



October 12, 2023

New Lebanon
Central School
District

Dear Families,

Our world can certainly be a scary place especially for our children. I want to take this time to acknowledge that as the traumatic events unfold in Israel, some students and families may require additional support processing complex emotions. It is important during this time that we support each other. Parents and guardians are encouraged to discuss/monitor their children's social media use as images/videos being circulated are incredibly graphic and disturbing.

Any indicators of potential threat-related behavior and/or targeted towards others must be reported immediately to your local authorities and/or school officials.

Below are helpful tips for adults in supporting children/students:

- Provide a safe space for them to share their feelings and concerns – listen and validate; fear, anger, confusion, worry, insecurity and other reactions are to be expected.
- Let their questions be the guide – do not share or expose them to unnecessary details; limit exposure to news and social media.
- It's ok to not have all the answers but to emphasize the importance of getting factual information and limiting exposure to misinformation.
- Provide general, brief facts with an emphasis on what adults and individuals can do to keep themselves and others safe.
- Ensure they know where to find a trusted adult and support resources.
- Model being calm and in-control. Children look to adults on how to react.
- Keep a schedule and routine. This provides a sense of predictability which can lessen anxieties.

Additional guidance can be found at:

NASP website: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/supporting-youth-affected-by-the-violence-in-israel-and-gaza-tips-for-families-and-educators>

NCTSN website: <https://www.nctsn.org/>

As a community let's be sure to take care of one another, show kindness, and support those who need us. If you have any questions or need support please don't hesitate to reach out for support.

Very Fondly,

Andrew Kourt

NL Superintendent



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