



March 20, 2020

Hi Families,

Thank you for connecting with us this past week. We enjoyed seeing your smiling faces and hearing about your time together. Thank you for your flexibility, support and dedication as we begin our journey together in a new way. We are growing our brains to learn and navigate this remote way of teaching, communicating and connecting as a class. This week has demonstrated the importance of our community and how much we appreciate and care for all of you and how much you care for each other.

### **Community**

To continue to remain one community while we are all at home, we invite you to put photos or videos of sweet moments from home and family activities into our collective Google Photo album entitled [Preschool/Pre-k Friends School Community](#). Please only post photos you are comfortable sharing with our community and please do not re-use the photos of another family.

This past week we participated in a webinar with the Synergetic Play Therapy Institute with Lisa Dion. We have included the video [link](#) of how to help you settle your nervous system and provided physical movement activities you and your family can use.

Below we have included a link to us telling an interactive version of one of our favorite stories, Caps for Sale. This story will also be posted on our Google [Classroom page](#).

### **Spring Break**

We will be writing to you on Monday, March 30 with our Remote Learning schedule, specific class plans, and ways we can support our children, parents and families including live class instruction via Zoom or Meet and an upcoming 3-part live Question & Answer parent series with our consulting Play Therapist, Polly Douglass.

We wish you all a restful spring break. We hope you take this time to rest, slow down, play, find your rhythm and enjoy time with your family. We are thinking of you during this time and sending you hugs and peace.

Friends together, Friends apart

Your Preschool Team

**Challenging minds, Nurturing Spirits**

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