



# Sandy Creek Central School District

**“Comet Pride is Community-Wide!”**

**Kyle L. Faulkner**  
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*Middle School Principal*

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*High School Principal*

**Amy Howard-McCormack**  
*Dir. of Curriculum & Inst.*

Dear Sandy Creek Families,

During these consistently changing times, we wanted to reach out to our Sandy Creek families and address the mental health care needs that some of our students have received, and may need during this time of closure. Although the school district remains closed, we'd like to offer you some options:

If any of our Sandy Creek students need to, they can reach out to our Sandy Creek School Counselors, **Ms. Tanya VanOrnum LMHC**, and **Mrs. Danielle James**. They are available through email:  
[tvornu@scs.cnyric.org](mailto:tvornu@scs.cnyric.org) [djames@scs.cnyric.org](mailto:djames@scs.cnyric.org)

For our students who currently see **Ms. Kristie Connor, LMHC** in our health center, she is currently reaching out to families via phone and doing initial check-ins. She will also periodically check-in throughout the closure. If families have any questions they can contact her at the main site number (315)298-6564, and she will get back in contact with you.

For those students who see **Ms. Abigail Kastick**, she is still working from the main Farnham Oswego office until further direction from the Farnham administration. The Prevention Team is currently in discussion to determine ways they can continue to offer support, remotely. Please contact the Farnham Oswego Office at 315-342-4489 if your child would like the opportunity to talk to a student assistance counselor. Based on availability, it may not be Ms. Kastick specifically.

Mrs. Peterson, our Sandy Creek School Social Worker encourages families to do the following:

- Discuss what is going on and let your child's questions guide your conversation.
- Maintain a regular routine and structure as children thrive off structure and predictability, including meals and bedtime.
- Get your children outside to give their bodies time to get active and moving! Get outside and play, go for a walk, throw a ball around.
- Make time for creativity, music, movement and play each day.
- Walk away from electronics – TV, Video games, phones, tablets, etc. Unplug!
- Reach out to your support people if you, as parents, are feeling afraid and anxious – try to have these conversations out of earshot of your kids.
- Contact school if you need help or support. We're all in this together and are stronger when we lean on each other.

Here are some other resources available to you and your child(ren) as well:

New York State has partnered with Crisis Text Line, an anonymous texting service available 24/7. Starting a conversation is easy. Text **GOT5 to 741741**. We've got time to talk.  
**1-800-273-8255** Lifeline/ Suicide Prevention

<https://www.brighthorizons.com/family-resources/talking-to-children-about-covid19>

[https://store.samhsa.gov/system/files/pep20-01-01-006\\_508\\_0.pdf](https://store.samhsa.gov/system/files/pep20-01-01-006_508_0.pdf)

<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

<https://www.nytimes.com/2020/03/17/parenting/coronavirus-kids-talk.html>

<https://www.nytimes.com/2020/03/18/opinion/coronavirus-children.html>

<https://www.mhanys.org>

<https://www.mentalhealthdnys.org>

We encourage you to utilize these resources if you need to. If you have any further questions, feel free to reach out to your child's building administrator.

Sincerely,

Kyle Faulkner  
Superintendent of Schools