

From the Desk of Joe Bosco

## Happy 2021 Foothill Community.

**Washington D.C.-** The recent events in Washington DC furthered my dedication to ensuring our students at Foothill school are prepared to make a positive impact on our society and democracy as a whole. Talking about these types of situations with our children can be tricky. Yesterday, our superintendent put out a message with some resources. I wanted to share that information again along with some additional resources.

### Parent Guidance

- Try to be in charge of what and how your child learns about the event. Depending upon the age of your child, it is a good idea to limit children's exposure to traumatic news stories and images. Older children might use social media to communicate with their friends about events. It is important to monitor their interpretation of what is happening around them.
- When exposure is unavoidable, provide basic information about what happened at an age appropriate level. Brief, basic facts are typically appropriate for younger children, while older children and teens may have more questions. Don't overwhelm young children with too much information, but be sure to address questions as they arise.
- Do not assume that the child's worries and questions are the same as your own. Each child will understand and react differently. This will vary to some extent with age or developmental level, personality and pre-existing anxiety, and the manner in which the information is presented.
- Use open-ended statements and questions such as "Tell me what you know" and "What questions do you have?" rather than "Do you understand what happened?" and "Do you have any questions?" This will help you get a better sense of the child's understanding, worries and desire for more information. Adults and students will have differing opinions about the "right" or "wrong" of events happening around them.

Here are a few possible responses when students want your opinion:

- "We need to work for peace in our community."
  - "I want you to be safe."
  - "What can we do in the community to make sure we all get along?"
  - "We need to make sure everyone is treated with dignity and respect."
- 
- Acknowledge the events in a calm way and provide reassurance about the child's own safety and security. Be honest – don't tell children something "could never happen" here, or to them – but minimize anxiety. Focus your ability and efforts to keep them safe from harm.
  - Monitor your own emotions. Exposure to devastating news is upsetting and overwhelming for adults.
  - It is natural to be emotional at times. However, children look to their parents and other significant adults for a sense of whether or not things are "o.k." Parents often serve as a child's "barometer"

regarding their own safety and security. It is important for parents to manage their own stress level and reassure children that everything will be okay.

**Additional Resource:**

- [Talking to Children About Violence: Tips for Parents and Teachers \(National Association of School Psychologists\)](#)
- [How to Talk to Your Kids About the Chaos at the Capitol - National Geographic](#)
- [From Kids Health - Talking about the News](#)

**Toys for Tots** Thank you Foothill Community for your donations. I am so proud of the way we were able to help so many families in our area that were struggling to make ends meet during the Holidays. Thank you for participating and thank you to Sandy Waite Lopez for coordinating this for our school community.



**Thank You-** to our amazing PTA and Hongs for supporting our staff with a Holiday Luncheon. While we were not able to celebrate together, we all were able to enjoy some really good food which lifted our spirits during this Holiday Season. Thank you!

**Next Coder Dojo will be on January 13th** - Thank you to our Saratoga High students Vignav and Satyajit for all your help learning Python. Please use this [link](#) for our next meeting. Check out a picture of Vignav below when he was a student at Foothill

helping doing what he does best, helping others. So proud of our Foothill Alum.



**Technology Help-** If you are experiencing problems or need help with your students chromebook please us the link attached [here](#)