



Dear PCS Friends,

Happy Fall! It is beautiful here in Plumas County. As always, take what delights you and leave the rest.

1. **Family Gatherings.** Awe. This is a tricky one this year. My family just canceled our plans to get together in person for Thanksgiving and we are instead going to play a game online through video chat. Even if you don't celebrate Thanksgiving, you may have had to change your plans to see your loved ones. I encourage you to find ways to connect, be it on the phone, online, through text or letters, or in person in a way that feels safe for you and your beloveds. It is important not to isolate or get too lonely. Reach out and let your loved ones know how you're doing. Ask how they're doing. BE together however you can. I feel the loss of time together and it reminds me not to take a single thing for granted. Not to take my relationships for granted. To be fully present and to say thank you. I encourage you to take this time to acknowledge the people in your life who have stood by you and who have loved you and believed in you even when you didn't believe in yourself. I am halfway through a stack of thank you cards to people who I have loved and who have loved me through the years. Express your gratitude and your love. Your message may be just the thing to lift the spirit of someone you love right now. Reach out. These are challenging times, but we can choose to be the light. We are together.
2. **Inspired Action.** Get clear on your "WHY" and then listen for guidance about the next best step in your journey. Basically, what would THRILL you to do next? Let your life be fun and meaningful. Sure, we have to do hard things sometimes, but if we are clear on *why* we are doing something, it is much easier to do the things that are hard. I really want to speak to you students on this one. I am concerned that many of you are struggling significantly with your academics. This is so hard! Heck, I get it. I have had some serious writer's block just trying to compose this message! I love writing these messages and they help me feel connected to you. That is my *why*. *You* are my why! We need to get clear on *why* doing well in school is important to *you*. Your teachers and admin and I are in conversation about how we can help. Please stay tuned! We love you and we are doing our best to help but we are struggling too. If you have ideas about how we can support you better, I would absolutely *love* to hear from you. We're looking at peer support groups, individualized learning plans, and therapy. Your teachers will be checking in more to see how you are doing and feeling, not just to give you a report about the assignments you need to work on. We recognize that something major has got to shift. Let's create some solutions together.

Warmly,

Becky

