

March 27, 2020

To the Linfield community,

We understand that this is a time of increased uncertainty, grief, and loss for students and families

- [Seven tips for working from home during COVID-19](#): As more people are working from home to limit the spread of COVID-19, what was once a perk may now seem like a punishment.
- [Coping with isolation during COVID-19](#): Humans are social beings, and the social distancing that is necessary right now is hard on everyone. The forced change in social behavior and the resulting isolation can affect people's mental health in many ways.
- [School is canceled. Now what?](#): Information on how to talk with children about COVID-19 and