



## MAST WAY ELEMENTARY SCHOOL

Oyster River Cooperative School District

23 Mast Road

Lee, New Hampshire 03861

*'Working Together to Engage Every Learner'*



---

Misty Lowe, Principal  
[mlowe@orcscd.org](mailto:mlowe@orcscd.org)  
Tel. 659-3001

Dear ORCSD Community,

Yesterday there was a tragic incident of a school shooting in Uvalde, Texas resulting in the loss of lives. Your children may bring up this incident with you at home. We all need to be prepared so we can support the children who are anxious over this traumatic event and be ready to respond to them. Events like this can cause trauma in adults as well as children. We are providing the attached material to help you be prepared to speak to your child in a way to help minimize the impact.

If your child brings up the incident here are some important points to touch upon:

- Make time to talk to them.
- Validate feelings for example: "Yes, that was scary." or "I can understand if you feel worried about what happened." Do not use statements like: "don't worry about it." or "everything is fine."
- Reinforce that we are safe right now. There are always people who are ready, trained, and prepared to help in situations like this (police, fire fighters).
- Review safety procedures.
- Limit media viewing of this event.
- Maintain a normal routine.
- Utilize talking points from the National Association of School Psychologists: ["Talking to Children About Violence: Tips for Parents and Teachers"](#)

Due to history of trauma or general anxiety, an incident like this may trigger strong emotional responses from children, even if they were not a witness. It is important to pay attention to concerning or a change in behavior. If you or your child need any support or desire to check in, please reach out to the school counselor or school psychologist. Take care of yourselves.

Below are some helpful resources available in our community for further support.

### Local Resources:

- NH Rapid Response Access Point: 833-710-6477
- Community Partners: 603-516-9300
- Seacoast Outright: 603-552-5824
- HAVEN: 603-994-SAFE (7233)
- GLSEN: 603-369-6686

**Mental Health Resources:**

- Suicide Prevention Resources: <https://www.nami.org/home>
- SAMHSA: Substance Abuse and Mental Services [www.samhsa.gov](http://www.samhsa.gov)
- Psychology Today- [Find a Therapist](#)
- Counseling <https://openpathcollective.org/>

**If you or someone you know is in immediate danger, call 911.**

**Self-Care:**

It is important to create and maintain a daily routine. In addition to schoolwork, students should be incorporating self-care into their daily routine. This can include exercise, medication, journaling, etc.

**Below are links to outdoor activities:**

[Barrington Trails](#)

[Durham Trails](#)

[Mount Agamenticus- York, Maine](#)

Sincerely,

John Webb, ORHS Counseling Director

Kim Felch, ORMS SEL and Mental Health Coordinator

Felicia Sperry, Mast Way and MOH SEL and Mental Health Coordinator