



9/16/2020

Good Evening Parents and Families,

I am Don Clinger, your school psychologist, and it is a pleasure to continue to serve you and the Claremont community this year. As we forge ahead during the COVID-19 pandemic, along with boldly tackling the racial equity and social justice challenges facing our nation, it is critical to maintain our mental health and wellness. Throughout the school year, mental health support services and resources will be provided for our students and families, as well as teachers and staff. Remember, we are all in this together!

If there is a need for consultation, personalized mental health resources or referrals, please do not hesitate to contact me via e-mail at [donald.clinger@apsva.us](mailto:donald.clinger@apsva.us) or by phone/text (571) 969-2675

As part of your support system, I look forward to working with you for the sake of our wonderful papagayos. Take care, stay safe and healthy!

Warmly,

Don  
Hours: Monday-Friday

Clinger,

M.A.,

Ed.S.  
8:00AM-3:30PM

Below are some helpful links to community resources and other sources of information to foster healthy development.

[APS 2020-21 School Year Information and Resources](#)

[A Guide to Covid-19 and Early Childhood Development](#)

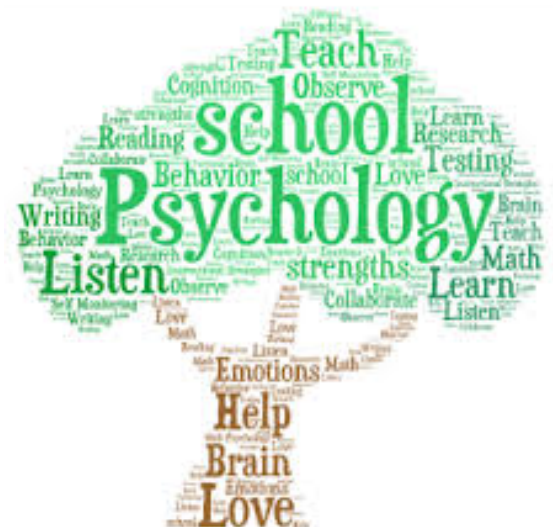
[Toxic Stress](#)

[Early Childhood Mental Health](#)

[Resilience](#)

[Fostering Resilience: 7 Cs](#)

[Growth Mindset Film Festival](#)





**Claremont**  
ELEMENTARY SCHOOL

16-09-2020

Buenas noches, padres y familias,

Soy Don Clinger, su psicólogo escolar, y es un placer seguir sirviéndoles a ustedes y a la comunidad de Claremont este año. A medida que avanzamos durante la pandemia de COVID-19, junto con afrontar los desafíos de equidad racial y justicia social que enfrenta nuestra nación, es importante mantener nuestra salud y bienestar mental. Durante el año escolar, se proporcionarán servicios y recursos de apoyo de salud mental para nuestros estudiantes y familias, así como para los maestros y el personal. Recuerde, ¡estamos todos juntos en esto!

Si necesita una consulta, recursos personalizados de salud mental o referencias, me pueden contactar por correo electrónico a [donald.clinger@apsva.us](mailto:donald.clinger@apsva.us) o por teléfono / texto (571) 969-2675

Como parte de su sistema de apoyo, espero trabajar con usted por el bien de nuestros maravillosos papagayos. ¡Cuídense, y manténganse seguros y saludables!

Atentamente,

A handwritten signature in black ink that reads "Don Clinger".

Don Clinger, M.A., Ed.S.

Horario: lunes a viernes de 8:00 a.m. A 3:30 p.m.