have some helpful suggestions but each of our home situations are unique and we all have to create a new "normal" for ourselves.

- <https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine>
- <https://www.theguardian.com/lifeandstyle/2020/mar/17/silver-linings-how-to-stay-positive-during-the-coronavirus-crisis>
- <https://parents.cmionline.com/>
- <https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>

We are here for you and welcome your emails if you have specific questions or concerns about academic as well as other needs, and we will work with you to find some level of support.

We appreciate your patience in advance as we will be working as quickly as possible in getting back to you.

Sincerely,

Steve Jones
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Wendy Cooper

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