

NATIONAL TRAGIC EVENT

(Date)

Dear Families:

In the aftermath of the tragic events that unfolded in our nation on (date), we want to share with you that we are working hard to maintain the routines of school here at (name of school). The staff has been wonderful! They have listened, reassured, and nurtured.

We are also sharing with you some strategies you could use to help your children understand the day's events and cope with their feelings. Here are some tips from the National PTA:

- Maintain your composure. Kids model behavior.
- Reassure your children that they're safe.
- Keep to your normal routines. Children need a sense of stability.
- Talk about the tragedy in an age-appropriate manner. Be patient. It's common for children to ask the same questions about death and disaster over and over.
- Help children to express their feelings. If they don't know the words to say how they feel inside, try to help them put their feelings into words and/or use creative ways of communicating, such as through art, writing or music.
- Listen. Ask questions.
- Make yourself available. Your children may need extra attention from you. Make time for them.
- Explain that there are people who hate for different reasons, and that hatred is never acceptable.
- Tell your children you love them, and offer plenty of hugs and kisses.

(Principal name)
Principal