

Hello Students and Families,

As you finish up Week 3, I want you to know that whatever you're able to do during this uncertain time is an accomplishment. Everyone is dealing with stressors from unemployment, diminished food supplies, possibly teaching or helping your child with school work that you both may not understand, all while feeling many emotions throughout each day. To top things off, we're all trying to stay healthy and safe!

You're doing remarkable things during this time! Celebrate the little victories, see the silver linings when things seem to go from bad to worse, and remember - little ones are learning from and watching you at all times. It's okay to ask for help, to take advantage of the many ways your community and school are trying to help, and to not know the answer for everything at this very moment.

Please check your school's web page or the district web page (loganelm.org) for updates on food donations and answers to questions you may have. We're all here to support one another and adjust as best we can to this new 'normal' we're living. There are also many mental health resources, activities for your students and family to complete as a way to take a break from the school work and daily stressors, along with many other items that may help you on the district web page or that each counselor has posted on your student's school web page.

Hang in there and remember - we're all in this together and no one is alone.

**Warmly,
Mrs. Grube**