



Sanskriti School
Dr S Radhakrishnan Marg
New Delhi - 110021

Dear Parents

COVID 19 has forced us to be confined inside our homes for way longer than anticipated. Each one of us is having to review/ rethink the way we function and the way of life itself. It is natural for children to feel stress, fear, anxiety, sadness, loss of interest and helplessness during this ongoing pandemic. All emotions are valid emotions and we need to understand them with empathy. Children may express psychological distress (anxiety, sadness) by acting out in a different way - each child behaves differently. Some may become quiet while others may feel anger and express hostility.

Children who already experience a lot of anxiety or are living in strained family dynamics and Children With Special Needs may find their anxiety worsening in these times. Children may feel confused and at loss with the current situation, leading to frustration. Anxiety is further heightened for children and families who are subjected to quarantine or isolation. Worrying about their own health and the health of their loved ones can be overwhelming and cause strong emotions.

COVID-19 has also brought new stressors on parents and caregivers, hampering their capacity to provide care and remain engaged with their children. In turn, affecting the resilience capacity & well-being of our children.

Keeping all this in mind, the Counsellor will be checking-in and interacting with the children when the School reopens. This will be done grade wise starting with class VI from 8th June followed by grades VII & VIII. The class teachers will also be speaking to the students on a regular basis to help them share & cope better.

If something is bothering your child or if someone is sick in the family and has been taken to hospital, or if there has been a death, children may experience added anxiety and may need help or just someone to talk to. Please feel free to reach out to the Counsellor at the given email address :

nayandeepkaur@sanskritischool.edu.in

Sharing with you a few helpline numbers below for your reference, most are operating 24X7. You may save these numbers at your end for any psychological support or counselling if you/ your child is in distress:

1. NIMHANS # 08046110007
2. FORTIS Department of Mental Health # 8376804102
3. MANODARPAN # 844 844 0632 (8 am to 8 pm)
4. CHILDLINE # 1098

Stay safe & take care!

Best Regards