

On the Bright Side



Dear Students and Families,

We are your Edison Pyramid Elementary School Counseling Team. It is our hope that you are doing well during this unusual time for our nation and FCPS community. Please be assured that our support as your School Counselors continues. In fact, as a team we will be meeting regularly to share ideas and resources as learning transitions to your home setting. We whole-heartedly embrace this as an opportunity to grow together as we meet the academic, social and emotional needs of our school communities.

Parent Resources

Tips for Internet Safety

10 INTERNET SAFETY TIPS FOR PARENTS

- 1 Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.
- 2 Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3 Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4 Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5 Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6 Help your child learn to **filter** information online and navigate fact from fiction.
- 7 Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8 **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9 Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10 **Learn more:** Explore reliable resources for parents so you can educate yourself.



Digital Citizenship



7 Ways to Help Ease Your Anxiety Around the Coronavirus- Get strategies to help manage your fears about COVID-19.

- Practice self-care- A strong immune system can help prevent illness! Get enough sleep, eat nutritious foods, be active, and make time for a few minutes of deep breathing throughout the day.
- Maintain your regular routine- Follow your normal schedule, as much as possible. Predictability can be very reassuring.
- Take screen breaks- Limit the amount of time you spend consuming the latest COVID-19 news, whether on social media or other platforms. This will go a long way toward calming your nerves.
- To learn more strategies please view
<https://www.fcps.edu/news/coronavirus-update-ways-ease-anxiety>
- Mindfulness Bingo



ECHO - Ecumenical Community Helping Others

www.echo-inc.org

7205 Old Keene Mill Rd., Alexandria, VA

703-569-9160

Hours: Mon. - Fri. 9:30 am - 12:00 pm

Tues, Thurs. 7:00 pm - 9:00 pm

Koinonia

Currently focused on Food Pantry and Emergency Assistance

www.koinoniacares.org

6037 Franconia Rd.

Franconia, VA 22310

703-971-1991

Hours: Mon, Tues, Wed., Fri. 9:00 am - 12:30 pm

Thurs. 9:00 am - 5:00 pm

Sat. 9:00 - 12:30 pm - 2nd Sat. of the month

United Community Ministries - UCM

www.unitedcommunity.org

7511 Fordson Rd.

Alexandria, VA

703-768-7106

Mon. 9:00 am - 12:00 pm

Tues. 1:00 pm - 5:30 pm

Wed. 8:00 am - 12:00 pm

Thurs. 1:00 pm - 5:30 pm

Fri. 9:00 am - 12:00 pm

Sat. 8:00 am - 11:00 pm 1 Last Sat. of the month

MORE RESOURCES

We have more resources available to share with you. If there is something specific to your family's need that you would like, please contact **your** School Counselor.

Edison Pyramid Elementary School Counselors



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