



# WEST LONG BRANCH PUBLIC SCHOOLS

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## **Resources and Publications for Staff, Students, Parents During Health Related School Closure**

### **Links and Publications on Mental Wellness and Coronavirus**

1. Mental Health and Coping During COVID-19  
[https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)
2. 7 science-based strategies to cope with coronavirus anxiety  
<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>
3. 5 Ways to Help Teens Manage Anxiety About the Coronavirus  
<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>
4. How to Talk to Your Anxious Child or Teen About Coronavirus | Anxiety and Depression Association of America, ADAA  
<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

### **Links and Publications Related to impact of Social Distancing and Mental Wellness**

1. How to Prevent Loneliness in a Time of Social Distancing - Scientific American  
<https://www.scientificamerican.com/article/how-to-prevent-loneliness-in-a-time-of-social-distancing/>
2. How social distancing for coronavirus could cause a loneliness epidemic  
<https://www.vox.com/2020/3/12/21173938/coronavirus-covid-19-social-distancing-elderly-epidemic-isolation-quarantine>

### **Links and Publications on Student Engagement via Online Learning**

1. Ten Ways to Overcome Barriers to Student Engagement Online  
[https://onlinelearningconsortium.org/news\\_item/ten-ways-overcome-barriers-student-engagement-online/](https://onlinelearningconsortium.org/news_item/ten-ways-overcome-barriers-student-engagement-online/)
2. Structuring a Distance Education Program to Attain Student Engagement  
<https://www.jstor.org/stable/nactajournal.58.3.230?newaccount=true&read-now=1&socuid=00192108-5c6b-490c-bf4e-2c31466cc1ba&socplat=email>

Sincerely,

*Frank Alfano*

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