

April 24, 2020

Dear Coronado Unified families and staff;

We are in this together! Everyday we strive to educate the whole child, and during distance learning that is no exception. We recognize that academics are only one aspect of your child, and their social and emotional well-being is also being impacted by this global pandemic. Please know, we are here to help. Our [counselors](#) are available to connect with students and/or families to provide support. Additionally, in Coronado we are so fortunate to join with our City, Navy and Community partners. Below are some healthy resources for your family.

- [Resources for Staying Mentally and Emotionally Healthy](#) (from the San Diego County Office of Education)
- [Resources for Staying Mentally and Physically Healthy While at Home](#) (from Live Well San Diego, in partnership with SDCOE)
- [Building Developmental Relationships During the COVID-19 Crisis](#) (from the Search Institute)
- [Creating a New Routine for your Child](#) (from Live Well San Diego)
- [Real-time Resilience Strategies for Coping with Coronavirus](#) (from the New Zealand Institute of Wellbeing and Resilience)
- [Pediatricians on Balancing Screen Time, Sleep, and Family During Coronavirus](#) (from Edutopia)
- [How to Avoid Passing Anxiety on to your Kids](#) (from Child Mind Institute)
- [Mental Health Teen Guide](#) (curated by SDCOE)

City of Coronado Resources:

- [CoVID 19 Call Center](#): To connect you with resources here in Coronado.
- [Safe At Home but Not Alone](#): Coronado Community Outreach on Coronado TV 19 and Social Media sites.
- [Coronado SAFE Foundation](#) is offering brief wellness “check-ins” as well as phone/video counseling sessions for students and parents. Additionally, their website offers mental wellness tips and how to talk to your child about CoVID 19.

Supports for Military Families:

- Military Family Life Counselors (MFLC) are connected to each of our schools and are available for counseling, military resources, and activities at home. [Click Here](#) for Navy SW supports.

Be kind, be patient with yourself and others, and be healthy!

Best regards,

Niamh Foley
CUSD Director, Student Services