



We can do this...

Dear OLG Families,

You are often in my thoughts, as I wonder how your days are unfolding. Without a doubt, our lives have changed dramatically in a very short time. We've been challenged to our core. Was it really just weeks ago that COVID-19 (Coronavirus), pandemic, social distancing, extra thorough hand washing, and elbow bumps became the norm? As our country, as our world confronts this virus, I pray that we hold on to the importance of facts over fear.

But the fear is often there, as our world has been turned upside down. We will do well to remember that we are a faith community, and we share some basic truths- we are ALL in this TOGETHER. Yes, the dust settles the same and evenly over all of us... We recognize too that the mysteries of this virus can leave us feeling vulnerable and trapped. When we are unsure or sad, it is our nature to reach out physically, to go to those we know and love. But right now we are denied that option. Instead we are to separate and isolate, to restrict and limit movements. We are to hunker down (there's that well-used expression) with our families, or alone.

I've spoken with my family, a number of friends, and members of the OLG community. Emotions run deep, and concerns are varied. Some share frustrations and sadness knowing they can't be at the bedside of a loved one. Others worry as bills mount. Students miss interacting with teachers and classmates, and just physically hanging with their friends. Others voice anger or disappointment in missing sports, music, extracurricular activities, and those special events that highlight middle school. Although we don't know what's ahead, again, we are moving through this together.

Frequent updates in the news redefine safety guidelines. Online strategies are offered for coping with being sequestered at home with our families. In the midst of this, educators are facing uncharted waters. Yet our amazing OLG team shifted to remote learning. We are into our second week! We too will adjust and refine our system as we deal with the stress and uncertainty of what's next.

It can be easy to let go of Social-Emotional Learning (SEL). But it is times like these that make it critical that we support the social-emotional needs of our children. Please look to my webpage and the **Second Step** lessons for all ages. Also, by going to **SecondStep.org** families can use the registration activation key in the Second Step introduction letter to access an array of materials. I will continue to send out information and resources while you work alongside teachers in the role of educator in the household. Also on my webpage I encourage you to read *Talking to Children About COVID-19 (Coronavirus)*. Each week in the Newsletter I will focus on the demands we face in this challenge.-- How do we care for ourselves, while looking after aging parents? How do we keep our kids learning and growing while addressing their social/emotional needs? **We can do this.** We can do this together.

Our Lady of Guadalupe, pray for us!

Ms. Heidi Ehrenberg School Counselor