

April 6, 2020

Dear CBS Families,

As we settle into our new normal, we wanted to reach out to you and let you know we are here for you during these unprecedented times. We hope this letter finds you managing okay. We have found it helpful to set routines and create daily schedules for ourselves. We hope that you, too, are creating routines and schedules that meet your needs. This can be as flexible as the order in which activities occur in a day (e.g. structured education for an hour in the morning, then free choice activities for the rest of the day with at least one movement activity), or as rigid as specific time blocks for specific types of activities.

Your family comes first so please know that any information/materials shared by teachers and us are meant to support in managing, not add to, stress. Children watch our responses to events, and respond in kind. There is a theory that says that trauma is created not by an event, but by the response to that event... food for thought... With that in mind, we suggest that you spend this time living, loving and laughing with your family. Share stories and family history. Take time to enjoy each other: play board or card games, bake, make up silly rhymes, go for walks, snuggle and watch a show, be creative - children love to build or create things out of materials around the house such as cardboard and paper. Experiment with household chores: have your child sort toys or clothes, pick up sticks in the yard, or rinse dishes. Read to your children, record them reading to you or a family member or pet. You might be amazed at the positive impact that comes from 10 minutes of daily, intentional, focused engagement with your child that is all about them: whatever they want to discuss or do.

We recognize you have your own worries and needs as well. Please take care of yourself. It's important to do this, so that you can be available to care for your family. Remember to reach out to family, friends and our community for any support you need or questions you may have during this time. Please include us in this important support system.

Mrs. Folk and I work as a team and we have good resource information in the five core skill sets of Social Emotional Learning: self-awareness, self-management, responsible decision-making, relationship skills, and social awareness. CASEL.org is the "go-to" site for more information. These core skills can be learned in a variety of ways, and Mindfulness is at the heart of these skills. Students are learning Mindfulness each time I lead a Guidance class with them.

You may reach out to us at our school numbers below. Please use our extensions or we won't get your message. Email is also a good way to reach us.

Please know that we miss our CBS students and look forward to our time together in the future.

Thank you for your time and patience during the weeks ahead. If you wish, you can check the CBS website and Facebook page. We'll be adding something new every Tuesday.

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