



# CANTON COLLEGE PREPARATORY SCHOOL

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April 27, 2020

Dear Spartan Parents/Caregivers,

We know that for many kids, their social life is what drives them. When their social lives are not only disrupted but literally stopped in their tracks, it can be very challenging for our kids. At this point, the excitement of being out of school has probably worn off, and the reality of social distancing has set in. While being six feet apart or locked in our homes helps slow the spread of this virus, the physical and mental impacts can include isolation and loneliness.

This ongoing isolation and loneliness can lead to depression, which can in turn lead to numerous adverse mental health and physical impacts. Studies show that social connectedness is a major contributor to one's overall health. While we typically encourage kids to put down the electronics and enjoy face-to-face interactions, these are unique circumstances. People of all ages are encouraged to grab their electronic devices to get and stay connected.

Our kids are experts at connecting with friends on social media, by text, Facetime, or Snapchat, to name a few. Challenge them to get creative with their connections! They could do a workout session, jump rope together, work on their school packets together, play a game, watch a movie, or just talk to each other. If the weather cooperates, encourage your kids to get outside. They can remain at home or in their respective outdoor space to maintain appropriate social distance. This way they can get some fresh air in addition to exercise and face-time with friends - three big components to their health and wellness.

Of course, too much time online is not a good thing either. There must be balance. This is where the current situation comes into play – it gives families the chance to slow down and spend more quality time together. Try not to think of this extra time and togetherness as merely time to kill until we can all get back to our “normal” lives. Instead, consider this an opportunity to connect with each other and strengthen ties with your family.

As always, know that we're here to support you. Feel free to call the school or email your child's teacher any time you have a question!

Serving you,

Darryl Lindsay  
Principal

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**SPARTANS WILL.**