

IMPORTANT INFORMATION

Please have this translated.

አስፈላጊ መረጃ። እባክዎ ይህን እንዲተረጎም ያድርጉ። | አገዳሲ ሓበሬታ። ብኸብረትኩም እዚ ከም ዝተርጎም ግበሩ።
معلومات مهمة. الرجاء ترجمتها. | Información importante. Por favor, que esto se traduzca.
معلومات مهم, لطفا این ترجمه را انجام دهید. | لطفا از شخصی بخواهید تا این متن را برای شما ترجمه کند.
ਜ਼ਰੂਰੀ ਜਾਣਕਾਰੀ। ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਤੋਂ ਇਸ ਦਾ ਅਨੁਵਾਦ ਕਰਵਾਉ। | 중요한 정보입니다. 이것을 번역하시기 바랍니다.

March 1, 2022

Dear Families,

This past week has been an especially difficult time with the invasion of Ukraine. We understand that children and youth may experience a range of emotions when they hear about and process information about these deeply upsetting events. I wanted to reach out to share available supports, should you find them of use.

Adults have a key role to play in helping children to make sense of the world and feel safe. Having conversations can help. Please find attached, for use as you see fit, a resource from our Safe and Caring Schools Team. It's designed to help support adults with strategies for having conversations with children and teens about troubling events they are hearing about online and through social and traditional media.

If you're concerned about how your child is doing, our school counsellors are always available to support anyone coping with deep emotion. Additionally, there is help in the community – for easy reference, a list of online and in-person counselling resources can be found on the District's website [here](#).

While this is a challenging time for so many, I know that some in our community have ties to the impacted region and may be especially worried about their loved ones. My heart goes out to you during this difficult time.

This continues to be an uncertain time for all, and we will continue to do what we can to support our entire Burnaby School District community.

Warmly,



Gina Niccoli-Moen, Superintendent of Schools