



SCHOOL DISTRICT 78 FRASER-CASCADE

EVERYONE PULLING TOGETHER

March 2, 2022

Dear Fraser-Cascade Families and Staff Members,

Re: Tragedy in Ukraine

The current tragedy in Ukraine will be in the hearts and minds of many of our students, families and staff. It will also be very sensitive for everyone who have relatives in this part of the world. When critical events occur in our world, we have a moral responsibility to be aware of the events and recognize how these may impact everyone's emotional health.

Having conversations with youth about tragic global events can be challenging to navigate appropriately. Still, our children depend on the adults in their lives to make sense of these events to feel safe. Here are some suggestions for your consideration (shared from School District 39, Vancouver):

- Acknowledging any feelings and concerns that arise and reassure your child is in a safe place.
- This type of global issue may trigger an emotional response in you as well as your child. Recognizing your feelings enables us to be more supportive and gives children a model to express their feelings.
- Give children the opportunity to express their concerns and ask questions, listen carefully to what they are saying and respond in as objective away as possible. If you don't know an answer, don't be afraid to say so. Children need to know that adults are taking their concerns and questions seriously.
- Be aware of the potential impact of "media overload" from traditional media and the internet. Talk to your children about the importance of limiting their exposure to this coverage, especially for secondary students.

Staff may access the following article for direction on how to support students during this challenging time: <https://www.edweek.org/teaching-learning/how-to-talk-with-students-about-the-russia-ukraine-war-5-teaching-tips/2022/02>.

The emotional safety of our students is our utmost concern. Fraser-Cascade has the following individuals you can reach out to for assistance:

- Dr. Bernard Klop- District Counsellor bernard.klop@sd78.bc.ca
- Joanne Kovanchak- District Counsellor joanne.kovanchak@sd78.bc.ca

Our Secondary schools have Counselling Staff at Agassiz Elementary Secondary and Hope Secondary School. You may also reach out to your child's teacher or Principal for help so we can direct you to further supports.

Our hearts go out to everyone who are directly or indirectly impacted by this tragedy.

Sincerely yours,

Balan Moorthy
Superintendent of Schools