

May 27, 2022



Dear High Point Families & Partners,

As we all attempt to process the tragic loss that occurred on Tuesday, May 24, 2022, at Robb Elementary School in Uvalde, Texas, the High Point School family wants our entire school community to know we are here for you. The following page contains useful resources gathered by our staff and by the National Child Traumatic Stress Network to help both adults and children navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together.

**Today and every day, the High Point School of Bergen County is focused on ensuring the safety of our students and staff and on making sure that those who need help can receive it.** This most recent incident reinforces the need to remain as vigilant as ever in following our emergency protocols, procedures, and training for students and staff members. Preparation and dedication to protecting students is our most important priority. Each member of the school community can continue to do their part by reporting any information pertaining to a potential threat to the attention of staff, administrators, or another trusted adult so the information can be properly and thoroughly investigated.

This tragedy will undoubtedly create elevated fear and anxiety for some of our students and staff, and we will be working with the social workers in our school to proactively plan to address any concerns as they surface.

We invite you to explore the resources below **and to reach out to us if you or your child needs any assistance whatsoever.**

Sincerely,

The High Point School of Bergen County Staff

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*Achieving the Extraordinary by Working Together*

## National Child Traumatic Stress Network (NCTSN) Resources

The NCTSN has developed resources to help children, families, educators, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. These resources include:

- [Parent Guidelines for Helping Youth After the Recent Shooting](#)
- [Talking to Children About the Shooting](#)
- [Coping After Mass Violence](#) (For Adults)
- [For Teens: Coping After Mass Violence](#)
- [For Teens: Coping After Mass Violence](#) (En Español)
- [Age-Related Reactions to a Traumatic Event](#)

## Other Resources

- [American School Counselor Association: Helping Students After a School Shooting](#)
- [American Academy of Child & Adolescent Psychiatry: Talking to Children About Violence](#)
- [National Association of School Psychologists: Talking to Children About Violence](#)
- [Child Mind Institute: How to Talk to Kids About School Shootings](#)
- [Center for Resilience + Well-Being in Schools: Providing Support When Violent Things Happen: Talking to Children and Teens](#)
- [Once I Was Very Very Scared](#) (Book for Young Children)