



Community School Connections

How to support someone who has tested positive for COVID-19

- ◆ **Show them compassion and kindness.** Though we may not be able to be physically close to someone who is sick, we can show them how much we care through acts of kindness. Stay connected virtually and offer to provide them with help in whatever ways you safely can.
- ◆ **It is very important to actively listen.** Keep your conversations focused on the person who is sick, not on yourself. Try not to downplay their feelings or offer judgmental advice.

Remember, our words matter!

- ◆ Try not to refer to people who are sick as “COVID-19 cases” or “victims”.
- ◆ Don’t talk about people “infecting others” or “spreading the virus” as it implies intentional transmission and assigns blame.
- ◆ Do your best to avoid gossip and language that is designed to generate fear. Misinformation can lead to people being labelled, stereotyped, and discriminated against.
- ◆ Never attach locations or ethnicity to COVID-19. It is not a “Wuhan Virus”, “Chinese Virus” or “Asian Virus”. The official name for the disease was deliberately chosen to avoid stigmatization. The “co” stands for Corona, “vi” for virus and “d” for disease, 19 is because the disease emerged in 2019.
- ◆ **Use your words to promote positivity and hope.** This is an illness that most people can overcome. Always emphasize the effectiveness of prevention and treatment measures such as frequent handwashing and mask wearing.

Sources: <https://www.state.gov/getting-real-supporting-covid-19-positive-friends-and-others> World Health Organization - A guide to preventing and addressing social stigma

happy
new year!

January 18th, 2021 is

Martin Luther King Jr. Day.

Celebrated on the third Monday of the month it marks the birth of the influential civil rights activist and honors his life and work. For ideas of MLK day activities and to access free educational resources visit:

<https://>

www.studentresearchfoundation.org/blog/classroom-resources-for-mlk-day/

With everything that changed in 2020, why not change your approach to New Year's too?

Instead of making a New Year's Resolution, try these ideas instead:

- ◆ Create a Bucket List of everything you would like to do or experience in 2021.
- ◆ Similarly, you can make a list of all the things you are looking forward to or are grateful for having had over the past year.
- ◆ Pick one word or create a mantra for yourself that will be your theme for 2021.
- ◆ Take on a “365 Day Project” by choosing one thing you will do each day. This can be taking one photo a day or even just going to bed at the same time!

Source: <https://daringtolivefully.com/new-years-resolutions-alternatives>