

March 16, 2020

Dear Parents,

Thursday seems such a long time ago when most of us were at school and work. Life has changed so much in the past few days. Uncertainty is really all we know. Even still, our trust remains in the God of the universe.

Our plan now is to remain closed until April 6.
As we all know, those plans can change quickly.
You will receive an updated statement toward the end of the month.

Over the next few weeks, the teachers and I will try to send you resources to help in this time at home.

For the preschooler, play is still important. Sometimes the simplest things become the best play and most learning.

A couple weeks ago, Ms. Erin put out some old boxes and some markers. The children had so much fun with them and used them in so many different ways.

If you are already tired here is one web site to give you some ideas.

<https://teachingmama.org/school-at-home-due-to-coronavirus/>

My suggestions for you as well as your children as you begin this journey:

- Stick to a schedule... routine is important for us all
 - Maybe make a visual schedule with your children, so they can "read" it themselves.
- Limit screen time - all of us. Too much news is not good for our mental health.
- Spend some time outside, even a short walk around the block.
 - Fresh air and Sunshine are good for the body and soul.
- Watch what your children hear... they are listening to our conversations and what we watch on TV.
 - Their anxiety will show up in strange and unexpected ways.
 - They cannot and should not process all the news of the virus and closures.
- Read the Psalms. They are full of hope and comfort.

Praying for you,
Christie