

July 10, 2009

Dear Parents,

Disasters cause immense emotional stress for everyone, especially children.

- The very young child has difficulty verbally expressing their emotions as they are just learning to identify what being angry, sad or happy means. This does not mean that they do not become anxious, worried, confused or scared.
- Older children will worry about their family (parents, siblings, grandparents and even pets).

In event of a disaster a comfort/survival bag may help to lessen a child's fears somewhat if they have items from home or some item that may remind them of a time feeling safe. Even knowing that the family has a plan in the event of a disaster may help to reassure the child.

**Please send in a labelled ZIPLOCK bag the following comfort bag items:**

- Space blanket
- 4 granola bars (nut free)
- a letter from a parent
- a picture of the family
- a small cuddly toy or a favourite book
- a big garbage bag that could be used as rain gear
- two small plastic bags that could be used as boots if it rains
- medications necessary for your child if she/he is allergic to something...

If there was ever an emergency and you can not reach the school our out-of-province contact is:

Soren Peterson  
Exeter, Ontario  
519-235-3077

\*Please only call if you can not contact the school in an emergency disaster.

If in emergency we have to evacuate the center, we will be located in the gym at Stenersen Elementary. If this premise is not available, we will be located at the Living Hope Church, 34631 Old Clayburn Rd.

Thank you for your cooperation in this manner,  
Dana Coates-Work  
Manager  
Abbotsford Montessori  
604-807-0241