

Dear students, families, and staff,

I wake up in the middle of the night and wonder how you're doing. I think about you throughout my day and ponder what to write to you in my next message. I remember stories that you have told me about family dance parties and working in the garden and new puppies and fishing adventures and I smile. I want so badly to make everything okay for you. I know that all I can do is stand here beside you and keep loving you. Take what delights you and leave the rest.

1. **Compassion and Kindness:** We are moving into a new phase of this pandemic and so much continues to be unknown. We are struggling right now as a community (and a planet) to be kind to one another. I hear it on the news, I see it in Facebook posts, and most intimately I hear it from the families and individuals with whom I speak daily. We are divided. And my heart is broken. We must remember that we are on the same team. We truly want the same things. We want people to be healthy and safe. We want to protect our loved ones. We want the economy to be healthy and safe. We want to live our lives... and we want to *live* so that we can be alive to live our lives. No matter what your feelings are about what we should or shouldn't do right now for safety, please, please, please dear friends, remember to love one another and be generous in your compassion. Don't let these differences in opinion come between you and your beloved family, friends, and community. We're better than that.

Flipside: Every day I see tremendous acts of generosity, love, kindness and grace. I see people connecting and really getting down to what is most important.

2. **Thank you- Staff Appreciation Week:** Thank you families and students for all your kind messages and gifts to the PCS staff! We feel deeply appreciated!
3. **Hang In There With School Work:** This is the time of year motivation may be waning for doing school work. We're starting to daydream about summer and swimming and being on vacation. It is coming! But we are not there yet. Hang in there! Keep doing your work. We're so proud of you!
4. **All is Not Lost:** We have abundant toilet paper supplies in at least 3 different stores this week. :)
5. **Still Feeling So Much:** Share with someone you trust and ask someone you love how they are feeling. Remember that some moments you will be the one to give support and other moments you may receive the support. Often these moments are one in the same.
6. **Play and have fun!** Where ever possible, find the humor, the joy, the gratitude, and the love. It's there. I promise.

Warmly and with so much gratitude for YOU,
Becky