



CHARLESTOWN FAMILY SUPPORT CIRCLE

BACK TO SCHOOL COMMUNITY RESOURCES

Returning to school during the COVID-19 pandemic may not feel like normal – at least for a while. But whatever form school takes, it will require everyone's support to make sure that it is healthy, safe and equitable for students, teachers, staff and families. The best way to make this transition more manageable is to stay flexible and focus on the positive aspects of going back to school. Extra supports are available below for back to school anxiety as well.



REOPENING SCHOOL RESOURCES:

Reopening Massachusetts Public School 2020-2021

www.doe.mass.edu/

Boston Public School Reopening 2020

www.bostonpublicschools.org/reopening

**Back to School Planning: Checklists to Guide Parents,
Guardians, and Caregivers**

www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/parent-checklist.html



BACK TO SCHOOL RESOURCES:

Advice on handling back-to-school anxieties in a COVID world

www.wcvb.com/article/advice-on-handling-back-to-school-anxieties-in-a-covid-world/33564440

Everything you want to know about school anxiety

www.mcleanhospital.org/video/everything-you-want-know-about-school-and-anxiety

Tips to prevent parent burnout

www.mcleanhospital.org/video/dr-lisa-coyne-offers-tips-help-parents-prevent-burnout

Connecting Families: A discussion of school reopening

What's on your mind for school reopening? Join us monthly

for an opportunity to talk with other families about your questions and concerns, strategies and successes. Discussions will be held on the first

Thursday of each month and facilitated by FCSN Board Member Beth Bostic.

fcsn.org/event/connecting-families-a-discussion-of-school-reopening/2020-10-01

Sesame street in communities at sesamestreetincommunities.org

Sensory-Focused Strategies to Manage Daily Anxiety at <http://bit.ly/Sensory1>

FLU CLINIC INFORMATION:

MGH Flu Clinics

<https://www.massgeneral.org/news/flu>

Walgreens

www.walgreens.com/topic/pharmacy/seasonal-flu.jsp

CVS

www.cvs.com/immunizations/flu