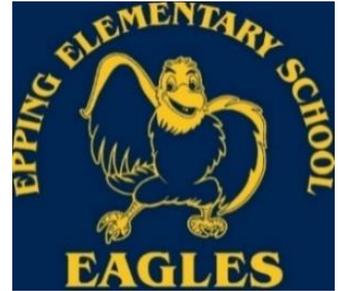


# March 20, 2020

# COOL NEWS



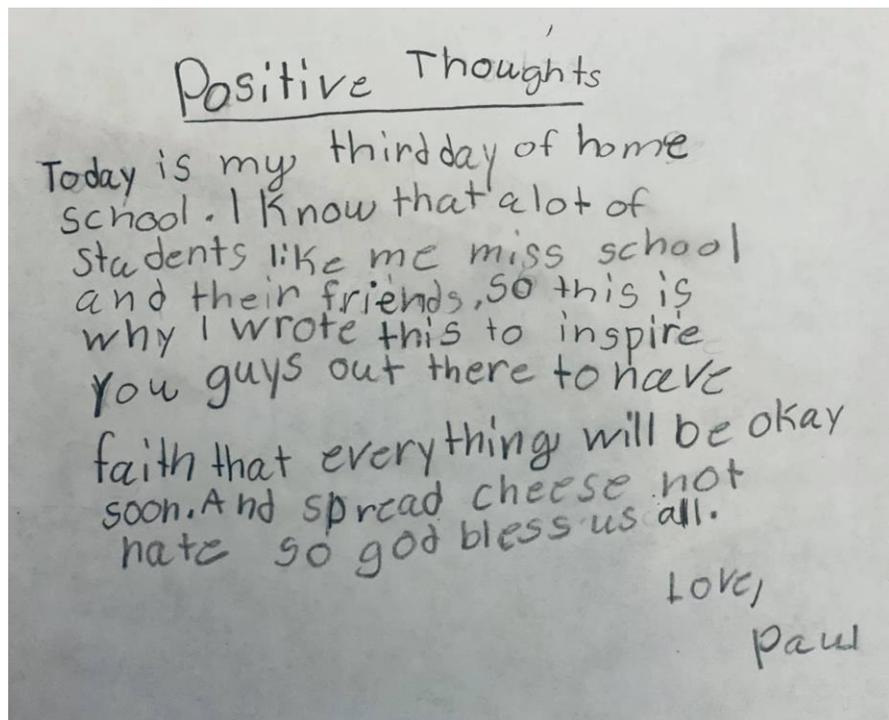
## **A quick note from Dr. Benna...**

Please keep an eye out from ongoing communication... From your child's teacher, our school, and the Epping School District. As these strange days go by, we will do our best to keep you informed of when events are scheduled/rescheduled.

As a school and community – and I'm sure it's true for you and your family too – we have quickly found ourselves in uncharted waters. I know our team of educators has been working diligently to contact you through email. Please be in touch with your kids' teachers. I personally know how much the teachers and staff at EES love your kid... Please know that we are doing our best to find ways to keep kids engaged. We are likely to continue to come upon new challenges and obstacles in the days ahead. While we will occasionally stumble or goof up, I ask for your patience. You have our commitment to do our very best.

## **And a third grader's thoughts.**

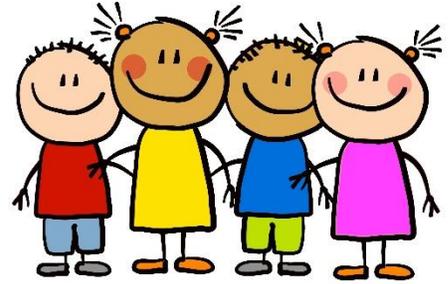
One of our third-grade teachers received this in response to an assigned written response. It's good advice indeed!



# TALKING TO KIDS ABOUT THE CORONAVIRUS

Rachel Ehmke of the Child Mind Institute

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be. Here is some advice from the experts at the Child Mind Institute.



