Dear York Prep Community,

We are continuing to think of you and your families during these unprecedented times. We hope you are all well and adjusting to school reopening. We are off to a great start to the school year at York Prep! As we successfully enter week seven, it has been wonderful to see your children virtually and in-person on a daily basis. We have been impressed by how our students have adapted to returning to school post quarantine. Although some students have shared some challenges around returning to school, it has been wonderful to see students advocating for themselves and seeking out our services when necessary. It is important for us to continue to monitor their emotional well-being as the year progresses. We recommend that you check in regularly with your child about their thoughts and feelings related to school. They may describe feeling nervous or having difficulty concentrating or sleeping. Remind them that there are adults to speak with at the school to address any of these concerns. Please encourage them to practice school protocols to ensure the safety of our school community.

As we continue to navigate through uncertain times please be aware that Evelyn Rowe-Cosentino at erowecosentino@yorkprep.org and Dr. Rachel Tennant at rt Tennant@yorkprep.org are available to speak with you and your children regarding any social-emotional concerns.

When you have a moment below are some resources to help you and your family navigate your child's return to school.

Warmly,

Evelyn Rowe-Cosentino and Rachel Tennant
Parent Resources

Helping Children Cope with Changes Resulting from Covid-19

Supporting Your Child's Mental Health As they Return to School During Covid-19

How To Help the Kids Return to School After Home Learning

Teens and the Impact of Sleep on Mental Health
**Webinar Opportunities**

Please join Dr. Gene Beresin, executive director of The Clay Center for Young Healthy Minds for a presentation and discussion on ways to help children and teens manage the stress and anxiety brought on by the unprecedented COVID-19 crisis.

Dr. Beresin will outline the impact of the pandemic on the mental health of young people and offer guidance for them as well as for their parents and grandparents. Dr. Lee Cohen will facilitate an audience Q&A.

This webinar will be presented live via Zoom on Tuesday, November 17, 2020 at 4:00 PM ET. Advance registration is required.

**Coping During a Pandemic: Tools for Promotion of Mental Health for Your Children and Grandchildren**

**Featuring**

*Gene Beresin, MD*

**Moderated by**

*Lee S. Cohen, MD*

We look forward to seeing you. If you have any questions, please contact Michael Johnson, Director of Development at mjohnson107@mgh.harvard.edu or 917-363-2536.