



**monroe one**  
EDUCATIONAL SERVICES

# Supporting our children through change

*Adopted from: How to Turn Challenging Moments  
into Teachable Moments (PCSD) - Winter 2022*

# Preparing for changes to masking in schools

Considerations for families and caregivers as we prepare for another layer of change surrounding COVID protocols.



**Share expectations with your child**



**Share other perspectives**



**Focus on kindness and respect**



**Make connections**

Our children are capable of tremendous resilience in the face of change.

As we prepare to support them through the shift to a mask-optional school environment, it is important that families and caregivers feel prepared to make decisions involving their child(ren), and are ready to model and provide suggested ways their child(ren) can engage with others in school on this topic.

It is the goal of Monroe One to create safe spaces for all students, and to engage in a united approach centered around empathy, kindness and creating a culture of personal choice free of judgment.

## SUPPORTING OUR CHILDREN THROUGH CHANGE

### Share clearly what your expectations are around mask-wearing for your child(ren).

Teachers and staff are not able to enforce individual mask-wearing expectations of families, so it will be important to share the why behind your approach to your child. Consider clear messaging such as:

- *"We feel that you should/should not wear masks right now because..."*
- *"We expect that you will follow our expectations because...(share data or personal connections and reasoning)"*

### Share what other perspectives might be.

Consider:

- *"Some families may choose to still/not wear masks right now because we all have different and unique situations. Some have health concerns or different beliefs and that is alright. We respect everyone's right to their own decisions."*

Share that people may make different choices at different times based on their own unique circumstances.

- *"Your friend may not wear a mask some days but may wear them other days. It is important to respect their personal choice and privacy on this."*

### Focus on kindness and respect.

Consider:

- *"We all want our community at school to be a place where everyone feels safe and valued."*
- *"Sometimes we may not agree on different topics, but we can always be respectful."*
- *"You can still be friends or work with classmates, even if you disagree about masking right now."*

**It may help to make connections** to other medical/health items that support a safe and functional day for individuals. Consider:

- *"Some friends wear glasses/braces/hearing aids/etc."*
- *"Like anything else, we don't make fun of people because of what they are wearing."*

It may help to give some specific language that kids can use.

Consider:

- *"What do we say when someone asks 'Why are you wearing a mask?' or 'Why aren't you wearing a mask?'"*
- *"My family wants me to/My family told me I don't need to."*
- *"My family is/is not wearing masks right now."*
- *"It's a personal decision I/we have made."*
  - *"Okay, thanks for understanding."*
  - *"I respect your decision, and I hope that you can respect mine."*

**Encourage your child to talk to a safe adult** at school if they are experiencing discomfort in any setting, so that support can be provided and a sense of well-being can be restored.

## THIS IS A CHANCE FOR OUR COMMUNITY TO UNITE

and to move forward together. Empathy, kindness, and respect will bring us through this next transition. Thank you for being a part of our school community, as we all continue to work together to create the safest learning environment for our students and staff.