

A Message from Jill Fitzmorris, School Social Worker

Hello Parents & Students!

I hope this letter finds you well! As your child's Special Education Social Worker, I wanted to let you know I am here to support your student/family during this time. In order to not overwhelm you, I plan to be available via phone, email or Zoom, on a consult basis to share resources and to support your child as he or she adapts to this new form of learning. I will also collaborate with your student's SPED and classroom teachers to help problem solve if issues arise. I plan to reach out weekly or bi-weekly depending on your child's needs/family preference.



I will be working from home and have four darling children myself, ages 8, 7, 5 & 2, including my son who has Nonverbal Autism. So please bear with me as I may not be able to respond right away but should be able to reply within 24 hrs. Email is my preferred mode of communication but I am also happy to talk via phone 785-318-9138 or by Zoom appointment during school hours.

How do I help my child learn at home?

Try not to stress! Love, laugh, have fun, and take deep breaths. Your child may benefit from structure, routine & outdoor time if possible. Routines help reduce anxiety because they are predictable and your child knows what is expected of him/her. Please reach out to myself, your child's teacher or administrator if you're needing support.

How do I help my child with anxiety/depression during this time?

Your child is watching you and will respond (many times) in the same way you do. We recommend being intentional with your child by validating & talking through emotions and how to handle them. Take deep breaths, get fresh air outdoors and move your bodies by walking, dancing or any exercise. Making art, hands on projects & playing or listening to music can also help with mood.

Please reach out if there's any other way we can support you and your family during this time. We are thinking of you during this challenging time and I look forward to hearing from you all!

Wishing you well!

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