



# Coast Kids

## PRESCHOOL

## NORTH COAST

CALVARY CHAPEL

Preparing hands for today, minds for tomorrow and hearts for eternity!

COAST KIDS PRESCHOOL / COVID-19 UPDATE: April 2

Dear Families,

Yesterday, Governor Gavin Newsom commented in his daily press conference that all school facilities in the state of California should be closed for the rest of the school year, and all districts should fully commit to distance learning for the remainder of the school year. Since this point it is not an Executive Order, Carlsbad Unified School District and San Diego Unified School District are approaching this with a "Wait and See". We will keep our eyes on them and San Diego Public Health and reopen when it is safe! So it is a "Wait and See" for us too.

After much thought and prayer and out of an abundance of caution for children, families and staff, we will not be opening preschool for Essential Workers. I know the hardship those in these categories are experiencing. Please email me your needs so that I may be able to let you know what preschools are open for Essential Workers. Also, if you need copies of any of your paperwork for temporary childcare, reach out to me. I will get that to you.

During this time, it's important to create a safe physical and emotional environment by practicing the 3 R's: Reassurance, Routines, and Regulation.

1. Reassure children about their safety and the safety of loved ones, and tell them that it is adults' job to ensure their safety.
2. Adults should maintain routines to provide children with a sense of safety and predictability (e.g., regular bedtimes and meals, daily schedules for learning and play).
3. Adults should support children's development of regulation.

When children are stressed, their bodies respond by activating their stress response systems. To help them manage these reactions, it is important to both validate their feelings (e.g., "I know that this might feel scary or overwhelming") and encourage them to engage in activities that help them self-regulate (e.g., exercise, deep breathing, mindfulness or meditation activities, regular routines for sleeping and eating). In addition, it is essential to both children's emotional and physical well-being to ensure that families can meet their basic needs (e.g., food, shelter, clothing). [Adapted from Child Trends.org](https://www.childtrends.org/). And I might add, pray with your children!

Our staff has done an amazing job with posting VLogs and activities for children on our FaceBook page. Thank you to Miss Keri! I hope you will take a look. We want to be of more help and support to you as you navigate through this new normal of everyone home all the time. Besides FaceBook, we will be adding a Resource page to our Website You will be able to go to that and print up activities and papers. All of our staff will be getting their own email from North Coast Calvary Chapel. They will use this to start meeting with your children weekly through ZOOM. You will be able to directly contact them and not have to go through me. We plan on launching this next week.

We are here for you. We want to help you with helping your children stay engaged in learning and growing.

Stay healthy!

**Alisa Wickham, Director**

**[alisa@northcoastcalvary.org](mailto:alisa@northcoastcalvary.org)**

**Coast Kids Preschool**

**North Coast Calvary Chapel**

**1330 Poinsettia Lane, Carlsbad, CA, 92011**

**760.579.4190**

**[www.northcoastcalvary.org/coast-kids-preschool](http://www.northcoastcalvary.org/coast-kids-preschool)**

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