

Dear Rockwell and Wheeler Families,

We understand that the constant changes and overwhelming COVID-19 virus information can evoke many different emotions in children. You know your children best. Let their questions guide you as to how much information to provide. It is very typical for younger children to ask a few questions, return to playing, then come back to ask more. Young children do not readily talk about their concerns. To help decrease anxiety in children, please limit television news (or access to information on the internet and social media) during this time.

We want to assure you that our counseling staff is ready and available to assist with any needs that arise. Though we are not able to continue our usual counseling services, we are all available through email and by phone for non-emergent concerns. If you leave a message or send an email, one of us will contact you. Please reach out if there is anything we can assist you with.

Mrs. Kimberly Gdula, Rockwell School Social Worker (315-552-5070;
kgdula@ocs.cnyric.org)

Mrs. Sue Orecki, Wheeler School Counselor (315-552-5050; sorecki@ocs.cnyric.org)

Mrs. Karen Gwilt, School Psychologist (315-552-5057; kgwilt@ocs.cnyric.org)

To help you and your family, please access mental health resources and tools on the Onondaga Central School Website: <https://sites.google.com/ocs.cnyric.org/onondaga-csd/home>