



École Beechville-Lakeside-Timberlea  
Senior School

Great becoming GREATER!

Todd Barter, Principal  
John Mumford, Vice-Principal

April 2, 2020

Dear BLT Senior School Families,

Here we are, together but apart, navigating our way through these very different and stressful times. I am emailing to assure you, that as the school's Counsellor, I am committed to continue to support you and your child the best way I can. The ways in which I do this may shift and grow as I learn new and meaningful ways to connect in this new virtual world.

In the meantime, I invite any of you as parents and/or students to email me at this address with any questions, thoughts, or even just a hello. Regardless if your child currently has a signed consent to 'see me', I am available to all students at the school if you feel your child would benefit from some emotional support during this time. The Covid-19 pandemic can induce many worries for children, as well as struggles adjusting to a new normal. Students may have other concerns unrelated to this pandemic that they wish to speak to a trusted adult about. Please know I am here to check-in, offer resources or a 'listening ear'. As I support BLT Senior and a Junior High School, I will try my best to respond within 48 hours.

If your family needs more critical support, I am able to offer suggestions that are within our school and/or community. If your child is seeking immediate support, the Kids Help Phone is available 24 hours a day/7 days per week by phone at 1-800-668-6868 (<https://kidshelpphone.ca/>). Also, several Nova Scotia contacts are listed in the first link below.

Do not hesitate to reach out. We're in this together!

Take care of each other and stay connected, **Carolyn (Ms. Landry)** [clandry@hrce.ca](mailto:clandry@hrce.ca)

\*Here are a few resources you may find helpful:

Nova Scotia Mental Health Resources:

<https://www.mentalhealthns.ca/our-news/mental-health-resources-during-covid-19>

Covid-19 Q&A for Kids from Dr. Strang:

<https://www.youtube.com/watch?v=DXusFwpUbxE&feature=youtu.be>

Coping Tools with Covid-19

<https://curriculum.novascotia.ca/sites/default/files/documents/resource-files/Coping%20w%20COVID19.pdf>

Yoga for lower elementary:

<https://www.youtube.com/watch?v=9JI01thiHYI>

<https://www.youtube.com/watch?v=X655B4ISagk>

Get moving:

<https://app.sworakit.com/collections/kids-workouts>

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You cannot live a positive life with a negative mind!

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