

# Supporting our children

Notification from: **Public Schools of Northborough & Southborough**

Dear Parent(s) and Guardian(s):

Whether you are a first-time parent or have many years of experience, knowing what to do in the aftermath of tragic violence can be anxiety-provoking. We worry about saying too much, not saying enough, or saying the wrong thing. At times like these, simply being available for your child, listening, and confirming the safe connection they have with you, can be just what they need.

Along with the National Association of School Psychologists: [Talking to Children About Violence: Tips for Parents and Teachers](#)(translated versions available), here are some practical [resources](#) you may find helpful during this difficult time.

Your child's safety is our top priority. Please remember you or your student can submit secure and anonymous safety concerns using SaySomething.



You know your child best. If you are concerned about your child and need support, please reach out to the school guidance counselor, school psychologist, school nurse, us, or your primary care provider for assistance.

Jennifer Lipton-O'Connor PhD

District SEL Coordinator

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District Wellness Coordinator/Nurse Leader