



Dr. Martin Luther King, Jr. Elementary School

211 Square Street
Utica, New York 13501



Kimberly VanDuren
Principal

Telephone: (315) 368-6720
Facsimile: (315) 792-0051

Moving Forward...Together

March 23, 2020

Dear Parents/Guardians,

During these uncertain times, it is important to us here at Dr. Martin Luther King, Jr. that your child's social/emotional well-being is maintained. Our staff is working very hard to provide academic content for the students to continue learning daily. In addition, there are many things that you can do to support your child's well-being during this time. It is highly recommended that children get fresh air and daily exercise. Take a walk or bike ride; have your child assist with cooking, cleaning, organizing; have family movie nights or game time. However, it is most important to continue practicing social distancing.

Be sure to talk to your child about how he/she is feeling during this time. Social isolation can be difficult for kids and adults. If you or your child needs to speak with a social worker, you can email the MLK Social Worker (see below) or you can call the school and speak to Mrs. VanDuren to request that Miss Sigbieny contact you.

In addition, MCAT (Mobile Crisis Assessment Team) is continuing to service individuals in our community. This service is for children or adults seeking crisis intervention services. They are available 24 hours a day, 7 days a week. Currently, they are practicing safe restrictions due to the COVID-19 virus, but they have no plans of ceasing operations at this time.

Many other agencies in the community have currently shut down, are limiting appointments or are doing phone sessions. If you or your child already have counseling in the community, please consider reaching out to that agency for directions on how to proceed.

We miss our MLK Kids and wish everyone good mental and physical health in the coming weeks! Please do not hesitate to reach out with ANY questions or concerns.

Sincerely,

Kimberly VanDuren, Principal
Merissa Sigbieny, School Social Worker

MLK School Social Worker – Miss Sigbieny	msigbieny@uticaschools.org
MCAT (Mobile Crisis Assessment Team)	(315) 732-6228
CHBS (Corasanti Children's Center)	(315) 733-0678
Neighborhood Center (Child Guidance Clinic)	(315) 272-2700