



## POTTSGROVE SCHOOL DISTRICT

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### ADMINISTRATIVE OFFICES

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March 17, 2020

RE: Resources for School Closure due to the Coronavirus

Dear Parents and Guardians,

Thank you for your patience and support while we work through the evolving situation regarding the Coronavirus. Safety of our community remains our number one priority. Our district administrators are working with the Centers for Disease Control (CDC) and the Montgomery County Department of Health (MCDH), under the direction of the Governor Tom Wolf, in an effort to slow the spread of the Coronavirus. We recognize that this response can cause an increase in stress, a significant impact on household financial stability, along with putting many parents and guardians in the role of temporary educators.

Our district social workers have created a resource guide that gives options for community food pantries, meal locations, accessing the internet, online learning activities, sample daily schedules and contact information for county mental health services. This is a guide only. Please be sure to contact any agency to verify their hours and review their policies and procedures.

Please take some time to read through these resources, and utilize them if they may helpful to your family. If you have specific questions or concerns that would benefit from connection with one of our social workers, please feel free to reach out to them.

Respectfully,

Mrs. Melissa Manzon  
District Social Worker, Grades K-6  
[mmanzon@pgsd.org](mailto:mmanzon@pgsd.org)

Mrs. Liz Rakoff  
District Social Worker, Grades 7-12  
[erakoff@pgsd.org](mailto:erakoff@pgsd.org)

**Internet resources:**

Comcast Xfinity – Comprehensive COVID-19 Response:  
<https://corporate.comcast.com/covid-19>

Comcast Community Hot Spots:  
<https://wifi.xfinity.com/>

Comcast Internet Essentials (Low Cost Internet):  
<https://www.internetessentials.com/covid19>

Verizon LifeLine (Internet for Low Income Households):  
<https://www.verizon.com/support/residential/account/manage-account/lifeline-discount>

**Online Learning Resources K-12:**

<http://www.amazingeducationalresources.com/>

<https://fluencyandfitness.com/register/school-closures/>

**Structuring your day:**

<https://nescanewton.com/making-the-most-of-covid-19-school-closures/>

Sample Daily Schedule – See Second Page

**Community Resources in Montgomery County:**

Food Resources in Montgomery County:  
<https://www.montcopa.org/DocumentCenter/View/22103/Food-Resources>

Pottstown Cluster:  
<https://www.pottstowncluster.org/>

Pottstown Cluster Food Security Community Meals:  
<https://www.pottstowncluster.org/communitymeals/>

**Behavioral Health Support:**

Montgomery County – Crisis Intervention  
[http://www.mces.org/pages/crisisint\\_main.php](http://www.mces.org/pages/crisisint_main.php)  
610-279-6100 (24/7)

Montgomery County Mobile Crisis:  
(855) 634-4673  
Montgomery County Children’s Crisis Support:  
888-HELP-414

Creative Health Services:  
<https://creativehs.org/>  
484-941-0500 or [info@creativehs.org](mailto:info@creativehs.org)

Centers for Disease Control (CDC):  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Talking with Kids about Coronavirus (NPR):  
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

# Sample Daily Schedule

*this is just a guideline for structuring your day*

**PLEASE MODIFY BASED ON THE AGES OF YOUR STUDENTS**

Before 9am	Wake-up	Breakfast, get dressed, morning household routines
9-10am	Morning Activity	Get MOVING! go for a walk, outside play, at home exercise
10-11am	Morning Academic	flash cards, worksheets, catching up on previous assignments
11-12am	Creative Free time	drawing/sketching, building with legos, puzzles etc
12-12:30	LUNCH	Please see Resource Guide for community options
12:30 -1PM	Break or Chores	Get Moving or Have some help with household chores
1-2pm	Independent Activities	Age appropriate activities; rest for the younger students reading, journaling, puzzles for the older students older students supervising siblings so parents/guardians can get their work done
2-4pm	Academics	Mix in electronic resources, pick a family book to read
4-5pm	Outside play	Keep in mind the social distancing guidelines If the weather isn't cooperating; check out the resource guide for online exercise options
5-6pm	Dinner	Have the kids help with picking out the menu, helping to cook and clean up
6-8pm	Free Time	Video Chat with Friends, Call relatives, Stay connected
8:00 PM	Bedtime	As age appropriate



## Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



# Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

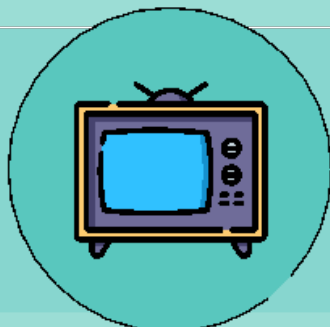
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

