



Fairfield Local Schools

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Dear Students and Families,

My name is Erin Goddard and I am one of the school counselors at Fairfield Local School District. We are experiencing a very different time in our community and our country with the Covid-19 illness. I know this disease has effected students and their families. I wanted to share some information and tips for students who may be experiencing quarantine.

Google Classroom

Your student will be using google classroom as a way to continue their everyday classroom lessons. Some students will be able to see the lesson that the teacher has recorded for them. One example would be Math. Some of our math teachers will be recording lessons for students who will need to see the process and steps that it takes to fulfill their understanding of the course work. For other classes PowerPoint presentations will be available along with lessons they may need to review for assignments. The Fairfield Local School website has a great deal of information for students, families, and community members. If you go to the school website, under student resources tab you will find google classroom cheat sheets. This allows students to review any information they may need for using and submitting work through their google classroom.

Social Emotion

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Healthy Ways To Cope With Stress

- Know what to do if you are sick. Contact a Healthcare professional. If it is an emergency call 911. Call your local physician if you do not have a family doctor contact the local hospitals where they can connect you to a doctor. Know where you can get support services including counseling or therapy. (In person or telehealth services) Call School Counselor's Erin Goddard or Vickey Leasure 937-780-2966. We can help counsel students in need.
- Take breaks from watching, reading or listening to news stories including social media. Talk with your students about Covid-19 and work through questions they may have.
- Take care of your body. Eat healthy well-balanced meals, exercise, and get plenty of sleep, and avoid drugs and alcohol.
- Take time to unwind.

Students often thrive on interaction with peers. It is important at times to feel a part of the group. All students need a balance of spending time with friends and family. During quarantine, this may not be easy. Some simple things that students can do is call and talk to family members and friends, email or write letters.

It's a great day to be a Lion!

With technology today, video chat is an opportunity to communicate and feel in touch with their friends. Students can also journal their experience of quarantine.

How to stay active

Students are used to being active. Here is a list of ideas or activities students can do.

- Puzzles, self-care such as paint your nails, use a facemask, close your eyes and relax for 15 minutes. Try a new hairstyle. Bake. Go through pictures and scrapbook or create a photo book online. (Walgreens and Walmart are online stores that provide the photo book option. links below.) Learn to do something new like knitting, baking, cooking. Watch a YouTube video and learn to do Calligraphy, sewing, braiding. Make a list of things you want to do or places you want to go. As parents, this may be a good time to do some chores. As a parent, you could give a list to your child with a few items of things to be done during the day each week. Some ideas are: wipe off counter tops, vacuum, dust, dishes, or even Laundry. Keeping it light and helpful. Easy items that students can accomplish quick helps with motivation. It may even make them feel productive or accomplished and break up the day. These are great life skills as well.

Links to Photo book sites: https://photos3.walmart.com/?&search_redirect=true&redirectQuery=photo or https://www.printicular.com/us/?gclid=EAIaIQobChMI55PU4OLr7AIVjMDACh3Y0Q9QEAAAYASAAEgLNz_D_BwE

I hope this information will help with student's time in quarantine. We as a district care about our students and want them safe and healthy. If at any time, you need to talk or have, questions please do not hesitate to call and speak with Mrs. Leasure or myself and we can assist.

Sincerely,

Erin Goddard
School Counselor
Fairfield Local Schools

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