



Saint Paul
PUBLIC SCHOOLS

Independent School District 625

360 Colborne Street
Saint Paul, MN 55102-3299

Murray Middle School

2200 Buford Avenue
Saint Paul, MN 55108

Phone: (651) 293-8740 | Fax: (651) 293-8742 | <https://www.spps.org/murray>

Good afternoon Murray Families,

I have asked our counseling team to put together some helpful resources for support outside of school as families navigate conversation with their children about the Family Communication that was sent on 12/7.

After experiencing a difficult day at school, you may wonder how to best support your child. Remember that most people find comfort in routine. One of the best things you can do for your child is to continue your usual routines (with flexibility). Families offer reassurance to children in many ways - being a listening ear, enjoying a meal together, or just laughing and enjoying each other. You don't need to have all the answers. Your child most likely just needs to know you are there for them.

Continue to remind your child that you and other adults are there to keep them safe. Remind them that everyone at school is working to keep them safe. This is a great time to remind your child about the importance of talking to adults about serious concerns that they have about themselves or their friends.

It is also important to remember that people may hear something and sometimes post it on Social Media. There are times when what is posted on-line or texted is not fully accurate with what is actually happening at the moment. That is why we encourage families and students to talk directly with school staff to find out more information.

For some children, this may have been a traumatic experience. Some of the signs that a child may need some extra support may include;

- changes in their eating or sleeping patterns
- disinterest in activities they typically enjoy
- frequent complaints about feeling ill
- refusal to go to school or wanting to leave class when at school
- continuing to talk about feeling unsafe or worrying about death
- appearing overly sensitive, weepy or unable to make decisions

If you have concerns about your child, please contact your family physician or one of Murray's counselors or social workers.

Parents and caregivers play an essential role in helping children and teenagers recover from stressful events. Below are two resources that you may find helpful when talking to your child.



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When children know that caring adults are working to keep them safe and support them, most young people thrive. Thank you for your continued support and partnership with this as we work to keep our school community safe.

- [Talking to Kids about School Safety](#)
- [Age Related Reactions to a Traumatic Event:](#)
https://www.nctsn.org/sites/default/files/resources//age_related_reactions_to_traumatic_events.pdf

Your Co-Pilot,

Jamin McKenzie
Principal, Murray Middle School

SPPS ONE STOP for various needs and solutions - <https://www.spps.org/ONESTOP>
Technology Info. - <https://www.spps.org/Page/39811>

Murray website - <https://www.spps.org/murray>

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