

# PARENTING IN A PANDEMIC

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**Parents, you created great environments for continued learning at home and online.**

This is scary for ALL of us  
and

**WE WILL GET THROUGH THIS TOGETHER!**

*If you or your family need extra support right now, Lake Trail's counsellors are available to work with you.*

Please contact:

**Jessica Kerekes Rinn** ([Jessica.kerekesrinn@sd71.bc.ca](mailto:Jessica.kerekesrinn@sd71.bc.ca)) or  
**Jocelyn Schultz** ([Jocelyn.schultz@sd71.bc.ca](mailto:Jocelyn.schultz@sd71.bc.ca)).

*For more editions of Parenting in a Pandemic visit:*

<https://laketrail.comoxvalleyschools.ca/apps/pages/counselling>

## Returning In-Person

After what seems like ages of time in isolation, our government and health authorities have decided that it is now safe to relax **some** restrictions.

Our community's schools play an important role in this transition because:

- They are community hubs that **connect us in our common goal** – *Preparing youth for the future.*
- They allow our kiddos **to develop and maintain relationships** with peers, teachers, authority figures, and community members.
- They give us learning opportunities to **celebrate, experiment, fail, succeed, and grow.**

Lake Trail is preparing to have students return part-time under new health guidelines. It will be up to each family to decide if their kiddos will return to school in June. Some students are thriving online while others might need in-person support.

***Ask yourselves:*** "What does my kiddo need to be successful?"

## Perspectives on Safety

How we perceive safety depends upon our perspective of the world we live in. What we think is dangerous might be different from someone else (*stunt double jumping between tall buildings—should u?*).

### Different Understandings of Safe Place

#### Unsafe Environment

Internally

Feeling Safe and Secure

Vs.

#### Safe Surroundings

Internally

Feeling Unsafe and Insecure

When we develop ways to feel safe, it helps us develop **Resilience** - we are more able to adapt when change comes.

**Lake Trail is continually working to ensure that students feel safe and secure. If you have any questions about the new safety procedures, call the school at (250) 334-3168.**

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## Placemaking

There is a Latin term 'genius loci' that translates into '*spirit of place*'

This term helps us understand how every space has not only unique physical characteristics, but it also helps us represent our collective stories.

*We've got spirit—YES WE DO;  
We've got spirit— SO DO YOU!*

People  
Land  
Ancestry  
Culture  
Experience

This pneumonic device shows how we all experience spirit of place.

Placemaking is our society's ability to create meaning and develop spirit within the spaces around us. Through our connections to spirit of place, we co-create happiness, health, wellbeing, and community.

## Relaxing Island-Style

Vancouver Island has many ways that we can explore our spirit of place - and relax. Here is a quick list of some ideas:

**Creative Colouring** — can lead to a meditative state through its repetitive action, leading to a reduction in anxiety.

Free West-Coast colouring pages [HERE](#)

**Walking** — can make you happier by reducing feelings of boredom and restlessness. It's also good for your physical health - even if done indoors!

Click [HERE](#) for some fun inspiration.

**Sleeping** — create a daily bedtime/wake-up schedule and routine.

Here's a free [Sleep Journal](#) to track your progress.

**Exercising** - can increase your mood, self-esteem, and energy levels as well as lowering stress and anxiety.

Check [YMCA activities for kids](#)

**Chatting** - having a chat with a friend can relieve some stress.

Here are some [Conversation Starter Cards](#).

**Music** - improves mental health, sense of belonging, and reduces stress.

Check out this [PLAYLIST](#) of Comox Valley musicians.

Please have a look at the District 71 Website for:

[CLICK HERE](#)

- Regularly updated health information about Covid-19
- Re-occupancy requirements and protocols
- Parenting tips
- And more...

## Stay Tuned Next Week:

**Building Hope** - we will explore how we can transform our communities together through our connections and relationships.