



Binghamton City School District

164 Hawley Street
PO Box 2126
Binghamton, NY 13902-2126
(607) 762-8100
Fax: (607) 762-8110

March 18, 2020

Dear Binghamton Families,

As a school community, we are navigating an untraveled road, which will undoubtedly be paved with bumps, twists and turns. I request and appreciate your patience as we work to keep our students connected and engaged in the weeks to come. Just like our physical health, our emotional health is extremely important and cannot be neglected. I encourage you to have patience with yourselves, and your child, during what is a challenging time for everyone.

Coping with a health crisis can be stressful and frightening for any individual. It's important for families to pay close attention to their child's mental health. To promote a sense of normalcy, I encourage you to establish a daily routine that will work well for your family. Try to continue with children waking up at the same time as if they would be on a typical school day and continuing to go to bed early. Be calm, reassuring and available to discuss their worries and questions. While social distancing is critical to slow the spread of illness, it isn't uncommon for people to feel isolated or lonely. Talking on the phone, or via video chat, with friends and family members may be beneficial. You may find these [tips](#) on talking to children about the coronavirus helpful.

Please know that while our facilities are closed to the general public, our faculty and staff are still working diligently to support the social, emotional and academic success of our students to the best of our abilities. If your child is experiencing challenges and needs mental health supports, please don't hesitate to contact your child's school main office. A separate letter that includes additional contact information has been posted to the district [website](#). Anyone in our community need of support may call the free 24-hour Disaster Distress Helpline from the Substance Abuse and Mental Health Services Administration (SAMHSA) at 1800-985-5990.

We will continue to use our website as a hub for answers, information and resources. As more information becomes available, we will use email, push notifications and Robo calls, when necessary. In addition, I will be sending you an update each Wednesday through April 14th. Together, I am confident we will emerge from this as a stronger and more resilient school community.

Sincerely,

Dr. Tonia Thompson
Superintendent of Schools

Educating, empowering and challenging all students to become productive, global citizens through innovative approaches to learning.