



The staff of Cardston Elementary School has developed and established lockdown guidelines and procedures for the new school. Students will be practicing these procedures within their classrooms next week, and at the end of the school day on Friday, May 27, there will be a school-wide drill.

It is important for the children to be prepared and have an understanding of what is taking place. Knowing how to respond in case of an emergency situation will help to reduce their anxiety.

Some things parents can do to help their children:

- ❖ During quiet time at home, talk to your child about the various drills they may encounter at school.
- ❖ Role-play the parts of student and teacher (swap roles) to show your child exactly how it might sound and feel to be involved in a drill.
- ❖ Reassure your child that while these drills may feel scary, the teachers are just helping them learn how to think and react in an emergency, which is unlikely to happen.
- ❖ If your child has anxiety about drills, speak to their teacher about it so the teacher can be aware and help your child.

The most important thing to remember is that you know your child better than anyone else. You can do more to ease their anxiety if you plan ahead and talk about school drills.

This is the first lockdown drill in our new school, so afterwards administration and staff will be meeting to assess and discuss if the lockdown procedures met the goals.