
Warrenton Elementary School

809 Belva Drive
Vicksburg, MS 39180
School Status

Newsletter from your School Guidance Counselor

Dear Parents,

I pray that you and your families are doing well and coping during this time. I miss you all, especially my students and think of them often. Although many of you may be feeling anxious and on edge as adults, this can be especially scary, confusing, and overwhelming for kids. That's why it is so vital that we provide social and emotional support to them during challenging times because it can directly impact their learning.

Therefore, I'm asking parents and students to please contact your child's teacher if you would like for me to give you a call through school status for a listening ear, encouraging words, or community resources. Also, I have provided you with some tips that can help children cope with anxiety during school closures:

Keep calm.

I know quarantining can become overwhelming and stressful at times, so please be mindful of the conversations and information that is presented around children. Panic only creates more panic, so remember kids don't learn well under stress.

Listen and be supportive.

Being a good listener is key. Let them know it's okay to have concerns and express their feelings. Answer their questions honestly and let them know it's okay to feel sad, afraid, or confused, while reassuring them that they are safe because school officials, world leaders, and scientists are working on ways to keep us safe.

Limit social media. Kids can become afraid of things they've read or seen on social media. Monitor and limit their exposure to media and engage in enjoyable activities together that includes the whole family (read books together, do puzzles, go for walks, play board games, paint, etc.).

While this can be a very scary time, it can also be remembered as one of their best childhood memories spent with close family and friends. Beginning Wednesday, April 1, 2020 please feel free to contact me through your child's homeroom teacher. I will definitely give you a call as soon as possible. Hope to see you all soon, at school!

Melody West, Guidance Counselor