

Coronach School

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COVID-19 Update
March 19, 2020

Coronach School Families

As shared yesterday, the Ministry of Education announced a pause period for school programming in Saskatchewan from Friday, March 20th to Friday March 27th inclusive due to the COVID-19 response. What this means is that staff will return to work once the pause is lifted on Monday, March 30th. At this time, teaching staff will then reach out to families to provide instructional support for our students and provide resources for our parents/guardians.

Should you require assistance for urgent matters during this pause period, your school administrator will be available throughout the week of Monday March 23rd to Friday March 27th. Please call the school at 306-267-2210 between 8:30-3:45. If there is no answer please leave a detailed message with your contact information and your call will be returned. If your call is urgent, please call the Prairie South School Division office at (306) 694-1200. You can also email beselaere.nathan@prairiesouth.ca with any questions or concerns.

As we move forward together please remember that children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with stressful situations calmly and confidently, they provide the best support for their children. There are many things you can do to support your child(ren). Remember this is new territory for all of us, and we are all doing our best. It is perfectly okay, if your best, looks different than everyone else's.

Considerations moving forward:

- Take time to talk with your child(ren) or teen(s) about COVID-19. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child(ren) or teen(s) that they are safe. Let them know it is okay 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 family's exposure to news coverage, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with routines. Since school is currently closed, create a schedule for both learning activities and relaxing, fun activities.
- Take breaks, laugh, have meaningful conversations, get plenty of sleep, exercise, and eat well.
"Your only as okay as the people who hold you." Dr. Jody Carrington

As we continue to learn, adapt, and change in these uncertain times, remember, it takes a village. We will be here to continue to support you.

Cheers,

Mr. N. Beselaere
Coronach School, Principal
Prairie South School Division #210