



**Dear Families and Caregivers,**

Our school community is deeply saddened by yesterday's events that occurred in Tumbler Ridge, British Columbia. Many students, staff, and families may be experiencing a range of emotions, and I want to begin by acknowledging how challenging this day has been for all of us.

Most importantly, **students are safe**, and we are continuing to focus on their wellbeing. In the coming days, children may have questions or may show signs of worry or strong emotions. This is a normal response. To support conversations at home, here are some gentle, recommended approaches:

- Offer calm reassurance and remind your child that they are safe.
- Share simple, honest information without going into details.
- Invite your child to talk about their feelings and let them know their reactions are understandable.
- Limit exposure to news or online content about the events that occurred in Tumbler Ridge.
- Keep daily routines as consistent as possible to create a sense of stability.
- Reach out if you notice your child struggling.

**Additional support will be available at schools** through our counselling team and caring adults who are ready to listen and help. Please encourage your child to connect with someone they trust if they need support.

You know your child best. If you observe notable changes in their behaviour—such as difficulty sleeping, ongoing worry, or withdrawal—please let us know if you need further support.

Please find attached links to resources that may be helpful [Resources for Youth](#). Please note there are many embedded links in the attachment for those organizations that have websites. As well, here is a link to a document that provides additional suggestions [Talking to Children about Violence](#).

This is a difficult time for school communities. We will move through this together with patience, care, and compassion. Thank you for your ongoing support and for trusting us with your children.

We extend our deepest condolences to the citizens of Tumbler Ridge and stand in support of their community. If you have questions or concerns, please contact your school administrator.

With care,

Karla Mitchell  
Superintendent of Schools/CEO