



May 25, 2022

Dear FSD 145 Parents/Guardians,

Everyone of us woke up today with a heavy heart. The unspeakable killing of innocent children and two teachers from gun violence at Robb Elementary School in Uvalde, TX is on all our minds and in our hearts. It is particularly a gut-wrenching day for all of us who work in schools, in service of students. We are sure that is for you, our families as well.

We want our students, staff and families to think of school as a safe place to be. We are experiencing mixed emotions of grief, desperation, fear, heightened anxiety and even numbness as these school tragedies have been all too familiar. It can feel hopeless as we try to figure out what to do in the wake of unspeakable tragedy. As the school year draws to a close, we will continue to do everything possible to make our students feel safe and feel that they are loved and cared for.

Last night we communicated with the families of our students at Carl Sandburg School, when the administrative team was informed of a possible shooting threat today, by a student. Particularly in light of the events of yesterday, we recognized the concern this would bring up in regards to student and staff safety. With the safety and well being of our students and staff being high priority, we approached this situation with an abundance of caution. The Freeport Police Department was brought in, and they are continuing to investigate. There was a police presence at the school today to further ensure the safety of our students. The school day was without incident at Carl Sandburg today, as it was across the district.

The Board of Education and the staff of FSD 145 know the kind of place that we want our schools and our district to be, and we work hard to create that environment. Your support of our students, our schools and district means a lot to us.

I am deeply grateful to each of you for choosing to be a part of our district. Unfortunately, sometimes school tragedies such as the one at Robb Elementary School are what remind us of what matters so much in our lives. Please continue to keep in your prayers the children who will never return home to their families; the parents and siblings who will never get to hug their kids and brother/sister, the families of the teachers who lost their lives and the entire Robb Elementary family. One way or the other, they are our heroes whose work we honor through ours.

With Kind Regards,

Dr. Anna Alvarado,

Superintendent of Schools

Resources for Families from our partners at Care Solace

The recent mass shootings and the tragedy at Robb Elementary in Uvalde, Texas in particular are heartbreaking and can surface fears about safety. We know events like these can impact the physical and mental well-being of our students, staff, and families. We encourage you to connect with your friends and family and support each other and seek help as it is needed. We want to assure you that your District is committed to the safety of our schools and well-being of our community.

Whatever you or your family are experiencing, we want you to know that you are not alone and that support is available at school and in our community. If you or someone you know needs help, below are some resources to help you or loved ones cope:

Tips for discussing the tragedy with children:

- [What to say to kids when the news is scary](#) (NPR)
- [Talking with children about difficult things in the news](#) (Fred Rogers Institute)
- [Helping Children with Tragic Events in the News](#) (PBS)
- [Parent Guidelines for Helping Youth After the Recent Shooting](#) (The National Child Traumatic Stress Network)
- [Helping Children Cope with Frightening News](#) (Child Mind Institute)
- [Coping in the Aftermath of a Shooting](#) (American Counseling Association)
- [15 Tips for Talking with Children about Violence](#) (Colorín Colorado)

If your child needs additional support at school, please feel free to contact that school.

If you or a family member would like help finding a mental health care or substance use treatment provider, contact Care Solace, a complimentary and confidential coordination service provided by Freeport School District 145:

- Call 888-515-0595. Support is available 24/7/365 in any language.
- Visit caresolace.com/fsd145 and either search on your own OR click “Book Appointment” for assistance by video chat, email, or phone.

If you need help with an mental health emergency:

- Call 911 or and request a Crisis Intervention Trained (C.I.T.) response
- Go to the closest emergency room for support
- Text “Hello” or “Home” to 741741 to connect with support
- Call the National Suicide Prevention Lifeline at 1-800-273-8255
 - English: 800-273-TALK
 - Español: 888-628-9454
 - TTY: 800-799-4889

- Online chat: suicidepreventionlifeline.org
- Trevor Lifeline LGBTQ+ Crisis Support: 1-866-488-7386

If you have a safety concern:

- If there is an emergency concern: Call 911
- If you have a non emergency concern about school safety:
 - Call: 815/232-0300
 - Or your child's school