

Parent Resources

Helping Parents Navigate COVID-19

Calgary Girls Charter School (CGCS) recognizes this is a very challenging time for its families. To help parents and guardians navigate through this unprecedented time, please find some resources here.

Become Informed

One of the best defences Albertans have against the threat of COVID-19 is to educate themselves on the prevention measures that can significantly reduce opportunities for transmission. Provided below are some resources that can guide adults in their discussion with children about COVID-19 and its implications:

General Information

[Free 10-min Webinar - What is Novel Coronavirus?](#)

[AHS - COVID-19 Info for Albertans](#)

[AHS - COVID-19 Self-Assessment Tool](#)

[Practical and Emotional Preparedness for a Pandemic](#)

Promote Mental Wellness

During COVID-19, it's essential to prepare for stressful days. To support our families, here are some helpful mental health tips to keep in mind:

- Stay informed but follow news coverage about COVID-19 in moderation. Take breaks from watching, reading or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.
- Make time to step back and consider how to take advantage of unexpected flexibility in your daily routine. Stay connected. Talk to friends or family about your feelings and concerns.
- Maintain healthy relationships and respect other people's feelings and decisions.
- Identify what is within your control and try to direct your energy towards what most worries you within your own control.

Below are some additional resources that can provide helpful information, such as what to look for in children who are coping with stressful situations and how to maintain good mental and emotional health, particularly during times of isolation.

[\(adapted from Rocky View Schools resource\)](#)

Resources for Children

[What is the Coronavirus?](#)

[Coronavirus - Why do I have to stay home?](#)

[PraAACTical Resources for Dealing with the COVID-19 Pandemic](#)

Resources for Mental Wellness

[Tips to Take Care of your Mental Health](#)

[AHS - COVID-19 and Your Mental Health](#)

[AHS - Help in Tough Times](#)

[AHS - Coping and Connection for Families](#)

[CDC - Managing Anxiety and Stress](#)

[Common Reactions to Distress in Children/Youth](#)

[Alberta Family Wellness Initiative - The Brain Story Toolkit](#)

[Tips for Helping Children Through a Traumatic Event](#)

Learning at Home

As previously communicated, CGCS is working with the province and other school divisions to ensure a common and consistent approach to learning continuity across Alberta. Until this plan is in place, families can utilize the resources below:

- Pull on your comfiest reading socks, snuggle up under your coziest blanket and check out Calgary Public Library's [Animated Storybooks](#).
- Access the Calgary Public Library [digitally](#) for other types of works, including e-books, online tutoring, music, movies and more (please note you do need a library card for this).
- Get cooking - before you start pulling ingredients out of the pantry for dinner, read about [6 ways that cooking can boost literacy skills in children](#).
- What's for dessert? Did you know that supervised baking is an excellent way to [promote numeracy in young children?](#)
- Once the dinner dishes have been cleared, engage the whole family in a game of [Would you Rather](#), where players will be called upon to use their math skills to justify their answers!