

# Specific Consequences of COVID 19

Guidance for School Settings -Principals and Teachers

# General Principles for talking to children

- **Remain calm and reassuring.**
- **Make yourself available to listen and to talk.**

## General Principles for talking to children

- ❑ **Avoid language that might blame others and lead to stigma.**
- ❑ **Pay attention to what children see or hear on television, radio, or online.**

# General Principles for talking to children

- **Provide information that is honest and accurate.**
- **Teach children everyday actions to reduce the spread of germs.**

# Reducing Stigma

- ▶ Fear and anxiety about a disease can lead to social *stigma* toward people, places, or things.

# Reducing Stigma

- ▶ Some groups of people who may be experiencing stigma because of COVID-19 include:
  - ✓ Immigrants and their relatives
  - ✓ People whose family would have travelled recently
  - ✓ Students or staff whose relatives are known emergency responders or healthcare professionals

# Reducing Stigma

- ▶ Stigmatized groups may be subjected to avoidance
- ▶ Stigma affects the emotional or mental health
- ▶ Stopping stigma is important to making the school community members resilient.



# Ways to cope with stress

- ▶ **Take breaks from media.**
- ▶ **Take care of your body.**
- ▶ **Make time to unwind.**
- ▶ **Connect with others.**





# STRESS and COPING

- ▶ **Watch for SIGNS of stress in BOTH children as well as members of staff:**
  - Changes in sleep or eating patterns
  - Difficulty sleeping or concentrating
  - Worsening of chronic health problems
  - Worsening of mental health conditions
  - Increased use of alcohol, tobacco or other drugs

# Principal and Teachers:

## The primary caregivers at school

- Children and teens react, in part, on what they see from the adults around them. **When the primary caregivers deal with COVID-19 calmly and confidently, they can provide the best support for the student population.**
- Staff can be more reassuring to others around them, especially the students, if they are better prepared.

## Common Changes to look out for:

- ▶ Excessive crying or irritation in younger children
- ▶ Returning to behaviours they have outgrown (for example, toilet accidents)
- ▶ Excessive worry or sadness
- ▶ Unhealthy eating or sleeping habits
- ▶ Irritability and “acting out” behaviours in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

# What to expect coming out of Quarantine

COMMON REACTIONS

# For Infants

- These children may return to behaviours they have outgrown.
  - ▣ For example, toileting accidents, bed-wetting, or being frightened about being separated from their parents/caregivers.
  - ▣ They may also have tantrums or a hard time sleeping.

# For 7-10 year olds

- ❑ Older children may feel sad, mad, or afraid that the event will happen again.
- ❑ Peers may share false information; however, parents or caregivers can correct the misinformation.
- ❑ Older children may focus on details of the event and want to talk about it all the time or not want to talk about it at all.
- ❑ They may have trouble concentrating.

# For Pre-teens and Teenagers

- Acting out
- Alcohol or drug use
- Afraid to leave the home
- Limit interaction with others
- Overwhelmed and feel unable to talk out
- Increased arguing and even fighting with siblings, parents/caregivers or other adults

# For Special Needs Children

- ▶ They might have more intense distress, worry or anger than children without special needs because they have less control over day-to-day well-being than other people.
- ▶ The same is true for children with other physical, emotional, or intellectual limitations.
- ▶ Children with special needs may need extra words of reassurance, more explanations about the Pandemic, and more comfort and other positive physical contact such as hugs (where suitable).



Use the following links provided below to connect to interactive and virtual sites for helpful information:

- ▶ *Life's Carousel from Chaos to Calm* – provides self-care assessment quiz, self-improvement quiz and self-reflection day to find your focus. **Try Now.**

<https://www.lifescarousel.com/selfimprovement-quizzes/>

- ▶ If you're a stressed-out teacher watch this! –

<https://youtube.be/juQ9hes461>

- ▶ Recognition, prevention and coping strategies for teacher

<https://youtu.be/MGHhqbeOyPU>

- ▶ <https://elearningindustry.com/7-tips-prepare-for-teaching-online>



THANK YOU