



BRISTOL BOARD OF EDUCATION
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March 13, 2020

Bristol Public Schools Families and Guardians,

We hope this letter finds you doing well and securing plans for the next two weeks for your family. This letter is to communicate information regarding lunch and breakfast program locations within Bristol, supplemental learning packets for all students including students that receive special education services, and English Language Learners supplemental plans.

Lunch and Breakfast Locations

Bristol Central High School - 11 a.m. - 1 p.m.- Monday through Friday
Bristol Eastern High School - 11 a.m. - 1 p.m. - Monday through Friday
Rockwell Pavilion - 11 a.m. - 1 p.m. - Tuesday through Friday

Pick Up Instructions

Bristol Central High School Pickup – Enter only from Wolcott Street (Route 69)
Bristol Eastern High Pick up – Enter only from Morris Avenue
Rockwell Pavilion Pick up – Entrances on Jacob Street, Dutton Ave or Terryville Rd.

English Language Learners Supplemental Plan

In order to assist our students with supplemental learning, we are providing lessons for students in grades 3-12 via Google Classroom*. For students in grades K-2 we will use the parent email addresses on file or a paper copy.

Special Services Supplemental Plans

Supplemental learning packets are being emailed by case managers to parents of students of in-district special education programs. Supplemental activities and/or related materials will not be collected upon return to school. If you are not able to view the materials electronically, please contact Special Services at 860-584-7051 on Monday, March 16th.

Communication Updates and Expectations

Daily Communications to the Bristol Public Schools community will be sent through text and email and will include a message from the BBHD or a message from Bristol Public Schools with updates and helpful information. All formal communications and letters will also be posted on our district website. Teachers will check emails once a day, and respond accordingly during the school closure.

Supplemental learning activities are meant to provide students a learning opportunity.

Printing materials is not necessary. If easier, have your child complete responses on loose-leaf notebook paper.

Parent Resources

Please see the information below from the CDC website related to coping strategies while experiencing the interruption of our daily activities due to COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Everyone reacts differently to stressful situations. The emotional impact of an emergency on a person can depend on the person's characteristics and experiences, the social and economic circumstances of the person and their community, and the availability of local resources. People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media.

Reactions during an infectious disease outbreak can include:

- Fear and worry about your own health status and that of your loved ones who may have been exposed to COVID-19
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Things you can do to support yourself:

- Avoid excessive exposure to media coverage of COVID-19.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do some other activities you enjoy to return to your normal life.
- Connect with others. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.
- Maintain a sense of hope and positive thinking.

Children react, in part, by what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. Not all children respond to stress in the same way.

Some common changes to watch for in children:

- Excessive crying and irritation
- Returning to behaviors they have outgrown (e.g., toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors
- 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

There are many things you can do to support your child:

- Take time to talk with your child about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child can understand.
- Reassure your child that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your child's exposure to media coverage of the event. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Help your child to have a sense of structure. Once it is safe to return to school or child care, help them return to their regular activity.
- Be a role model; take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members and rely on your social support system.

As our city motto reminds us, we are Bristol All Heart as such we are here for you during this time. Our collective efforts will ensure the health and well-being of all of our students. If we can help you in anyway, please contact us via email.

In Partnership,



Catherine M. Carbone, Ed.D.
Superintendent of Schools