

January 7, 2021

Dear Farmington Families, Faculty and Staff,

Yesterday's images of the storming of our U.S. Capitol were deeply distressing. As a school district, we quickly sent resources out to our faculty and staff to prepare for the range of emotions students would experience as a result of the images viewed across news outlets and social media. After historic or traumatic state or national events occur, Farmington educators consistently step forward to support students through the emotional impact of these events by listening, navigating discussions and being there for our students to help make sense of what has taken place.

First and foremost, we assured our students both in-person and at home that they were safe. The resources we provided to our faculty and staff promoted listening, facilitation and support if students expressed worry, anxiety, and/or confusion. In addition to the resources we provided, faculty utilized the mood meter and other aspects of the **RULER approach** to check in with students as needed to better understand how students were feeling. Our faculty and staff were prepared to address the questions and concerns that students might express or need to process and do so with care and compassion.

Our students have experienced a great deal of uncertainty and instability due to the pandemic as well as national and global events of civil unrest, racial violence, social injustice and political division. In partnership with you, we are here to provide the much needed predictability, routine, and support our students need, especially during challenging times. We take this responsibility extremely seriously and we approach each day with a mindset of care, compassion and support of students' emotional well-being as they navigate the complexities of this time.

I invite you to view Farmington's **Vision of the Global Citizen** as this vision directly aligns to the most vital skills and dispositions required of our students today and in the future. Along with our community conversations related to equity and social justice this school year, we will be setting up sessions for families related to the emotional and mental health impact associated with the uncertainty, fear and instability that students have experienced over prolonged periods of time. Together and in partnership, we will continue to support our students and one another.

I hope that 2021 brings us closer together on behalf of our nation's children who will one day lead our local, national and global communities. Our children look to us all to model safety, predictability and above all, compassion and care for one another. Thank you for your partnership and care throughout this school year.

I have included some resources that we thought would be a support to families. Please reach out to your school Principal if you have any concerns about your child's emotional well-being or any other concerns.

Sincerely,
Kathy

**How to Talk to Your Child About the News
Key Concepts and Best Practices - The National Institute for Civil Discourse
NASP Guidance for Ensuring Student Well-Being in the Context of the 2020 Election**