- **Don't be afraid to discuss the coronavirus.** Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry *more*. Look at the conversation as an opportunity to convey the facts and set the emotional tone. "You take on the news and you're the person who filters the news to your kid," explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.
- **Be developmentally appropriate.** Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.
- **Take your cues from your child.** Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to avoid encouraging frightening fantasies.
- **Deal with your own anxiety.** "When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Domingues. If you notice that you are feeling anxious, take some time to calm down before trying to have a conversation or answer your child's questions.
- **Be reassuring.** Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child about how rare the coronavirus actually is (the flu is much more common) and that kids actually seem to have milder symptoms.
- **Focus on what you're doing to stay safe.** An important way to reassure kids is to emphasize the safety precautions that you are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe." We know that the coronavirus is transmitted mostly by coughing and touching surfaces. The CDC recommends thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two "Happy Birthday" songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom. If kids ask about face masks, explain that the experts at the CDC say they aren't necessary for most people. If kids see people wearing face masks, explain that those people are being extra cautious.
- **Stick to routine.** "We don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now," advises Dr. Domingues. This is particularly important if your child's school or daycare shuts down. Make sure you are taking care of the basics just like you would during a spring break or summer vacation. Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.
- **Keep talking.** Tell kids that you will continue to keep them updated as you learn more. "Let them know that the lines of communication are going to be open," says Dr. Domingues. "You can say, 'Even though we don't have the answers to everything right now, know that once we know more, mom or dad will let you know, too.'"

# Capture Your Memories in This Year's Epping Elementary School Yearbook



## Customize Your 2 Free Pages

- Add photos from your computer, Facebook, Instagram, Google Drive & more.
- Answer fun Memory Questions to help remember the year.
- The 2 Custom Pages are FREE and are printed ONLY in your book. Want more pages? Each additional 2 pages is just \$0.99.

## To Purchase & Customize Your Yearbook

Must be a parent or student 13 years or older.

- 1 Go to [www.treering.com/validate](http://www.treering.com/validate)
- 2 Enter your school's passcode:  
1014847648323584

Regular Price: **\$12.00**

\*Does not include sales tax, if applicable

Deadline: Apr 22

**TreeRing**



## **EYAA T-ball, Softball and Baseball sign-ups are now open!**



### **T BALL**

#### **4 year old T-ball**

This is a skills and drills introduction focusing on the basic fundamentals of the game. This program will be 45 minutes on Saturday mornings.

#### **T-ball Baseball**

This is for 5 and 6 years old who want to learn the fundamentals of hitting and fielding. T- Ball will have practice one weeknight per week and games will be on Saturday mornings.

### **Baseball**

#### **Rookies (Coach Pitch)**

Rookies is for players who will be league age 6, 7, and 8. All Rookie teams are coach pitch. These teams will have one practice a week and games are on Saturday mornings in Epping, Newmarket or Stratham.

#### **Minors (Player Pitch)**

Minors division is for players who will be league age 9, 10. These teams will have practice during the week, as well as one game during the week and one game on Saturdays in Epping, Newmarket, or Stratham.

#### **Majors**

The Major Division is for boys who will be league age 11, or 12. These teams will have practice during the week, as well as one game during the week and on game on Saturdays in Epping, Newmarket, or Stratham. Players are encouraged to play for school and EYAA.

### **SOFTBALL**

**U8:** Designed to be instructional play in a fun and engaging environment. There are 1-2 games per week.

**U10:** This program builds on the foundations while incorporating game specific skills such as stealing and live pitching.

**U12, U14 and U16:** These programs cater to our older players and look to support the fundamental skills learned at the younger levels, while incorporating game strategy and full field play at a faster pace. Players are encouraged to play both school and EYAA level

**Registrations close March 16<sup>th</sup> 2020.**

**\*\*Please be sure to register by then to avoid a late fee\*\***

Financial assistance is available- please reach out to Jason at [Jason@eyaa.org](mailto:Jason@eyaa.org) if needed.

**Visit [www.eyaa.org](http://www.eyaa.org) for more information and to  
register your players!**