



October 12, 2023

Dear Families:

We acknowledge the challenging situation unfolding in Israel and Gaza and its impact on our students and families within the school district. In times like these, it is essential for us to come together as a supportive and understanding school community. The complex events in the region have left many of our students and families feeling distressed and anxious. Our hearts go out to all those affected.

As a school district, we are committed to creating a safe and nurturing space for all our students. We encourage open dialogue and understanding among our students, fostering an environment where everyone feels heard and respected.

Resources:

You may be looking for tips on how to talk to your child(ren) about what they may be seeing via social media or news reports. Experts state that talking and having open discussions about the feelings they may be experiencing, specifically related to conflicts in the news, can help them understand what is happening so they can feel safe and begin to cope with the situation.

[Resources for talk about the Israel-Hamas Conflict](#)

Additional resources:

For parents:

- American Psychological Association, [How to talk to children about difficult news](#)

For all ages and groups:

- National Child Traumatic Stress Network, [Talking to children about war](#)
 - Talking about International wars
 - Potential Impact and Considerations
 - Talking to Children about War
 - Understanding Media Exposure
 - How to Foster Resilience

For elementary/middle school students:

[Resilience in a time of war](#): Tips for parents and teachers of elementary school

children

If your student(s) needs extra support, please feel free to reach out to your [child's school](#) administrator or counselor. Together, we will navigate these challenges and continue to support one another through these trying times.