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Dear Families,

As we strive to make sense of the situation we are all currently faced with, I hope you will carve some time out of your day to view one or all of the following resources. As a way to support families and educators, Conscious Discipline has created a special COVID-19 Resources for Families and Educators section to their website, these can be accessed at <https://consciousdiscipline.com>. My hope is to continue to share helpful resources such as those listed below as they become available, so that we can stay on track and come out of this stronger together.

In Dr. Becky Bailey's 30-minute webinar, "How Uncertainty Affects the Brain.", Dr. Bailey dives into how our brains are handling the uncertainty of COVID-19, specifically what she calls the "Corona Jitters", what we can do to shift our perspective and how we can support our children during this time.

[COVID-19 Stress: How Uncertainty Affects Our Brain with Dr. Becky Bailey](#)

As quoted in the following article from the Conscious Discipline website, "Keeping it safe by staying at home may seem like a block to connection and contribution, but it can also provide a wonderful opportunity to build unity, compassion and caring within our families and communities." Listed in this article are 75 fun ideas you can use to shift your perspective from an "I can't" mindset of isolation to a "We can do this" sense of togetherness.

[75 Ways for Kids to Connect and Contribute](#)

In "When Parents Are Away: Supporting Children of Emergency Personnel", certified Conscious Discipline instructor, Abbi Kruse, shares helpful advice to support you during this time. From how to handle children's upset to creating visual schedules, Abbi shares real personal video footage, and tips that are not only beneficial for children of emergency personnel but all caregivers during this uncertain time.

[When Parents Are Away: Supporting Children of Emergency Personnel](#)

Wishing You Well,

Julie Speer  
Assistant Principal

#### MISSION STATEMENT

*The mission of Saint Mary Academy is to educate students spiritually, academically, emotionally, and socially through a curriculum rooted in the Roman Catholic faith. Students are educated in a manner which fosters academic excellence, provides a supportive atmosphere and develops students to be responsible, moral members of their church and community.*

