

# THE PARK SCHOOL *of* BALTIMORE

## COVID-19 Response — Student Support, Parent Support, and Counseling Services

Park Families,

As I mentioned yesterday in my message to the community, you are very much in my thoughts. It is important for me to share with you, too, that in addition to the academic program that we will be implementing remotely, we are being particularly mindful of the social and emotional challenges inherent to the sudden and dramatic changes our students and families are facing.

Our health team is committed to supporting our community — our students, our parents/caregivers, our teachers — through the challenging times ahead. To that end, they are reaching out to you now to open lines of communication, to provide some initial resources, and to assure you that they will be available to you next week and beyond, albeit remotely.

Please see their message below, and do not hesitate to reach out to the team with any particular concerns.

Sincerely,

*Dan Paradis*  
Head of School

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Dear Parents/Caregivers and Students,

Although we are in the midst of Park School's spring break period, we write to you today out of support and care because we know that all families are seeking connection, comfort, and reassurance. Before the break, your counselors prepared a resource that is now available on a [tabbed page](#) as part of the school's COVID-19 web-based information and resources.

We know that conditions and concerns evolve on a daily basis, and we will continually be gathering new resources and considering the most effective means of providing support to your family in the coming days. *If there are specific mental health and wellness needs you have, please share those with us* as it will help to enrich the support we provide.

We look forward to providing virtual office hours beginning next week. In the meantime, please care for yourself and your loved ones. Sleep. Exercise. Make note of the simple pleasures (such as finding a movie you all agree to watch). Know that we are with you.

Warmly,  
Krista, Zella, and Porscha

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