

Marathon Central School District
Office of the Superintendent of Schools
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Mrs. Rebecca Stone
School Superintendent

Mr. Jonathan Hillis
Appleby Elementary Principal

Mr. Michael Carboine
Jr./Sr. High School Principal

February 10, 2020

Dear Parent or Guardian:

We had a traumatic loss in our school community this weekend. A 5th grade Appleby student died at home due to medical complications. District staff spoke with all students about the situation. Children in UPK-2nd grade were told that people were sad because a friend died. Students in grades 3-12 were told the name of the 5th grade student and the reason for his passing. Our counselors and the Cortland County Trauma Response Team worked with students who were in need at both Appleby and the Junior/Senior High School today. As a parent, we wanted you to not only to be aware of the situation, but let you know that you may find that your child is upset or acting differently at home. After such a loss, students may experience many different feelings and reactions. These may include:

- The need to tell or retell the event and associated memories;
- Feelings of guilt or anger;
- Restlessness and difficulty concentrating;
- Loss of appetite or sleep disturbances;
- A feeling of unreality about the event;
- Unexpected mood changes;
- Repeated crying;
- Use of drugs or alcohol;
- Withdrawal and/or rebelliousness;
- Neglect of personal appearance;
- Inactivity or boredom;
- Sadness and discouragement;
- Bitter, hostile or unruly behavior;
- Inability to accept help;
- Carelessness leading to accidents.

Many of these are normal reactions to grief. However, if these signs become apparent and continue over time, you may want to contact the school counselor during the school day or the Mobile Crisis Team (607)756-3771 after school hours.

It is helpful to provide your son/daughter with an opportunity to talk about what has happened and the feelings they are having. Please feel free to call upon school personnel or any assistance you may desire.

Sincerely,



Marathon Jr./Sr. High School Principal