



**Williamsburg-James City County Public Schools**  
**School Board & Central Office**

P.O. Box 8783 • Williamsburg, VA 23187  
Phone: (757) 603-6400 | [wjccschools.org](http://wjccschools.org)

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To: Parents/Guardians of WJCC Elementary Students  
From: WJCC School Counseling Department  
Re: School Closure

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In the event of a school closure your child may have many questions about this change in their routine. In an effort to support both your child and you, please find information below on talking and supporting your child during this time.

Concern over COVID-19 and what may happen can cause stress and anxiety among both children and adults. It is important to talk with your children during this time but not show a high level of panic. Your children need to know that you are open to discussing the topic and that you will listen, but it is also important that you reassure them. We recommend you stay up-to-date with factual information through resources such as the Center for Disease Control ([www.cdc.gov](http://www.cdc.gov)) and the World Health Organization ([www.who.int](http://www.who.int)). This information will help you know how to best respond to your child's questions regarding facts about COVID-19.

To help limit the stress and anxiety this situation may cause, minimizing your child's screen time or setting limits to how much of the news your child watches or is exposed to will be beneficial. An increased level of exposure to the topic of COVID-19 may cause an increased level of worry or anxiety related to this illness.

We recommend providing time for stress relief or relaxing activities such as going for a walk, reading a book, listening to music, stretching, and breathing exercises. Enclosed you will find activities you may use with your child should you be interested. These include ways to help calm our bodies, stretching poses for children, and coping strategies when stressed or anxious.

For additional resources on talking with your child about COVID-19 please visit the WJCC website at <http://wjccschools.org/coronavirus/> and follow the link "Talking to Children About COVID-19 (Coronavirus) – A Parent Resource."