

# MENTAL HEALTH MINUTE

## BACK TO SCHOOL

This school year is certain to be unlike any previous year. The pandemic has disrupted the typical rhythms of work, school and home life. We are all trying to navigate these changes and make the best out of a difficult situation. There is no doubt these changes will cause an increase in stress and anxiety. We will be doing our best to help reduce this stress and make this school year go as smoothly as possible.

I have included some tips that maybe helpful for as your kids go back to school:

### **Wearing a Mask**

<https://www.childrens.com/health-wellness/7-tips-to-help-your-child-wear-a-face-mask>

### **Safety**

<https://www.cedars-sinai.org/blog/safe-back-to-school-during-covid-19.html>

### **Stress**

<https://mhanational.org/your-child-stressed>

Despite the challenges the pandemic has presented, we will work together to make this year a great year of learning and growth. I look forward to working with students, staff and families this year to assist in a successful and healthy school year.