

Dear PCS students, families, and staff,

I've been thinking about all of you a ton! Please reach out to me if you need to chat. [bpowers@plumascharterschool.org](mailto:bpowers@plumascharterschool.org)

Here are a few thoughts for the start of this week. As always take what delights you and leave the rest.

**1. Seeking and Providing Emotional Support:** We are in such a unique time for seeking and providing emotional support right now because we are ALL going through this together. That means that your therapist, your parent, your spouse, your child, your teacher, your aide, your administrator, your grocery clerk, your doctor, your delivery person, your pharmacist, your plumber, and your banker are all having the same feelings as you are and experiencing the same adventure. So, in any given moment, the person you would typically turn to for support or service might be having a tough time themselves. You yourself may not be able to provide the support for someone else in any given moment that you might typically be able to provide.

I have found this to be true amongst my friends and family already. Some days I feel miserable and I am the one needing support. I reach out to a few people and see who can help in that moment. Sometimes what I get back is, "I'm really struggling today, too." and that can be helpful to know that I am not alone. Other times the person I reached out to is in a better place than I am and can offer words of "I'm feeling good today. Remember that these feelings come in waves and we can ride them and the next wave is likely to be sweeter. What can you do today to nurture yourself? I love you!" It is important to have different options and to recognize that your "go to" person is going through this too and may not have the capacity at all times to support you. Give them and yourself grace by creating other options for yourself.

My friend Rhonda and I created an easy communication with each other so we can support each other when we have the capacity, but not burn ourselves out. We simply let one another know, "My bandwidth is low today. I love you." That lets the other person know that we're having our own struggles so won't be able to provide the support our friend needs right then. There is no love lost and we seek support somewhere else.

I had a conversation with a lovely young person last week who was so clear about this for herself. She recognized that she needed to be able to set limits with friends so their needs did not supercede her own and make her feel worse. She needed to take care of herself first so she could be helpful to other people when she was up for it. It is totally okay to have limits and set boundaries. It really helps to set this up in a loving way ahead of time with the people you love so they know it is not a rejection and is the most loving thing you can do for both of you. Be honest about when you do and when you do not have the capacity to provide support for others. Be gentle and kind with yourself and others.

When we know a person can say "No" we can trust it when they say "Yes." This is a gift we give to ourselves and others.

**2. Outdoor Pursuits:** I highly encourage you to get outside, exercise, breathe fresh air, and be in nature. Get out of your house, but respect the physical social distancing that will keep everyone safe. When you see other people outside, smile and be friendly and keep more than 6 feet between you.

**3. Appreciation for Staff, Families, and Students:** Thank you to all of the **teachers and aides and PCS admin** who have worked so hard to get everyone set up for distance learning. This has been and continues to be an epic feat and I am so impressed by and appreciative of your hard work! We have a truly outstanding staff! The love and dedication with which you have taken on this challenge is remarkable. I feel proud to be part of the PCS team. Thank you to all the **students** for working hard at your academics and staying up with your school work. This is the best thing you can possibly do to stay healthy and make sure you can easily come back and be on track when we get to be in the physical classroom again. If you are struggling with staying on track, understanding, or anything at all, call or email your teachers. They can help. They want to help. Thank you to all of the **families** who are suddenly homeschool teachers and support staff! You are working so hard! We are here to support you. Please continue to reach out to your teachers for anything you need. Even if you don't know what to ask, if you're struggling at all, call your teacher and get some love. Sometimes we just need another person's perspective to help tip the scales.

**4. Continue with Your Healthy Routines:** Get up, make your bed, shower, get dressed. Eat as healthfully as possible to support your immune system and mental health. Lots of vegetables and fruits. Get good sleep. Hydrate. Meditate. Exercise. SELF CARE!!

**5. Humor, Laughter and Playfulness.** Find things that bring you joy, make you giggle, and lighten your heart. It's okay to smile and have a good time right now. :)

Warmly,  
Becky